









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	9-10 Walking Group 9:15-10:30 Gentle Movement 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	9-10 Walking Group 9-10:30 T.O.P.S. 9:15-10:30 Gentle Movement 10-11:30 Blood Pressure 1-4 Bridge 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 All Day

This Month's Non-Weekly Events

1) 9:30-11 S.A.B.	2)  11-12:30 Eat Smart, Live Strong Class (Each Tuesday this Month) Bingo Snacks Sponsored By Morning Pointe	3) 9:30-1:30 Drivers Training  9-5 Trip to the Tennessee Aquarium in Chattanooga	4) 9:30-1:30 Drivers Training Bingo Snacks Sponsored By Greenfield Oak Ridge	5)	6)  9-10 Fast and Classy Car Club
8)	9)	10) 11-12 Cooking Class Sponsored by Diversicare 	11)	12)	13)
15)	16) Walking Group to meet at Emory Valley Greenway at 9:00 a.m. 	17) Lunch and Learn: Wound Care, What is it? Sponsored By MMC Wound Center 	18) 1-3 A.A.R.P	19)	20)
22)	23)	24) Lunch and Learn: MORE Program for Oak Ridge Residents Lunch Sponsored by Greenfield 	25)	26)	27)
29)	30)	31) Lunch and Learn: Stroke Prevention Sponsored by Brookdale Assisted Living 			

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 2016 Activities

AARP SENIOR DRIVER SAFETY PROGRAM August 3rd – 4th. 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!

EAT SMART LIVE STRONG is a four-session course designed to help you increase healthy eating and physical exercise. During each class you will exercise and taste nutritious foods. You have the opportunity to set goals each week in order to motivate you throughout the course. Additionally we will have a grocery store tour on August 30th in order to practice what we have learned and look at how to make smart shopping choices! Join Abbie Cary with the UT Extension Office for Anderson County each Tuesday in August at 11:00 a.m. The class is free but space is limited so sign up now in the office or call us at (865) 425-3999.

FIELD TRIP TO THE TENNESSEE AQUARIUM Join us on August 3rd for a trip to the Tennessee Aquarium in Chattanooga. Lunch will be at Jack's Alley in downtown Chattanooga before touring both the fresh and salt water aquariums. We will leave the Senior Center at 9:00 a.m. and return by 5 p.m. Cost for the trip will be \$35 to cover admission, gas, and parking. Lunch will be on your own at one of the many different and very delicious restaurants at Jack's Alley. Sign up in the office soon because space is very limited. Payment is due upon registration.

LUNCH AND LEARN "Wound Care: What is it?" Kristie Teffetteller from MMC Wound Care Center will be here at noon on August 17th to discuss the ins and outs of proper wound care. Topics will include what to do if you have a wound that won't heal and how diabetes and vascular disease effect wound care. Please sign up in the main office or by calling us at 425-3999.

LUNCH AND LEARN "MORE² Program for Oak Ridge Residents" Come join us on August 24th at noon to learn about the MORE² Program for city of Oak Ridge Residents to help offset the cost of some home improvements that could make your home more energy efficient. Bruce Applegate with the City of 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. Lunch will be sponsored by Greenfield Assisted Living.

LUNCH AND LEARN "Stroke Prevention" On August 31st at noon Connie Warford of Brookdale Assisted Living will be on hand to discuss this important topic and answer questions. A pound of prevention really is worth a ton of cure when it comes to stroke prevention. 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.

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.

