

Austintown Senior Center - December 2019 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.		CODES (E) - Endurance @ - Trips (I) - Intervals \$\$ - Money (S) - Strength ex - Exercise (IC) – Instructor Choice ** - Food provided for \$\$
<div> <div>2</div> <div> 9:00 Video: Churchill 9:00 Bible Study 9:00 Total Body Fitness ex 9:00 Q&A Services Offered (Hot Cocoa) Sponsored by Oak Street Health 9:30 Sew N Crafts 10:00 Senior Spinning ex 10:00 Bingo 10:00 Painting Class 11:30 Chair Volleyball ex 12:00 Lunch ** 12:00 Bridge 1:00 Advisory Council Meeting 1:00 Computer Class: Windows 10 </div> </div>	<div> <div>3</div> <div> 8:30 Coloring Group 9:00 Video: History of Secret Societies 9:00 Medicare Questions Sponsored by SummaCare 9:30 S.O.S. 10:00 Crochet 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 Medicare 101 Sponsored by Bright Health and TLC Insurance Group 1:00 Mahjong 1:00 AARP Notables 1:00 Computer Class: Windows 10 </div> </div>	<div> <div>4</div> <div> 9:00 Video: The Addictive Brain 9:00 Bible Study 9:00 Blood Pressure Checks (Woodlands) 9:00 Medicare Questions Sponsored by United Healthcare 10:00 Bingo 10:00 Drum Your Way Fit ex 10:30 Quilting 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: Windows 10 </div> </div>	<div> <div>5</div> <div> 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 Crochet/Needlework 10:00 Walking Club ex 10:30 Chair Yoga ex 11:00 Knitting 11:00 Chair Volleyball ex 11:45 Weekly Announcements 12:00 Lunch/Birthday Bingo ** Nov. & Dec. Sponsored by Briarfield at Ashley Circle </div> </div>	<div> <div>6</div> <div> 9:00 Video: US and the Middle East 9:00 Bible Study 9:00 Senior Spinning ex 9:45 Senior Stretch with Chairs ex 10:00 Bingo 10:00 Book Discussion 10:30 Fencing ex 12:00 Lunch & Learn Medicare Options Sponsored by United Healthcare 5:00 Senior Center Christmas Party </div> </div>
<div> <div>9</div> <div> 9:00 Video: Churchill 9:00 Bible Study 9:00 Total Body Fitness ex 9:30 Sew N Crafts 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 \$\$ </div> </div>	<div> <div>10</div> <div> 8:30 Coloring Group 9:00 Video: History of Secret Societies 9:30 S.O.S. 10:00 Crochet 10:00 Bingo 10:30 Line Dance ex 11:00 Walking Club ex 11:15 Zumba ex 11:30 Chair Yoga ex 12:00 Ballroom Dancing ex 12:30 Lunch ** 12:30 AARP Monthly Meeting 1:00 Mahjong </div> </div>	<div> <div>11</div> <div> 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 10:30 Quilting 10:30 Resistance Band Flexibility ex 11:30 Beginner’s Ukulele 12:00 Dominos 12:30 Ukulele Class 12:30 Afternoon Movie </div> </div>	<div> <div>12</div> <div> Sponsor: Communicare 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 Crochet/Needlework 10:00 Walking Club ex 10:30 Chair Yoga ex 11:00 Knitting 11:00 Chair Volleyball ex 11:45 Weekly Announcements 12:00 Lunch/Grocery Bingo Sponsored by Communicare ** </div> </div>	<div> <div>13</div> <div> 9:00 Video: US and the Middle East 9:00 Bible Study 9:00 Senior Spinning ex 9:45 Senior Stretch with Chairs ex 10:00 Bingo 10:00 Book Discussion 10:30 Fencing ex 12:00 Lunch & Trivia Sponsored by Woodlands Sat. 20/9 Craft Show (9 – 4) </div> </div>

Continued on Other Side

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Monday	Tuesday	Wednesday	Thursday	Friday
16 9:00 Video: Churchill 9:00 Bible Study 9:00 Total Body Fitness ex 9:30 Sew N Crafts 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: Cronic Disease Self-management (6 weeks)	17 8:30 Coloring Group 9:00 Video: History of Secret Societies 9:30 S.O.S. 10:00 Crochet 10:00 Bingo 10:30 Line Dance ex 11:00 Walking Club ex 11:15 Zumba 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 4:00 Trip: Stan Hywet Hall @	18 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 10:30 Quilting 10:30 Resistance Band Flexibility ex 11:30 Social Worker and Library Services Sponsored by The Public Library 11:30 Beginner's Ukulele 12:00 Pizza Party ** 12:00 Dominos 12:30 Ukulele Class 12:30 Afternoon Movie Sponsor: Canfield Healthcare	Sponsor: Woodlands 19 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 Crochet/Needlework 10:00 Walking Club ex 10:30 Chair Yoga ex 11:00 Knitting 11:00 Chair Volleyball ex 11:45 Weekly Announcements 12:00 Lunch/Grocery Bingo Sponsored by Woodlands **	20 9:00 Video: US and the Middle East 9:00 Bible Study 9:00 Senior Spinning ex 9:45 Senior Stretch with Chairs ex 10:00 Bingo 10:00 Book Discussion 10:30 Fencing ex 12:00 Lunch & Learn 'Arthritis' Sponsor Shepherd of the Valley
23 9:00 Video: Churchill 9:00 Bible Study 9:00 Total Body Fitness ex 9:30 Sew N Crafts 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: Cronic Disease Self-management (6 weeks)	24 8:30 Coloring Group 9:00 Video: History of Secret Societies 9:30 S.O.S. 10:00 Crochet 10:00 Bingo 10:30 Line Dance ex 11:00 Walking Club ex 11:15 Zumba ex 11:30 Chair Yoga ex 12:00 Ballroom Dancing ex 12:30 Lunch ** 1:00 Mahjong 1:00 AARP Notables	25 <div style="text-align: center;"> Center Closed Merry Christmas </div>	26 <div style="text-align: center;"> Center Closed Happy Boxing Day </div>	27 9:00 Video: US and the Middle East 9:00 Bible Study 9:00 Senior Spinning ex 9:45 Senior Stretch with Chairs ex 10:00 Bingo 10:00 Book Discussion 10:30 Fencing ex
30 9:00 Video: Churchill 9:00 Bible Study 9:00 Total Body Fitness ex 9:30 Sew N Crafts 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: Cronic Disease Self-management (6 weeks)	31 <div style="text-align: center;"> Center Closed Happy New Year </div>	1 <div style="text-align: center;"> Center Closed Happy New Year </div>	<i>NOTE: Check Table for Class, Trip, and Meal Sign Up Sheets. 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**