

Bainbridge Bulletin 9/7—CLOSED in observance of Labor Day 9/29—CLOSED EARLY BIG BREAKFAST Join BSC for our monthly big breakfast on 9/24. Veterans & September birthdays are free to attend. The cost is \$5 for everyone else. On the menu: Egg Florentine Bake. Please RSVP by 9/21. Donuts by Jennings! NEW!! Gentle All-Around Exercise Ease into movement with this adapted version of our most popular fitness class! Perfect for beginners and anyone getting back on their feet, this gentle program focuses on building strength, improving balance, and boosting confidence. Led by fellow senior Mary Kay, each session offers a welcoming, supportive environment where you can move at your own pace and feel your best. 1st class is FREE, \$3 after that. Mini Farmer's Market Jilly Jeans Produce is BACK! They will be here certain Tuesdays from 10am-12pm with fresh, locally grown produce and more! SFMNP cards, Credit cards and cash are accepted! Please see the calendar for the dates they will be here! BACK TO SCHOOL BASH Bainbridge Senior Center will be hosting our annual Back 2 School Daze Dance. Cut a rug and eat some grub! DJ Tillavision will be back spinning records and Matt will be back hosting. There will be games, there will be dancing and there will be fun! Friday, 9/25, 12-3pmThe cost of this event is \$12. FREE Lunch & Learn – September 17! Join us on September 17 at 12:30pm for a FREE lunch and presentation hosted by King David Nursing. Discover a wide range of helpful gadgets designed to make everyday life easier—from simple tools that can reduce arthritis pain to advanced technology that enhances communication, improves home safety, and supports independent living. This event is FREE, but registration is required. Call 440-279-1313 to reserve your spot! Alzheimer's Caregiver Support Group This group meets at 1:30 on 9/9 at BSC. This is a safe, confidential, supportive environment and a chance for participants to develop connections. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems. No need to register, just come on in!		17751 Chillicothe Rd Bainbridge, OH 44023			
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Recreation & Education Coordinator Keri Loy Recreation & Education Assistant Matt Samardge		1 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 FARMER'S MARKET 10:00-12:00 Mexican Train 10:00-3:00 Mahjong 12:00-1:30 SOCIAL WORK APPTS 1:00-2:30 Wii Bowling League 1:00-3:30 WoodCarver's Workshop	2 8:30-9:30 All-Around Exercise (\$3) 9:45-10:00 Fitness Boxing 10:00-12:00 Diamond Painting 10:00-3:00 Canasta 10:30-11:00 Beginner Line Dancing 11:00-12:00 Line Dancing 11:00-12:00 Bingo w/ Cindy from Caring Senior Choices 12:30– 2:30 OTL Group (Samurai Steak-house—Solon)	3 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle NEW PLAYERS WELCOME 12:00-12:30 Lunch	4 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Gentle All-Around Exercise (\$3) 10:00– 3:00 Mahjong
7 		8 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-3:00 Mahjong 1:00-2:30 Wii Bowling League 1:00-3:30 WoodCarver's Workshop	9 8:30-9:30 All-Around Exercise (\$3) 9:45-10:00 Fitness Boxing 10:00-12:00 Diamond Painting 10:00-3:00 Canasta 10:30-11:00 Beginner Line Dancing 11:00-12:00 Line Dancing 11:00-12:00 Bingo 12:30– 2:30 OTL Group (Aladdin's - Chagrin Falls) 1:30-3:00 ALZ Support Group	10 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle NEW PLAYERS WELCOME 12:00-12:30 Lunch	11 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Gentle All-Around Exercise (\$3) 10:00– 3:00 Mahjong
14 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Gentle All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-12:30 Lunch 1:30-3:00 Senior Sing-Along		15 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 FARMER'S MARKET 10:00-12:00 Mexican Train 10:00-3:00 Mahjong 1:00-2:30 Wii Bowling League 1:00-3:30 WoodCarver's Workshop	16 8:30-9:30 All-Around Exercise (\$3) 9:45-10:00 Fitness Boxing 10:00-11:30 Diamond Painting 10:00-3:00 Canasta 10:30-11:00 Beginner Line Dancing 11:00-12:00 Line Dancing 11:00-12:00 Bingo w/ Amanda from Home Instead 12:30– 2:30 OTL Group (Thai Story—Aurora)	17 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle NEW PLAYERS WELCOME 12:00-12:30 Lunch 12:30-2:30 SCRABBLE 12:30-1:30 LUNCH & LEARN hosted by King David *registration required*	18 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Gentle All-Around Exercise (\$3) 9:00-2:00 Reliable Nurse Foot Care—Accepting New Patients! 10:00– 3:00 Mahjong
21 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Gentle All-Around Exercise (\$3) 9:00-2:00 Reliable Nurse Foot Care—Accepting New Patients! 10:00-2:00 Poker 12:00-12:30 Lunch 1:30-3:00 Senior Sing-Along		22 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 FARMER'S MARKET 10:00-12:00 Mexican Train 10:00-3:00 Mahjong 1:00-2:30 Wii Bowling League 1:00-3:30 WoodCarver's Workshop	23 8:30-9:30 All-Around Exercise (\$3) 9:45-10:00 Fitness Boxing 10:00-12:00 Diamond Painting 10:00-3:00 Canasta 10:30-11:00 Beginner Line Dancing 11:00-12:00 Line Dancing 11:00-12:00 Bingo w/ Cora from King David Nursing 12:30– 2:30 OTL Group (Welshfield Inn—Burton)	24 9:00-10:00 BIG BREAKFAST *Registration required* Donuts by Jennings . Special guest Jackie from Life-line 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle NEW PLAYERS WELCOME 12:00-12:30 Lunch	25 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Gentle All-Around Exercise (\$3) 10:00– 3:00 Mahjong 12:00-3:00 BACK TO SCHOOL BASH (\$12)
28 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Gentle All-Around Exercise (\$3) 10:00-2:00 Poker 12:00-12:30 Lunch 1:30-3:00 Senior Sing-Along		29 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 FARMER'S MARKET 10:00-12:00 Mexican Train 10:00-2:00 Mahjong CLOSED EARLY FOR STAFF DEVELOPMENT	30 8:30-9:30 All-Around Exercise (\$3) 9:45-10:00 Fitness Boxing 10:00-12:00 Diamond Painting 10:00-3:00 Canasta 10:30-11:00 Beginner Line Dancing 11:00-12:00 Line Dancing 11:00-12:00 Bingo w/ Comfort Keepers 12:30– 2:30 OTL Group (The Atley—Twinsburg)		