

March 2023 Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:00 Bible Study 9:30 Total Body 9:00 Painting 9:00 Sewing 10:00 Card Playing 10:00 Bingo 10:30 Senior Spinning 12:00 Bridge 12:00 Lunch from Bruno Bros. 12:30 Learn to Crochet 1:00 Video Chair Yoga <i>6th @ 1:00 Advisory Council Meeting</i> <i>6th @ 11:30 Instapot Class</i> <i>20th De-Stress with Fluffy</i> <i>20th @ 11:30 Instapot Class</i>	9:00 Video Tai Chi 9:00 Sewing 10:00 Bingo 10:00 Drum Your Way Fit 11:00 Quick Yoga 11:00 Card Playing 11:30 Spades 11:45 Chair Aerobics with Mercy Health 12:00 Social Dancing for Seniors 12:00 Lunch Little Hunan 12:30 Games Galore 12:30 Shooting Class <i>7th @ 1:00 Spring Wreath Making Class</i> <i>14th @ 1:00 Trivia Sponsored By Woodlands</i> <i>14th @ 11:00 Mobile Library Visit</i> <i>21st First Insurance Group</i> <i>28th @ 12:30 Family Feud Game with Shepherd of the Valley</i>	9:00 Blood Pressure Checks By Woodlands 9:00 Sewing 10:00 Bingo 10:00 Card Playing 10:00 Dominos 11:30 Beginner Ukulele 11:30 Double Deck Pinochle 12:30 Intermediate Ukulele 12:00 Lunch from Chick-fil-a 12:00 Coloring Group 12:30 Bunco <i>1st @ 11:30 Alzheimer's Support Group</i> <i>8th @ 11:00 Mercy Health Blood Pressure, Glucose, Cholesterol Checks</i> <i>15th Oak Street Health</i> <i>22nd @ 1:00 Line Dance</i> <i>29th @ 12:30 Movie Matinee</i>	9:00 Wood Carving 9:00 Video Tai Chi 9:00 Sewing 9:45 Weekly Membership Meeting 10:00 Bingo 10:00 Card Playing 10:00 500 Bid 10:00 Walking Club 10:30 Chair Yoga 12:00 Lunch from Charly's 12:00 500 Bid 1:00 Bingo <i>2nd Devoted Health</i> <i>2nd @ 11:15 Paint and Sip</i> <i>9th @ 11:30 Craft with Country Club Rehab</i> <i>16th @ 11:30 St. Patrick's Day Party Sponsored by Mark Cole Agency</i> <i>23rd @ 12:30 Monthly Birthday Party Sponsored By Woodlands</i>	9:00 Bible Study 9:00 Senior Spinning 10:00 Barre 10:00 Bingo 10:00 Card Playing 11:00 Fencing <i>3rd @ 12:00 Lunch and Learn: Western and Southern "Elder Fraud and Identity Theft"</i> <i>10th De-Stress with Fluffy</i> <i>10th @ 12:00 Lunch and Learn: Oak Street Health and TLC Insurance "Helpful Home Tips"</i> <i>24th @ 12:00 Lunch and Learn: Humility House and Assumption Village "Elder Law"</i> <i>31st @ 12:00 Lunch and Learn: Catholic Funeral and Cemetery Services "Estate Planning"</i>

****lunches must be ordered and paid for by 10:15am, menus at front desk****

Austintown Senior Center

Phone: 330-953-1416

Address: 112 Westchester Drive, Austintown Ohio 44515

Website: austintownseniorcenter.org

Hours: Monday- Thursday 8-3, Friday 8-1