

October 2023 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	9:00 Video Tai Chi 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 Bocce Court Opens 12:00 Social Dancing for Seniors 12:00 Lunch from Gionino's 12:30 Games Galore	9:00 Blood Pressure Checks By Woodlands 9:00 Sewing 9:00 Watercolor & Drawing Class 9:30 Spinning 10:00 Booty Exercise 10:00 Bingo 10:00 Dominos 11:30 31 Cards 11:30 Double Deck Pinochle 11:30 Beginner's Ukulele 12:00 Bocce Court Opens 12:00 Bridge 12:00 Lunch from Chick-fil-a 12:00 Coloring Group 12:30 500 Bid 12:30 Intermediate Ukulele	9:00 Wood Carving 9:00 Video Tai Chi 9:00 Sewing 9:45 Weekly Membership Meeting 10:00 Bingo 10:00 Dominos 10:00 500 Bid 10:00 Instructors Choice Exercise Class 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 1:00 Bocce Court Opens	9:00 Bible Study 9:00 Senior Spinning 10:00 Bocce Court Opens 10:00 Barre 10:00 Bingo 11:30 Fencing
<i>2nd @ 1:00 Advisory Council Meeting</i> <i>2nd Austintown Bounce</i> <i>9th @ 11:30 Instapot Class</i> <i>16th De-Stress With Mr Fluffy</i> <i>23rd @1:00 Computer Class – Selling On Ebay</i> <i>30th @ 11:30 Instapot Class</i>	<i>10th @ 1:00 Trivia Sponsored By Woodlands</i> <i>17th Brian Gladysz Insurance</i> <i>24th @1:00 Computer Class – Selling On Mercari</i> <i>31st @ 11:30 Halloween Party</i>	<i>4th @ 1:30 Mobile Market</i> <i>4th & 18th @ 11:15 Alzheimer Support Group With Harmony Hospice</i> <i>11th @ 11:00 Mercy Health Blood Pressure, Glucose, Cholesterol Checks</i> <i>18th @ 1:00 Line Dance</i> <i>25th @ 12:30 Movie Matinee – My Big Fat Greek Wedding</i>	<i>5th @1:00 Computer Class – Open Questions</i> <i>12th Devoted Health</i> <i>19th Trip: Cleveland Zoo</i> <i>26th @ 12:30 Monthly Birthday Party Sponsored By Woodlands</i>	<i>6th De- Stress With Mr Fluffy</i> <i>13th @ 12:00 Lunch and Learn: Mark Cole Agency "Medicare 101"</i> <i>20th @ 12:00 Lunch and Learn: Brookdale Austintown "Senior Wellness"</i> <i>27th @ 12:00 Lunch and Learn: Park Vista and Mahoning County Veteran's Services "Veteran's Programs and Benefits"</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