

May 2025 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 1:00 Mah Jong <i>5th @ 1:00 Advisory Council Meeting</i> <i>12th @ 11:30 Book Club "Housemaid's Secret" by Freida McFadden</i> <i>12th @ 11:30 Cooking Class **</i> <i>19th Gladys Insurance</i> <i>19th @ 1:00 Computer Class "Chat GPT"</i> <i>26th Center Closed</i>	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>6th @ 11:30 Speak with A Social Worker</i> <i>6th @ 12:30 Family Feud</i> <i>13th @ 1:00 Trivia Sponsored By Woodlands</i> <i>13th De-Stress with Polly</i> <i>20th Addison Cornersburg</i> <i>27th Aventura</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 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 <i>7th Help At Home</i> <i>14th @ 12:15 Caregivers Support Group</i> <i>14th Trip: Cleveland Zoo **</i> <i>21st @ 11:00 Mercy Health Checks</i> <i>21st @ 1:00 Modern Line Dance</i> <i>28th @ 12:30 Movie Matinee "Ocean's 8"</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>1st @ 11:30 Mercy Health Nutrition and Label Reading Class</i> <i>8th @ 11:30 SMP Fraud Bingo</i> <i>15th De-Stress with Mr Fluffy</i> <i>22nd Trip: Quilt Shops **</i> <i>29th @ 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 11:30 Fencing <i>9th @ 12:00 Lunch and Learn Fox Rehabilitation "Proper Hydration" **</i> <i>9th & 16th @ Warren Mind Challenge Trivia Competition</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

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