

# October 2022 Schedule

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
9:00 Bible Study 9:30 Floor Sculpt 10:00 Card Playing 10:00 Sewing 10:00 Bingo 10:30 Painting 10:30 Senior Spinning 11:30 Chair Volleyball 12:00 Bridge 12:00 Lunch from Bruno Bros. 12:30 Learn to Crochet	9:00 Tai Ji Quan 10:00 Card Playing 10:00 Sewing 10:00 Bingo 10:00 Drum Your Way Fit 11:00 Video Chair Yoga 11:30 Spades 12:00 Social Dancing for Seniors 12:00 Lunch Little Hunan 12:30 Games Galore	9:00 Blood Pressure Checks By Woodlands 10:00 Bingo 10:00 Card Playing 10:00 Dominos 10:00 Sewing 11:30 Beginner's Ukulele 12:30 Ukulele 12:00 Lunch from Chick-fil-a 12:30 Bunco 1:00 Conversing With Jim	9:00 Wood Carving 9:00 Tai Ji Quan 10:00 Bingo 10:00 Card Playing 10:00 Sewing 10:00 Zumba Mix 10:00 500 Bid 10:00 Walking Club 10:30 Chair Yoga 11:30 Chair Volleyball 12:00 Lunch from Charly's 12:30 500 Bid 1:00 Bingo	9:00 Bible Study 9:00 Senior Spinning 11:00 Fencing 10:00 Total Body 10:00 Bingo 10:00 Card Playing  <i>7<sup>th</sup> @ 12:00 Lunch and Learn Sponsored By Century 21 Real Estate</i>  <i>14<sup>th</sup> @ 12:00 Lunch and Learn Sponsored By Dandrige Burgundi Manor</i>  <i>21<sup>st</sup> @ 12:00 Lunch and Learn Sponsored By HeyDay Health</i>
<i>10<sup>th</sup> @ SummaCare</i> <i>17<sup>th</sup> @ 9:00 Flu Clinic With Board of Health</i> <i>24<sup>th</sup> @ 1:00 Fall Craft Class</i>  <i>31<sup>st</sup> @ 11:30 Halloween Party!</i>	<i>4<sup>th</sup> Country Club Rehabilitation</i>  <i>11<sup>th</sup> @ 1:00 Trivia Sponsored By Woodlands</i>  <i>18<sup>th</sup> Trip: Amish Sewing Fabric Stores</i>  <i>25<sup>th</sup> De-stress With Mr Fluffy</i>	<i>5<sup>th</sup> Trip: CVSR Train Ride</i>  <i>12<sup>th</sup> @ 11:00 Mercy Health Blood Pressure, Glucose, Cholesterol Checks</i>  <i>19<sup>th</sup> @ 1:00 Line Dance</i>  <i>26<sup>th</sup> Canfield Place</i>	<i>6<sup>th</sup> Devoted Health</i>  <i>6<sup>th</sup> De-stress With Mr Fluffy</i>  <i>13<sup>th</sup> Humility House</i>  <i>20<sup>th</sup> Hiner Insurance</i>  <i>27<sup>th</sup> @ 12:30 Monthly Birthday Party Sponsored By Woodlands</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](http://austintownseniorcenter.org)

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