

# February 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  <i>3<sup>rd</sup> @ 1:00 Advisory Council Meeting</i> <i>10<sup>th</sup> @ 11:30 Book Club "Nine Lives" by Peter Swanson</i> <i>10<sup>th</sup> De-Stress With Fluffy</i> <i>17<sup>th</sup> Center Closed</i> <i>24<sup>th</sup> Aventura</i> <i>27<sup>th</sup> @ 11:30 Cooking Class **</i>  AARP Taxes: To schedule call	8:30 Fencing 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  <i>4<sup>th</sup> @ 11:30 Speak with A Social Worker</i> <i>4<sup>th</sup> @ 1:00 Intro to Brandy Making</i> <i>4<sup>th</sup> De-Stress with Polly</i>  <i>11<sup>th</sup> @ 1:00 Trivia Sponsored By Woodlands</i>  <i>18<sup>th</sup> @ 12:00 Stain Glass Picture Class **</i>  <i>25<sup>th</sup> @ 9:00 Hearing Screenings by Ohio Hearing and Audiology</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 12:30 500 Bid 12:30 Intermediate Ukulele 1:00 Coloring Group 1:00 Wine Making  <i>12<sup>th</sup> @ 12:15 Caregivers Support Group</i> <i>8<sup>th</sup> Aventura</i> <i>19<sup>th</sup> @ 1:00 Modern Line Dance</i> <i>19<sup>th</sup> @ 11:00 Mercy Health Checks</i>  <i>26<sup>th</sup> Addison Cornersburg</i>  <i>26<sup>th</sup> @ 12:30 Movie Matinee "Cool Runnings"</i>	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  <i>6<sup>th</sup> Gladysz Insurance</i> <i>9<sup>th</sup> De-Stress with Mr. Fluffy</i> <i>20<sup>th</sup> Windsor House</i> <i>27<sup>th</sup> @ 12:30 Monthly Birthday Party Sponsored By Woodlands</i>	9:00 Bible Study 9:30 Senior Spinning 10:00 Kettle Bell and Weight Training 10:00 Bingo  <i>7<sup>th</sup> @ 12:00 Lunch and Learn ** Sponsored By Direction Home and Ohio Suicide Prevention "Older Adults and Suicide"</i>  <i>21<sup>st</sup> @ 12:00 Seminar Sponsored By Mercy Behavioral Health "Self-Care"</i>  <i>28<sup>th</sup> De-stress With Fluffy</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