

Monday, October 14th
We will be **CLOSED** in observance of Columbus Day.

Thursday, October 10th
Cooking with Keri: Learn how to make easy, one-pan, Dijon Pork with Apples and Cabbage. Cost is \$5; registration and payment are due by Friday, Oct. 4th, 2024.


Tuesday, October 15th:
The Bainbridge Book Club will be discussing **Shocking Plot Twists**. 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, October 31st:
Big Breakfast Join the Bainbridge Senior Center for our monthly big breakfast. Veterans and September birthdays are free to attend. The cost is \$5 for everyone else. On the menu: Cheesy potato and sausage breakfast casserole & fruit. Please RSVP by Tuesday, 10/29.

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

Lunch & Learn
Services for Independent Living will provide a free Lunch & Learn Session on Tuesday 10/8 at 11am to review creating an Emergency Preparedness plan for disabled individuals and caregivers. **Registration Required**

Limitless Learning
Join us to watch these informative and engaging documentary programs on Wednesdays and Fridays from 1-2pm. Go to the back of this newsletter for more details!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid green; padding: 5px; text-align: center;"> Recreation & Education Coordinator Keri Skrtic Recreation & Education Assistant Valerie Garland </div>	1 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:00-2:00 Social Work Appts 1:00-2:00 Art Class (thru Fairmount Center for the Arts)	2 8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 11:00-12:00 Bingo 10:45-11:30 Line Dancing 12:30-2:00 Out to Lunch Group (Station 43 Tavern) 1:00-2:00 Limitless Learning	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 12:00-12:30 Lunch 2:00-3:00 Yoga Nidra (thru Fairmount Center for the Arts)	4 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 1:00-2:00 Limitless Learning
7 8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch & a Movie (Practical Magic)	8 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-12:00 Mahjong 11:00-12:00 "Emergency Preparedness" Lunch & Learn w/ Services for Independent Living (free, registration required) 1:00-2:00 Art Class	9 8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 11:00-12:00 Bingo 10:45-11:30 Line Dancing 12:30-2:00 Out to Lunch Group (Pub Frato—Chagrin Falls) 1:00-2:00 Limitless Learning	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 12:00-12:30 Lunch 2:00-3:00 Yoga Nidra 3:00-4:00 Cooking with Keri—*Prior registration required*	11 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 1:00-2:00 Limitless Learning
	14 15 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:00-1:00 Bainbridge Book Club Shocking Plot Twists 1:00-2:00 Art Class (thru Fairmount Center for the Arts)	16 8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 11:00-12:00 Bingo 10:45-11:30 Line Dancing 12:30-2:00 Out to Lunch Group (Nicky & Smitty's Deli) 1:00-2:00 Limitless Learning	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 12:00-12:30 Lunch 12:30-2:30 Iris Folding 2:00-3:00 Yoga Nidra (thru Fairmount Center for the Arts)	18 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 1:00-2:00 Limitless Learning
21 8:30-9:30 All-Around Exercise (\$3) 9:00-2:00 Reliable Nurse Footcare (appt required) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch & a Movie (The Craft)	22 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:00-12:30 Lunch 1:00-2:00 Art Class (thru Fairmount Center for the Arts)	23 8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 11:00-12:00 Bingo 10:45-11:30 Line Dancing 12:30-2:00 Out to Lunch Group (Buffalo Wild Wings—Aurora) 1:00-2:00pm Limitless Learning	24 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch 2:00-3:00 Yoga Nidra (thru Fairmount Center for the Arts)	25 8:30-9:30 All-Around Exercise (\$3) 9:40-10:25 Chair Yoga-cise (\$3) 10:00- 12:00 Mahjong 1:00-2:00 Limitless Learning
28 8:30-9:30 All-Around Exercise (\$3) 9:40-10:30 Chair Yoga-cise (\$3) 10:00-2:00 Poker 12:00-2:30 Lunch & a Movie (The Witches)	29 9:45-10:15 Balance Class 10:30-11:00 Cardio Drumming 10:00-12:00 Mexican Train 10:00-12:00 Mahjong 12:00-12:30 Lunch 1:00-2:00 Art Class 2:00— CLOSED, Staff Meeting	30 8:30-9:30 All-Around Exercise (\$3) 9:40- 10:20 Chair Yoga-cise (\$3) 10:00-12:00 Diamond Painting 11:00-12:00 Bingo 10:45-11:30 Line Dancing 12:30-2:00 Out to Lunch Group (Oak & Ember—Chesterland) 1:00-2:00pm Limitless Learning	31 9:00-10:00 Big Breakfast! Prior registration required 10:00-12:00 Knit and Crochet 10:00-3:00 Pinochle 12:00-12:30 Lunch 2:00-3:00 Yoga Nidra (thru Fairmount Center for the Arts)	