

Bainbridge Bulletin

Movie Matinee

Every Monday the Bainbridge Senior Center offers a lunch and movie at 12 pm, free of charge. March's theme is **March Madness**, movies dealing with mental health. Reservations are not required but encouraged to ensure a meal for all attendees.

Wednesdays & Fridays in March: Limitless Learning: Each Wednesday & Friday 2 topics will be presented. The courses will not necessarily be the same for both days and the exact topics are listed later in the newsletter. Please call (440) 279-1313 with any questions.

Tuesday, March 12:
Soup & Sandwich Lunch: Join the Bainbridge Senior Center for a Chicken salad sandwich and potato soup lunch. We will start serving at noon with \$5 due at registration and due by Friday, March 8th, 2024.

Thursday, March 14:
David Explains: The Battle of the Alamo. Learn how and why the defeat at the Alamo led to the independence of Texas and the end of Mexican rule. The program begins at 1:00 pm, call (440) 279-1313 to register.

Tuesday, March 19:
The Bainbridge Book Club will be discussing **Magical March**. Instead of reading a specific book, there is a new theme each month and you can choose any book within that theme. Please call to register and let us know if you would like lunch, (440) 279-1313.

Thursday, March 28:
Big Breakfast Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and March birthdays are free to attend. The cost is \$5 for everyone else. March's menu is French toast casserole, sausage, and fruit. Please RSVP by Tuesday, March 19th.

Tuesdays & Thursdays
We are excited to announce our partnership with Fairmount Center for the Arts on two 10 week programs. Tuesday afternoons a visual art class will be available from 12:30-1:30 pm and Yoga Nidra will be on Thursdays from 2:00-3:00 pm. Class size is limited for Tuesdays and please call to register for either class. (440) 279-1313.

March 2024 - Bainbridge Senior Center

17751 Chillicothe Rd
Bainbridge, OH 44023
(440) 279-1313

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>If you are having trouble with your smartphone or new piece of technology, the Bainbridge Senior Center is here to help. Call David or Keri to schedule an appointment to help you learn about your device, (440)-279-1313.</p>			<p>Recreation & Education Coordinator <i>David Craig</i></p> <p>Recreation & Education Assistant <i>Keri Skrtic</i></p>	<p>1 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 12:00-12:30 Lunch 1:00-2:00 Limitless Learning 2:30-3:15 Cardio Drumming</p>
<p>4 8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 10:00-2:30 Cards: Canasta, 12:00-2:30 Lunch & a Movie <i>(What about Bob?)</i> 2:30-3:15 Cardio Drumming</p>	<p>5 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-12:30 Lunch 12:00-2:00 Social Work Appts. 12:30-2:30 Mahjong 12:30-1:30 Art Class with Fairmount Center for the Arts</p>	<p>6 8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:45 Bingo 10:45-11:30 Line Dancing 12:00-12:30 Lunch 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p>7 9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch 2:00- 3:00 Yoga Nidra</p>	<p>8 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 12:00-12:30 Lunch 1:00-2:00 Limitless Learning 2:30-3:15 Cardio Drumming</p>
<p>11 8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 10:00-2:30 Cards: Canasta, 12:00-2:30 Lunch & a Movie <i>(Rain Man)</i> 2:30-3:15 Cardio Drumming</p>	<p>12 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-12:30 Lunch 12:00-12:30 Sandwich & Soup Lunch: Chicken Salad sandwich with Potato Soup \$5 12:30-2:30 Mahjong 12:30-1:30 Art Class with Fairmount Center for the Arts</p>	<p>13 8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:45 Bingo 10:45-11:30 Line Dancing 12:00-12:30 Lunch 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p>14 9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch 1:00-2:00 David Explains: The Battle of the Alamo 2:00- 3:00 Yoga Nidra 3:00-4:00 Cooking with Keri \$5 due with registration</p>	<p>15 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 11:00-2:30 St. Patrick's Day Party w/ Middlefield Senior Center <i>(Prior Registration is required)</i> 12:00-12:30 Lunch 1:00-2:00 Limitless Learning 2:30-3:15 Cardio Drumming</p>
<p>18 8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 10:00-2:30 Cards: Canasta, 12:00-2:30 Lunch & a Movie <i>(Misery)</i> 2:30-3:15 Cardio Drumming</p>	<p>19 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-12:30 Lunch 12:30-2:30 Mahjong 12:00-1:30 March Book Club: Magical March 12:30-1:30 Art Class with Fairmount Center for the Arts</p>	<p>20 8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:45 Bingo 10:45-11:30 Line Dancing 12:00-12:30 Lunch 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p>21 9:45-10:15 Balance Exercise 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch 12:30-2:30 Iris Folding 2:00- 3:00 Yoga Nidra</p>	<p>22 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 12:00-12:30 Lunch 1:00-2:00 Limitless Learning 2:30-3:15 Cardio Drumming</p>
<p>25 8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 10:00-2:30 Cards: Canasta, 12:00-2:30 Lunch & a Movie <i>(A Beautiful Mind)</i> 2:30-3:15 Cardio Drumming</p>	<p>26 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-12:30 Lunch 12:45-1:45 Mahjong The senior center will be closing early for a staff meeting in Chardon.</p>	<p>27 8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 10:30-11:45 Bingo 10:45-11:30 Line Dancing 12:00-12:30 Lunch 12:30-1:30 Limitless Learning 12:30-2:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p>28 9:00-10:00 Big Breakfast! <i>Prior registration required</i> 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch</p>	<p>29 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 12:00-12:30 Lunch 1:00-2:00 Limitless Learning 2:30-3:15 Cardio Drumming</p>