

Austintown Senior Center - February 2020 Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Center Hours Monday 8:00 – 3:00 Tuesday 8:00 – 3:00 Wednesday 8:00 – 3:00 Thursday 8:00 – 3:00 Friday 8:00 – 1:00				Website www.austintownseniorcenter.org EMAIL Address: asc4@zoominternet.net FACEBOOK: Search for: “Austintown Senior Center” for on-line schedule.
3 9:00 Video: Churchill 9:00 Bible Study 9:00 Total Body Fitness ex 10:00 Sewing & Needle Arts 10:00 Senior Spinning ex 10:00 Bingo 10:00 Painting Class 11:30 Chair Volleyball ex 12:00 Lunch ** 12:00 Bridge 12:30 Paint & Taste \$\$ 12:30 Seminar: Chronic Disease Self-management (6 weeks) 1:00 Computer Class: Beginner’s Computer 1:00 Advisory Council Meeting	4 8:30 Coloring Group 9:00 Video: History of Secret Societies 9:30 S.O.S. 10:00 Sewing & Needle Arts 10:00 Bingo 10:30 Line Dance ex 11:00 Walking Club ex 11:30 Chair Yoga ex 12:00 Ballroom Dancing ex 12:30 Lunch ** 1:00 Mahjong 1:00 AARP Notables 1:00 Computer Class: Beginner’s Computer	5 9:00 Video: The Addictive Brain 9:00 Bible Study 9:00 Blood Pressure Checks (Woodlands) 10:00 Bingo 10:00 Drum Your Way Fit ex 10:00 Sewing & Needle Arts 10:30 Resistance Band Flexibility ex 11:30 Beginner’s Ukulele 12:00 Pizza Party ** 12:00 Dominos 12:30 Ukulele Class 12:30 Afternoon Movie 1:00 Computer Class: Beginner’s Computer	Sponsor: Oak Street Health 6 8:50 Video: Tour England/Scotland/Wales 9:00 Wood Carving 9:00 “Vets Helping Vets” 9:00 Karaoke 9:00 Ballet Barre ex 9:30 S.O.S. 10:00 Sewing & Needle Arts 10:00 Walking Club ex 10:30 Chair Yoga ex 11:00 Chair Volleyball ex 11:45 Weekly Announcements 12:00 Lunch 1:00 Bingo	7 9:00 Video: US and the Middle East 9:00 Bible Study 9:00 Senior Spinning ex 9:00 Fencing ex 10:00 Senior Stretch with Chairs ex 10:00 Cards: 500 Bid 10:00 Bingo
10 9:00 Video: Churchill 9:00 Bible Study 9:00 Total Body Fitness ex 10:00 Sewing & Needle Arts 10:00 Senior Spinning ex 10:00 Bingo 10:00 Painting Class 11:30 Chair Volleyball ex 12:00 Lunch ** 12:00 Bridge 12:30 Seminar: Chronic Disease Self-management (6 weeks)	11 8:30 Coloring Group 9:00 Video: History of Secret Societies 9:30 S.O.S. 10:00 Sewing & Needle Arts 10:00 Bingo 10:30 Line Dance ex 11:00 Walking Club ex 11:30 Chair Yoga ex 12:00 Ballroom Dancing ex 12:30 Lunch ** 12:30 AARP Monthly Meeting 1:00 Mahjong	12 9:00 Video: The Addictive Brain 9:00 Bible Study 9:00 Blood Pressure Checks (Woodlands) 10:00 Bingo 10:00 Drum Your Way Fit ex 10:00 Sewing & Needle Arts 10:30 Resistance Band Flexibility ex 11:30 Beginner’s Ukulele 12:00 Dominos 12:30 Ukulele Class 12:00 We Love our Seniors Luncheon Sponsor: Canfield Healthcare	Sponsor: Communicare 13 8:50 Video: Tour England/Scotland/Wales 9:00 Wood Carving 9:00 “Vets Helping Vets” 9:00 Karaoke 9:00 Ballet Barre ex 9:30 S.O.S. 10:00 Sewing & Needle Arts 10:00 Walking Club ex 10:30 Chair Yoga ex 11:00 Chair Volleyball ex 11:45 Weekly Announcements 12:00 Lunch/Grocery Bingo Sponsored by Communicare **	14 9:00 Video: US and the Middle East 9:00 Bible Study 9:00 Senior Spinning ex 9:00 Fencing ex 10:00 Senior Stretch with Chairs ex 10:00 Cards: 500 Bid 10:00 Bingo 12:00 Lunch & Trivia Sponsored by Woodlands

Continued on Other Side

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17 9:00 Video: Churchill 9:00 Bible Study 9:00 Total Body Fitness ex 10:00 Sewing & Needle Arts 10:00 Senior Spinning ex 10:00 Bingo 10:00 Painting Class 11:30 Chair Volleyball ex 12:00 Lunch ** 12:00 Bridge 12:30 Paint & Taste \$\$ 12:30 Seminar: Chronic Disease Self-management (6 weeks)	18 8:30 Coloring Group 9:00 Video: History of Secret Societies 9:30 S.O.S. 10:00 Sewing & Needle Arts 10:00 Bingo ex 10:30 Line Dance ex 11:00 Walking Club ex 11:30 Chair Yoga ex 12:00 Ballroom Dancing ex 12:30 Lunch ** 12:30 AARP Monthly Meeting 1:00 Mahjong 1:00 AARP Notables	19 9:00 Video: The Addictive Brain 9:00 Bible Study 9:00 Blood Pressure Checks (Woodlands) 9:00 Trip: Mill Creek Park Photos and Flowers @ 10:00 Bingo 10:00 Drum Your Way Fit ex 10:00 Sewing & Needle Arts 10:30 Resistance Band Flexibility ex 11:30 Beginner's Ukulele 12:00 Pizza Party ** 12:00 Dominos 12:30 Ukulele Class 12:30 Afternoon Movie	Sponsor: Woodlands 20 8:50 Video: Tour England/Scotland/Wales 9:00 Wood Carving 9:00 Karaoke 9:00 Ballet Barre ex 9:30 S.O.S. 10:00 Sewing & Needle Arts 10:00 Walking Club ex 10:30 Chair Yoga ex 11:00 Chair Volleyball ex 11:45 Weekly Announcements 12:00 Lunch/Grocery Bingo Sponsored by Woodlands **	21 9:00 Video: US and the Middle East 9:00 Bible Study 9:00 Senior Spinning ex 9:00 Fencing ex 10:00 Senior Stretch with Chairs ex 10:00 Cards: 500 Bid 10:00 Bingo 12:00 Lunch & Learn "Heart Functions" Sponsored by Shepherd of the Valley
24 9:00 Video: Churchill 9:00 Bible Study 9:00 Total Body Fitness ex 9:00 Trip: Hartville Market @ 10:00 Sewing & Needle Arts 10:00 Senior Spinning ex 10:00 Bingo 10:00 Painting Class 11:30 Chair Volleyball ex 12:00 Lunch ** 12:00 Bridge 12:30 Seminar: Chronic Disease Self-management (6 weeks) 1:00 Computer Class: iPhone/iPad	25 8:30 Coloring Group 9:00 Video: History of Secret Societies 9:30 S.O.S. 10:00 Sewing & Needle Arts 10:00 Bingo 10:30 Line Dance ex 11:00 Walking Club ex 11:30 Chair Yoga ex 12:00 Ballroom Dancing ex 12:30 Lunch ** 1:00 Mahjong 1:00 AARP Notables 1:00 Computer Class: iPhone/iPad	26 9:00 Video: The Addictive Brain 9:00 Bible Study 9:00 Blood Pressure Checks (Woodlands) 10:00 Bingo 10:00 Drum Your Way Fit ex 10:00 Sewing & Needle Arts 10:30 Resistance Band Flexibility ex 11:30 Beginner's Ukulele 12:00 Pizza Party ** 12:00 Dominos 12:30 Ukulele Class 12:30 Afternoon Movie Sponsor: Canfield Healthcare 1:00 Computer Class: iPhone/iPad	Sponsor: Briarfield at Ashley Circle 27 8:50 Video: Tour England/Scotland/Wales 9:00 Wood Carving 9:00 Karaoke 9:00 Ballet Barre ex 9:30 S.O.S. 10:00 Sewing & Needle Arts 10:00 Walking Club ex 10:30 Chair Yoga ex 11:00 Chair Volleyball ex 11:45 Weekly Announcements 12:00 Lunch/Birthday Bingo Sponsored by Briarfield at Ashley Circle **	28 9:00 Video: US and the Middle East 9:00 Bible Study 9:00 Senior Spinning ex 9:00 Fencing ex 10:00 Senior Stretch with Chairs ex 10:00 Cards: 500 Bid 10:00 Bingo
CODES (E) - Endurance @ - Trips (I) - Intervals \$\$ - Money (S) - Strength ex - Exercise (IC) - Instructor Choice ** - Food provided for \$\$		NOTE: Check Table for Class, Trip, and Meal Sign Up Sheets. <i>In some cases, space is limited, so if you want to take advantage of a class, a trip, or a meal, you must register and pay at the front desk.</i> NOTE: Wear Your Senior Center Shirt on Friday.		NOTE: The Senior Center will be closed when Austintown Schools are closed because of weather. NOTE: Exercise Equipment is available every day at 8:00 A.M. for open exercise.

Version #1

Phone: 330-953-1416

Address: 112 Westchester Dr.

Austintown, Ohio 44515