








WEEKLY SCHEDULE

MON 9AM-5PM	TUE 9AM-9PM	WED 9AM-5PM	THR 9AM-9PM	FRI 9AM-5PM	SAT 8:30AM-4:30PM
9-10 S.M.I.L.E. 9-10 Walking Group 10-11 Tai Chi 11-3 Pinochle 1-4 Open Bridge	9-3 Rook/Canasta 9-10 Walking Group 10-3 Senior Citizens Club 6-7 Zumba Gold 6:30-8:30 Bingo	9-12 Woodcarving 9-10 S.M.I.L.E. 9-10 Walking Group 10-11 Tai Chi 1-4 Bridge 1-4 Mahjong	9-3 Rook/Canasta 9-10 Walking Group 9-10:30 T.O.P.S. 10-11:30 Blood Pressure 1-4 Bridge 6-7 Zumba Gold 6:30-8:30 Bingo	Guitar Lessons 9-10 Beginners 10-11 Advanced 11:30-12:30 Banjo Lessons 9-10 Walking Group 9-10 S.M.I.L.E. 9-5 Open Crafts	Recreation Room and Computer Lab Open 11-12 Zumba Gold

This Month's Non-Weekly Events

	1)	2)	3)	4)	5)
7)  Beginning Tai Chi Starts Today! 9-11 S.A.B. 12:30-3:30 W. Club Bridge <u>Tax Assistance By Appointment Only</u>	8)  Ladies Day In the Recreation Room! (Invite All Your Female Friends to Come Join Us Play Pool!)	9)	10) 12-1 A.A.R.P. <u>Board Meeting</u>	11)	12)
14) 2-4 Retired Teachers <u>Tax Assistance By Appointment Only</u>	15)	16) 10-12 C.O.R.R.E.	17) 11-12:30 Writers Group 1-3 A.A.R.P.	18)  Center Closed for Easter Holiday	19)  Center Closed for Easter Holiday
21) 12:30-3:30 W. Club Bridge	22) 9-10 Meet at Oak Ridge Marina to Walk 	23) 12-1 Lunch and Learn: Personal Safety Seminar Lunch Provided by the Oak Ridge Senior Center	24) 5-9 Couples Date Night in Recreation Room (Light Refreshments Served) 5-6 Diabetes Class "Lowering the Costs of Diabetes" 	25)  8-ball Tournament	26) No Zumba Today
28)	29)	30)			

LUNCH SERVED MONDAY THROUGH FRIDAY, 11:00 - 11:30 A.M. BY RESERVATION ONLY.

CALL [425-3996](tel:425-3996) OR [691-2551](tel:691-2551) BY NOON THE DAY BEFORE TO RESERVE A MEAL.

OAK RIDGE SENIOR CENTER

April 2014 Activities

DRIVER SAFETY TRAINING The next session of the AARP Senior Driver Safety Program will be offered on April 2nd & 3rd, from 9:30 a.m. to 1:30 p.m. You must attend both days. There are no tests, just lecture and discussion. Cost is \$15 for AARP Members and \$20 for Non-Members, and completing the course will make you eligible for a discount on your automobile insurance. The amount varies, check with your agent. Call 425-3999 to register for the class, and be a safer driver. Class space is limited.

DIABETES CLASS "Lowering the Costs of Diabetes" This class will be held by Mac's Pharmacy on April 24th at 5 p.m. First, we'll look at the cost of diabetes around the nation. Second, we'll identify the common costs of living with diabetes and discover ways to lower your costs. Finally, we'll discuss why it's vital that you make a long-term investment in your health."

INCOME TAX PREPARATION ASSISTANCE Hurry in and beat the IRS deadline of April 15th this year. AARP Tax counselors will be available to help prepare your income tax return on Mondays through April 14th. They work by appointment only; call the Center at 425-3999 to make your appointment. Bring a copy of last year's return with you, any relevant paperwork for the 2013 tax year.

FIELD TRIP FOR WALKING GROUP The walking group will meet at the Oak Ridge Marina Parking lot to walk outside on April 22nd at 9:00 a.m. We will walk for about an hour, weather permitting. Check with the front desk on the day before to find out about weather related postponements.

LADIES DAY AND COUPLES DATE NIGHT We are starting some new activities in our Recreation Room. Come join in the fun. It will start with Ladies Day in the Recreation Room on Tuesday, April 8th. Invite all your female friends and relatives to come in and learn how to play pool or to teach a thing or two to the guys. Also there will be a Couples Date Night on April 24th. Bring your significant other and have a fun evening playing pool. Light refreshments will be served while they last.

LUNCH AND LEARN "Personal Safety Seminar" Come join us for this informative talk about ways to defend yourself in case of an attack. Mea Myers of Damsels in Defense will be here to talk about basic self-defense and to go over different products and how to use them to be safe at all times. Lunch will be provided by Oak Ridge Senior Center. Space is limited so please call the Senior Center at 425-3999 to reserve a spot.

SENIOR 8-BALL TOURNAMENT Friday April 25th, starting at 9 a.m. in the Senior Center Recreation Room, for people age 50 and older. You must be registered by noon, April 21, 2014. There is a \$12 registration fee to participate. Any tournament player guest wanting to eat lunch with the tournament may do so provided we know at the time of registration. Cost for the guest lunch is \$5.00. Come try out our newly covered tables!

CENTER HOURS

Tuesday, Thursday - 9:00 a.m. to 9:00 p.m.
Monday, Wednesday and Friday - 9:00 a.m. to 5:00 p.m.
Saturday - 8:30 a.m. to 4:30 p.m.
Closed on Sunday

BUSINESS OFFICE HOURS

(For Transportation Coupon Sales)
Monday through Friday - 9:00 a.m. to 4:00 p.m.
OAK RIDGE SENIOR CENTER 728 EMORY VALLEY RD. 425-3999

