

# September 2024 Schedule

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
9:00 Bible Study 9:00 Sewing 9:30 Total Body 10:00 Bingo 10:30 Flexibility Training 11:30 31 Cards 12:00 Bridge 12:00 Lunch from Bruno Bros. 12:30 Learn to Crochet 1:00 Video Chair Yoga  <i>2<sup>nd</sup> Center Closed</i> <i>9<sup>th</sup> @ 1:00 Advisory Council Meeting</i> <i>9<sup>th</sup> @ 11:30 Book Club</i> <i>16<sup>th</sup> Trip: Meadows Casino **</i> <i>23<sup>rd</sup> In Care Hospice</i> <i>23<sup>rd</sup> @ 11:30 Insta-Pot Class **</i> <i>23<sup>rd</sup> @ 1:00 Computer Class</i> <i>30<sup>th</sup> De-Stress with Mr Fluffy</i>	9:00 Tai Ji Quan 9:00 Sewing 10:00 Bingo 10:00 Drum Your Way Fit 11:00 Quick Yoga 11:30 31 Cards 11:30 Spades 11:45 Chair Aerobics with Mercy Health 12:00 Lunch from Gionino's 12:00 Ballroom and Line Dance 12:30 Games Galore  <i>3<sup>rd</sup> @ 11:30 Speak with A Social Worker</i> <i>10<sup>th</sup> Gladyz Insurance</i> <i>17<sup>th</sup> De-Stress with Polly</i> <i>17<sup>th</sup> @ 1:00 Trivia Sponsored By Woodlands</i> <i>24<sup>th</sup> @ 12:00 Hot Pepper Making Class **</i>	9:00 Blood Pressure Checks By Woodlands 9:00 Sewing 9:00 Watercolor & Drawing Class 10:00 Bingo 10:00 Dominos 11:30 31 Cards 11:30 Double Deck Pinochle 11:30 Beginner's Ukulele 12:00 Bridge 12:00 Lunch from Chick-fil-a 12:00 Coloring Group 12:30 500 Bid 12:30 Intermediate Ukulele 1:00 Wine Making  <i>4<sup>th</sup> @ 11:15 Alzheimer Support Group with Harmony Hospice</i> <i>11<sup>th</sup> Windsor House</i> <i>18<sup>th</sup> @ 1:00 Line Dance</i> <i>18<sup>th</sup> @ 11:00 Mercy Health Checks</i> <i>28<sup>th</sup> @ 12:30 Movie Matinee – Queen Bees</i> <i>August 21 – October 9 @ 1:00 Matter of Balance</i>	9:00 Wood Carving 9:00 Tai Ji Quan 9:00 Sewing 9:30 Spin & Zumba 9:45 Weekly Membership Meeting 10:00 Senior Spinning 10:00 Bingo 10:00 Dominos 10:00 Walking Club 10:30 Chair Yoga 11:45 Guided Mindful Meditation 12:00 Lunch from Charly's 12:00 500 Bid 1:00 Bingo  <i>12<sup>th</sup> Trip: Pies, Chocolates, and Vineyards</i> <i>19<sup>th</sup> Park Vista and Heartland Hospice</i> <i>26<sup>th</sup> @ 12:30 Monthly Birthday Party Sponsored By Woodlands</i>	9:00 Bible Study 9:00 Fencing 9:30 Senior Spinning 10:00 Kettle Bell and Weight Training 10:00 Bingo 10:30 Stretch and Relax  <i>6<sup>th</sup> @ 12:00 Lunch and Learn: Heartland Hospice "Hospice 101" **</i> <i>13<sup>th</sup> Mr Fluffy's 10<sup>th</sup> Birthday Party!</i> <i>20<sup>th</sup> @ 12:00 Lunch and Learn: Mark Cole Agency "Major Updates to Medicare" **</i> <i>27<sup>th</sup> @ 11:30 Mahoning County Prosecutor "Non Medicare Scams Seminar"</i>

**\*\* denotes sign up at front desk \*\***

**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**