

Bainbridge Bulletin

Movie Matinee

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

Wednesdays & Fridays in May:

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, May 14:

Sandwich & Soup Salad Lunch: Join the Bainbridge Senior Center for a BLT and Caesar salad lunch on May 14.. We will start serving at noon with \$5 due at registration and due by Friday, May 10th, 2024.

Thursday, May 9:

David Explains: Royal Abdications. George IV took the English throne on May 12, 1937, following his brother's abdication. David will go over some famous abdications throughout history. The program begins at 1:00 pm, call (440) 279-1313 to register.

Tuesday, May 21:

The Bainbridge Book Club will be discussing **Memoir May**. 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, May 30:

Big Breakfast Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and May birthdays are free to attend. The cost is \$5 for everyone else. May's menu is French toast casserole, bacon, and fruit. Please RSVP by Tuesday, May 24th.

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.

May 2024 - Bainbridge Senior Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Recreation & Education Coordinator <i>David Craig</i></p> <p>Recreation & Education Assistant <i>Keri Skrtic</i></p>	<p>1</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 1:30-3:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p>2</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>3</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>6</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 Terror of Tiny Town)</i> 2:30-3:15 Cardio Drumming</p>	<p>7</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>8</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 1:30-3:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p>9</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: Royal Abdications 2:00- 3:00 Yoga Nidra 3:00-4:00 Cooking with Keri <i>*Prior registration required*</i></p>	<p>10</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>13</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 Jack Goes to Washington)</i> 2:30-3:15 Cardio Drumming</p>	<p>14</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 Salad Lunch: BLT & Caesar Salad 12:30-2:30 Mahjong 12:30-1:30 Art Class with Fairmount Center for the Arts</p>	<p>15</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 1:30-3:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p>16</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>17</p> <p>8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 11:30-2:30 Summer Kickoff Cook out (prior registration required) 12:00-12:30 Lunch 1:00-2:00 Limitless Learning</p>
<p>20</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>(Plan 9 From Outer Space)</i> 2:30-3:15 Cardio Drumming</p>	<p>21</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: Memoir May 12:30-2:30 Mahjong</p>	<p>22</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 1:30-3:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p>23</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>24</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>27</p>	<p>28</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 11:45-1:45 Mahjong The senior center will be closing early for a staff meeting in Chardon.</p>	<p>29</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 1:30-3:30 Bridge 2:30-3:15 Cardio Drumming</p>	<p>30</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</p>	<p>31</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>