

# July 2025 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 10:15 Stretch and Release 11:30 31 Cards 12:00 Bridge 12:00 Lunch from Bruno Bros. 12:30 Learn to Crochet 1:00 Video Chair Yoga 1:00 Mah Jong <b>7<sup>th</sup> @ 1:00 Advisory Council Meeting</b> <b>14<sup>th</sup> @ 11:30 Book Club "Sisters" by Danielle Steel</b> <b>14<sup>th</sup> @ 11:30 Cooking Class **</b> <b>21<sup>st</sup> @ 1:00 Computer Class "Couponing"</b> <b>28<sup>th</sup> Trip: Ikea **</b>	9:00 Video 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 Bandidos 12:30 Spanish Class 12:30 Games Galore <b>1<sup>st</sup> @ 11:30 Speak with A Social Worker</b> <b>8<sup>th</sup> @ 1:00 Trivia Sponsored By Woodlands</b> <b>8<sup>th</sup> Mobile Market</b> <b>8<sup>th</sup> @ 5:00 Picnic and Concert in the Park *</b> <b>15<sup>th</sup> @ 12:30 Family Feud</b> <b>15<sup>th</sup> De-Stress With Polly</b> <b>15<sup>th</sup> Brian Gladysz Insurance</b> <b>22<sup>nd</sup> Trip: Meadows Casino **</b> <b>29<sup>th</sup> @ 12:30 Wheel of Fortune</b>	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 11:30 31 Cards 11:30 Double Deck Pinochle 11:30 Intermediate Ukulele 12:00 Bridge 12:00 Lunch from Chick-fil-a 12:30 500 Bid 12:30 Beginner's Ukulele 1:00 Coloring Group 1:00 Wine Making <b>9<sup>th</sup> Trip: Cleveland Museum of Art</b> <b>9<sup>th</sup> @ 12:15 Caregivers Support Group</b> <b>16<sup>th</sup> @ 11:00 Mercy Health Checks</b> <b>16<sup>th</sup> @ 1:00 Modern Line Dance</b> <b>25<sup>th</sup> De-Stress With Fluffy</b> <b>30<sup>th</sup> @ 12:30 Movie Matinee "Holiday"</b>	9:00 Wood Carving 9:00 Video 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 Chair Yoga 12:00 Lunch from Charly's 12:00 500 Bid 1:00 Bingo <b>17<sup>th</sup> Mark Cole Agency</b> <b>24<sup>th</sup> @ 12:30 Monthly Birthday Party Sponsored By Woodlands</b>	9:00 Bible Study 9:30 Senior Spinning 10:00 Kettle Bell and Weight Training 10:00 Bingo 11:30 Fencing <b>4<sup>th</sup> Center Closed</b> <b>11<sup>th</sup> @ 12:00 Lunch and Learn "Pre Planning Cemetery Needs" With Resurrection Cemetery **</b> <b>18<sup>th</sup> @ 12:00 Lunch and Learn "Diabetes and Congestive Heart Failure" With Ohio Choice **</b> <b>25<sup>th</sup> @ 12:00 Lunch and Learn "Benefits of Exercise and Strength Training Testing" With Fox Rehabilitation **</b>

**\*\* 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