

# January 2026 Schedule

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
9:00 Bible Study 9:00 Sewing 9:00 Total Body 10:00 Bingo 11:30 31 Cards 12:00 Bridge 12:30 Crochet 1:00 Video Chair Yoga 1:00 Mah Jong <i>5<sup>th</sup> @ 1:00 Advisory Council Meeting</i> <i>5<sup>th</sup> @ 1:00 Cybersecurity Course with MCCTC **</i> <i>12<sup>th</sup> @ 12:30 Book Club "Calamity of Souls" by David Baldacci</i> <i>19<sup>th</sup> Center Closed</i> <i>26<sup>th</sup> @ 12:30 Cooking Class **</i>	9:00 Tai Ji Quan 9:00 Sewing 10:00 Bingo 11:00 Quick Yoga 11:30 31 Cards 11:30 Spades 11:45 Chair Aerobics with Mercy Health 12:30 Games Galore <i>6<sup>th</sup> @ 11:30 Speak with A Social Worker</i> <i>13<sup>th</sup> @ 1:00 Trivia Sponsored By Woodlands</i> <i>13<sup>th</sup> Brian Gladysz Insurance</i> <i>20<sup>th</sup> De-Stress With Polly</i> <i>20<sup>th</sup> @ 12:30 Wheel of Fortune</i> <i>27<sup>th</sup> Windsor House</i> <i>27<sup>th</sup> @ 11:00 Local Bite Brigade @ Charly's Family Restaurant</i>	9:00 Blood Pressure Checks By Woodlands 9:00 Sewing 9:00 Power Pilates 9:00 Watercolor & Drawing Class 10:00 Bingo 10:00 Dominos 10:00 Drum Your Way Fit 11:30 31 Cards 11:30 Double Deck Pinochle 11:30 Intermediate Ukulele 12:00 Bridge 12:30 500 Bid 12:30 Beginner's Ukulele <i>7<sup>th</sup> De-Stress With Fluffy</i> <i>14<sup>th</sup> @ 12:15 Caregivers Support Group</i> <i>14<sup>th</sup> @ 11:00 Local Bite Brigade @ Marinos</i> <i>21<sup>st</sup> @ 1:00 Modern Line Dance</i> <i>21<sup>st</sup> @ 1:00 First Light Thrive Program</i> <i>28<sup>th</sup> @ 11:00 Mercy Health Checks</i> <i>28<sup>th</sup> @ 12:30 Monthly Movie "Thursday Murder Club"</i>	8:30 Veteran Connection 9:00 Wood Carving 9:00 Tai Ji Quan 9:00 Sewing 9:45 Weekly Membership Meeting 10:00 Senior Spinning 10:00 Bingo 10:00 Dominos 10:00 Walking Club 10:30 Kettle Bell and Weight Training 10:15 Chair Yoga 12:00 500 Bid 1:00 Bingo <i>1<sup>st</sup> Center Closed</i> <i>22<sup>nd</sup> @ 12:30 Monthly Birthday Party Sponsored By Woodlands</i>	9:00 Bible Study 9:00 Senior Spinning followed by Stretch and Cool Down 10:00 Bingo 11:30 Fencing <i>2<sup>nd</sup> Center Closed</i> <i>9<sup>th</sup> @ 12:00 Lunch and Learn with Buckeye Pace "New Year's Resolution – Your Health" **</i> <i>16<sup>th</sup> @ 11:30 Jewelry Making Class**</i> <i>23<sup>rd</sup> @ 1:00 Volunteer Appreciation Lunch **</i> <i>19<sup>th</sup> @ 12:00 Lunch and Learn with Brookdale "Memory 101" **</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](http://austintownseniorcenter.org)

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