

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 9:15-10:30 Exercise for Seniors 11-12 Tai Chi 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. 9:15-10:30 Exercise for Seniors 10-11:30 Blood Pressure 1-4 Bridge 6:30-8:30 Bingo	Guitar Lessons 9-9:45 Beginners 9:45-10:30 Beginners 10:30-11:15 Advanced 1:00-2:00 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

3) 9-11 S.A.B.	4)	5) 9:30-1:30 Drivers Training	6) 9:30-1:30 Drivers Training  Martial Arts for Seniors Demo Today at 5:30 p.m.	7)	1/ 8)
10)	11)	12) 12-1 Lunch and Learn: What to expect during a SNF Stay 	13) 12-1 A.A.R.P. <u>Board Meeting</u>	14)	15)
17)	18) Walking Group to meet at Emory Valley Greenway at 9:00 a.m. 	19) 10-12 C.O.R.R.E.	20) 9-12 Flu Shots sponsored by Walgreens (Don't Forget your Insurance Cards!)  1-3 A.A.R.P	21)	22)
24)	25)	26)	27)	28)	29)
31)			 Recreation Room and Computer Lab open each day during regular operating hours!		

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

August 2015 Activities

AARP SENIOR DRIVER SAFETY PROGRAM August 5th – 6th. 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!

MARTIAL ARTS FOR SENIORS DEMONSTRATION Atomic City Martial Arts is being a new Martial Arts program geared specifically for seniors. Come learn how karate can help with many issues seniors face when aging such as balance, muscle tone, flexibility, heart health and much more. All attendees at the demonstration will receive a free wristband that entitles them to a 10% discount off their first month of classes in addition to the regular 20% Senior discount. Please stop by the office to register or give us a call at 425-3999.

LUNCH AND LEARN “What to Expect During a SNF Stay” Come join us on August 12th at noon to learn what is involved in a stay at a skilled nursing facility (SNF) from hospital stay requirements, to nursing facility rehab, then getting back home again. Susan Asbury of NHC Oak Ridge will be on hand to discuss this topic and answer questions. There is no cost for the program but please sign up in the office to be counted for lunch.

FIELD TRIP FOR WALKING GROUP The walking group will meet at the Emory Valley Greenway parking area, to walk outside on Tuesday, August 18th. 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 20th 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.**

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.

