

Oak Ridge Senior Center Activities

728 Emory Valley Road

Phone # 425-3999

A.A.R.P.:

Local Chapter #625 - meets the 3rd Thursday of each month. Check Calendar for times.

Drivers Training – Even numbered months. Two-day refresher course. Goes 9:30 a.m. – 1:30 p.m. both days. Must attend both days. Provides discount on car insurance.

Tax Aide – Seasonal, February to April. By Appointment Only.

Arts and Crafts – Fridays' 9 a.m. – 5 p.m. **Non-structured** opportunity. Check Calendar for any special classes.

Banjo Lessons – Held on Fridays at 1 p.m. Free but must bring own banjo.

Billiards – Four Pool Tables & Two Snooker Tables. Available anytime center is open. Tournaments scheduled several times a year.

Bingo – Tuesdays & Thursdays at 6:30 p.m. Operated by donations, small prizes are purchased with donations received. Suggested Donation \$2 per person.

Blood Pressure Screening – Thursdays 10-11:30 a.m.

Bridge:

Open Bridge (Party Bridge) - on Mondays, Wednesday, & Thursday at 1:00 p.m.
Open to Anyone

(Bridge Lessons – Check with Office to see if one is scheduled.)

Car Winterization – First Saturday in November. Partner with area car repair businesses to check seniors cars for basic repair and up keep needs.

C.O.R.R.E. (Coalition Of Oak Ridge Retired Employees) - Meets 3rd Wednesday of each month. Works toward fair pensions from DOE and it's Contractors.

Canasta – Tuesdays & Thursdays 10 a.m. – 3 p.m. **Open to Anyone**

COLD FACTS – This Program can help first responders when they are called to your home for an emergency. When the first responders arrive, they see a **COLD FACTS** sticker on your Refrigerator and know to look inside for a list of your medications and health conditions so they may be better able to treat you. Pick-up forms & sticker at the

office. If you already participate remember, to update your information periodically. **We do not keep any of your information.**

Computer Classes – Offered at various times throughout the year to teach basic computer usage such as using email, the internet, etc.

Computer Lab – Five computers for use whenever center is open. Internet Access Available.

Exercise Room – Various exercise equipment available for use during center hours of operation.

Exercise for Seniors – New class to be offered on a monthly basis to help seniors tone and strengthen. Class days will be Tuesday and Thursday 9:30 – 10:30. Charlotte Hensley will be the instructor and the cost will be \$18 per month.

Guitar Lessons – Fridays, new beginners (I) meet at 9 a.m. & beginners II 9:45 with more experience at 10:30 a.m. Takes a Break Nov-Dec., Starts back January.

Halloween Party – Held the last Tuesday of October. Dress up and come have fun! Party starts at 4:00 p.m. with a \$4 BBQ Dinner available afterward. Then stay for Bingo at 6:30 p.m.

Holiday Party – Held the first Friday in December. Free to all seniors 50 and older. Light lunch, door prizes and bingo.

Lunch Program – Lunch is served Monday thru Friday, 11-11:30 a.m. except on Wednesdays due to budget cuts. The East Tennessee Human Resources Agency provides it and you must sign-up with them. Call 425-3996 before noon the day before.

Mahjongg – Wednesdays 9am, Chinese board game play with 144 tiles that are drawn to make a winning hand.

Pinochle – Mondays 11:00 – 3:30 p.m. **Open to Anyone**

Retired Teachers – Oak Ridge Retired Teachers: keep up with current education improvements and information regarding changing education. Meets Sep thru Dec, Feb thru Mar on the Second Monday at 2 p.m. **(Members Only)**

S.A.B. – Senior Advisory Board. Meets 1st Monday of each Month 9-10 a.m.

S.M.I.L.E. (So Much Improvement with Little Exercise)

A beginner's exercise program, its 42 exercises can be adapted for a seated participant. Emphasizes deep breathing, balance, flexibility and toning. Meets at the Oak Ridge Senior Center on Monday, Wednesday, and Friday at 9-9:45 a.m. No Cost.

Senior Citizens Club – Tuesdays 10 a.m. – 3 p.m. Socialization Club, members play cards before

Stitching Sisters – Sewing Club, meets periodically, watch calendar. **(Members Only)**

T.O.P.S. (Take Off Pounds Sensibly) Weight management group, meets Thursdays 9-10:30 a.m. **Open to Anyone.** Membership Cost.

Transportation Assistance Program - Any Oak Ridge resident age 55 or older or any handicapped resident age 18 or older with a physician-certified disability may purchase Transportation Coupons (Book of 12 coupons for \$9), which cover the first \$3 toward the cost of a taxicab ride. One coupon may be used per one-way trip. Coupons are sold from 9 a.m. to 4 p.m. Monday through Friday. *Proof of identification, age, and residency is required.* Handicapped individuals not 55, or older, must also obtain a physician's letter documenting a mental, physical, or emotional handicap that renders the participant unable to operate a motor vehicle. For more information call the Senior Center.

Valentine's Day Ice Cream Social – Held Thursday before Valentine's Day each year. Ice cream sundaes and music provided by our Friday Guitar Players. 3:30 – 5:00.

Veteran's Day Pancake Brunch – A free pancake brunch in honor of our local veteran's. Held every Veteran's Day from 10:30 – Noon.

Walkers – Come walk with us. Seven (7) laps up & down hallway = 1 Mile.

Walk With Ease Class – Offered at different times and days throughout the year. Especially good for those with Arthritis issues but open to anyone wanting to walk more and become healthier.

Woodcarving – Meets Wednesdays 9-12 a.m. Watch, Learn, & Do.

Wii Game Room and Lounge – Wii Game System, Board Games, books and TV with sofa and chairs. Open when Center is Open.

Zumba Gold – Latin dance inspired exercise class for anyone 50 and older. Tuesday nights at 6 p.m. Cost is \$4.00 per class. First class is free so come try it!