

November 2024 Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
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 4th @ 1:00 Advisory Council Meeting 4th Patriot Home Care 11th Center Closed 18th @ 11:30 Book Club 18th In Care Hospice 25th Brian Gladysz Insurance 25th @ 11:30 Insta-Pot Class **	9:00 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 12:00 Ballroom and Line Dance 12:30 Games Galore 5th @ 11:30 Speak with A Social Worker 5th Colledge Insurance 12th @ 1:00 Trivia Sponsored By Woodlands 12th De-Stress with Polly 19th Park Vista	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 1:00 Wine Making 6th De-Stress with Mr Fluffy 20th @ 1:00 Line Dance 20th @ 11:00 Mercy Health Checks 20th @ 12:30 Movie Matinee – Rescued By Ruby 27th Center Closed	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 Chair Yoga 11:45 Guided Mindful Meditation 12:00 Lunch from Charly's 12:00 500 Bid 1:00 Bingo 7th Windsor House 14th Devoted Health 21st @ 12:30 Monthly Birthday Party Sponsored By Woodlands 28th Center Closed	9:00 Bible Study 9:30 Senior Spinning 10:00 Kettle Bell and Weight Training 10:00 Bingo 11:30 Fencing 1st @ 10:00 Health Fair 8th @ 12:00 Lunch and Learn: Heartland Hospice "Hospice 101" ** 22nd De-Stress with Mr. Fluffy 29th Center Closed

**** 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

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