

Bainbridge Bulletin

Movie Matinee

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

Wednesdays & Fridays in April:

Limitless Learning: Each Wednesday & Friday 2 topics will be presented. The courses will not 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, April 11:

Soup & Sandwich Lunch: Join the Bainbridge Senior Center for a vegetable soup and bruschetta. We will start serving at noon with \$5 due at registration and due by Friday, April 5th, 2024.

Thursday, April 11:

David Explains: NATO. 75 years ago NATO was established as a pact for security of member states. Learn how this organization survived and adapted after the Cold War and its role in the modern world. The program begins at 1:00 pm, call (440) 279-1313 to register.

Tuesday, April 16:

The Bainbridge Book Club will be discussing **What the Kids are Reading**. 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, April 25:


Big Breakfast Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and April birthdays are free to attend. The cost is \$5 for everyone else. April's menu is breakfast casserole, bacon, and fruit. Please RSVP by Tuesday, April 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 both day, please call to register for either class. (440) 279-1313.

April 2024 - Bainbridge Senior Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>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>(The Greatest Showman)</i> 2:30-3:15 Cardio Drumming</p>	<p>2</p> <p>8:00-9:00 Walking Group 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</p>	<p>3</p> <p>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</p>	<p>4</p> <p>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>5</p> <p>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>8</p> <p>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>(Dance with Me)</i> 2:30-3:15 Cardio Drumming</p>	<p>9</p> <p>8:00-9:00 Walking Group 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-12:30 Lunch 12:00-12:30 Sandwich & Soup Lunch: Bruschetta & Vegetable Soup \$5 12:30-2:30 Mahjong 12:30-1:30 Art Class with Fairmount Center for the Arts</p>	<p>10</p> <p>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>11</p> <p>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: NATO 2:00- 3:00 Yoga Nidra 3:00-4:00 Cooking with Keri <i>*Prior registration required*</i></p>	<p>12</p> <p>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>15</p> <p>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>(Strictly Ballroom)</i> 2:30-3:15 Cardio Drumming</p>	<p>16</p> <p>8:00-9:00 Walking Group 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-12:30 Lunch 12:00-1:30 Book Club: What the Kids are Reading 12:30-2:30 Mahjong 12:30-1:30 Art Class with Fairmount Center for the Arts</p>	<p>17</p> <p>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>18</p> <p>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>19</p> <p>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>22</p> <p>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>(Billy Elliot)</i> 2:30-3:15 Cardio Drumming</p>	<p>23</p> <p>8:00-9:00 Walking Group 9:45-10:15 Balance Exercise 10:00-12:00 Mexican Train 12:00-12:30 Lunch 12:30-2:30 Mahjong 12:30-1:30 Art Class with Fairmount Center for the Arts</p>	<p>24</p> <p>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>25</p> <p>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 2:00- 3:00 Yoga Nidra</p>	<p>26</p> <p>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>29</p> <p>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>(Dirty Dancing)</i> 2:30-3:15 Cardio Drumming</p>	<p>30</p> <p>8:00-9:00 Walking Group 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>		<div style="border: 1px solid green; padding: 5px;"> <p>Recreation & Education Coordinator <i>David Craig</i></p> <p>Recreation & Education Assistant <i>Keri Skrtic</i></p> </div>	<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>