

## 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 11-3 Pinochle 1-4 Open Bridge	9-3 Rook/Canasta 9-10 Walking Group 12-3 Senior Citizens Club 6:30-8:30 Bingo	9-12 Woodcarving 9-10 S.M.I.L.E. 9-10 Walking Group 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 1:30-3:30 Computer Classes 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

### This Month's Non-Weekly Events

 Coming Next Month: Tai Chi Class will begin again on September 3rd!	 Recreation Room and Computer Lab open each day during regular operating hours!		 1)	2)
4) 9-11 S.A.B.	5)	6) 9:30-1:30 Drivers Training	7) 9:30-1:30 Drivers Training	8)
11)	12)	13)	14) 12-1 A.A.R.P. <u>Board Meeting</u>	15)
18)	19) Walking Group to meet at Emory Valley Greenway at 9:00 a.m. 	20) 10-12 C.O.R.R.E.	21) 1-3 A.A.R.P	22) 9-12 Flu Shots sponsored by Walgreens (Don't Forget your Insurance Cards!) 
25)	26)	27)	28)	29)
				30)  1-3 Potluck Prize Bingo

**NO LUNCH ON WEDNESDAYS UNTIL FURTHER NOTICE**  
**LUNCH SERVED 11:00 - 11:30 A.M. BY RESERVATION ONLY.**  
**CALL 425-3996 OR 691-2551 BY NOON THE DAY BEFORE TO RESERVE A MEAL.**

# OAK RIDGE SENIOR CENTER

## August 2014 Activities

**ATTENTION: The Senior Center is open at 9:00 a.m. Monday – Friday and 8:30 a.m. on Saturday. Beginning August 11<sup>th</sup>, the main doors will open no earlier than 30 minutes before the current day's scheduled opening time.**

**TAI CHI** will meet at the Tai Chi Center for the month of August, located at 362 East Tennessee Avenue and will be starting back at the Senior Center on September 3<sup>rd</sup>.

**AARP SENIOR DRIVER SAFETY PROGRAM** August 6<sup>th</sup> – 7<sup>th</sup>. The 8-hour class is held in two four-hour sessions on Wednesday and Thursday, from 9:30 a.m. until 1:30 p.m. both days. Cost is \$15.00 for AARP members and \$20.00 for non-members. Call 425-3999 to reserve a place in the class. Take this refresher course and be a safer driver!

**FIELD TRIP FOR WALKING GROUP** The walking group will meet at the Emory Valley Greenway parking area, to walk outside on Tuesday, August 19<sup>th</sup>. We will meet at 9:00 a.m. and walk for about an hour, weather permitting. Please check with the Senior Center front desk for the exact location to meet and also about any weather related postponements or cancellations.

**FLU SHOTS** Come out to the Senior Center on August 22<sup>nd</sup> and get protected from the flu early this year! Walgreens Pharmacy will be at the Senior Center from 9 a.m. until noon. **Make sure to bring all insurance cards you have with you on that day.**

**NEW PROGRAM "POTLUCK PRIZE BINGO"** Come out and join us on Saturday, August 30<sup>th</sup> at 1 p.m. for this fun new activity with a twist on regular bingo. Each person attending will need to sign up in the office by August 28<sup>th</sup> and bring a \$1-2 gift to use for the bingo prizes. The number of games will depend on how many people we have signed up to come out and play. If it's successful, then we will try to have it at least once a month.

### 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 ROAD 425-3999



**HOT FLASH: Be sure to stay cool and drink plenty of liquids in this extra hot weather! If your air-conditioning goes out, make sure to go somewhere cool.**

