

January 2024 Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:00 Bible Study 9:00 Sewing 9:30 Total Body 10:00 Bingo 10:30 Drum Your Way Fit 11:00 Bocce Court Opens 11:30 31 Cards 12:00 Bridge 12:00 Lunch from Bruno Bros. 12:30 Learn to Crochet 1:00 Video Chair Yoga <i>1st Center Closed</i> <i>8th @ 1:00 Advisory Council Meeting</i> <i>8th Brian Gladysz Insurance</i> <i>8th Mercy Behavioral Health</i> <i>15th Center Closed</i> <i>22nd @ 11:30 Insta-Pot Class</i>	9:00 Tai Ji Quan 9:00 Sewing 10:00 Bingo 10:00 Yoga/Spinning 11:00 Quick Yoga 11:30 31 Cards 11:30 Spades 11:45 Chair Aerobics with Mercy Health 12:00 Social Dancing for Seniors 12:00 Lunch from Gionino's 12:30 Games Galore <i>2nd & 16th Stress and Anxiety Class</i> <i>9th @ 1:00 Trivia Sponsored By Woodlands</i> <i>23rd De-Stress With Mr Fluffy</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 <i>3rd @ 1:15 Mobile Market</i> <i>3rd & 17th @ 11:15 Alzheimer Support Group With Harmony Hospice</i> <i>17th @ 11:00 Blaze Visit</i> <i>10th @ 11:00 Mercy Health Blood Pressure, Glucose, Cholesterol Checks</i> <i>24th @ 1:00 Line Dance</i> <i>31st @ 12:30 Movie Matinee – 80 For Brady</i>	9:00 Wood Carving 9:00 Tai Ji Quan 9:00 Sewing 9:45 Weekly Membership Meeting 10:00 Bingo 10:00 Dominos 10:00 Zumba 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>4th De-Stress With Mr Fluffy</i> <i>18th @ 1:00 Computer Class – Open Questions</i> <i>25th @ 12:30 Monthly Birthday Party Sponsored By Woodlands</i>	9:00 Bible Study 9:30 Senior Spinning 10:00 Barre 10:00 Bingo 10:30 Kettle Bell and Weight Training 11:30 Fencing <i>12th @ 12:00 Senior Informational Panel</i> <i>19th Un-Decorate the Center</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