

OAK RIDGE SENIOR CENTER

JANUARY 2014

Check out our website at www.orrecparks.org

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

This Month's Non-Weekly Events

		1)  Closed for New Year's Day Holiday	2)	3)	4)
6) 9-11 S.A.B. 12-3:30 W. Club Bridge	7) Zumba Gold Exercise Class begins today at 9:30 a.m.!	8)	9) 12-1 A.A.R.P. <u>Board Meeting</u>	10) Guitar Lessons Begin today at 9 a.m.! 1-2 Banjo Lesson Interest Meeting	11)
13) 2-4 Retired Teachers	14)	15) 2-4 C.O.R.R.E.	16) 11 – 12:30 Writers Group 1-3 A.A.R.P.	17)	18)
20)  Closed for Martin Luther King, Jr. Day	21)	22)	23)	24)	25)
27)	28)	29)	30)	31)	

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

January 2014



HOLIDAY/BAD WEATHER CLOSINGS: The Center will be closed January 1st for the New Year's Holiday and Monday January 20th for the Martin Luther King, Jr. Birthday Holiday. In case of bad weather, call us at 425-3999 to check for early closings or cancellations.

START OUT 2014 ON THE RIGHT TRACK WITH EXERCISE

SMILE (So Much Improvement with a Little Exercise) This beginner video exercise program is offered every Monday, Wednesday and Friday 9 - 9:45 a.m. There is no cost for this program.

TAI CHI EXERCISE Tai Chi meets Mondays and Wednesdays from 10-11 a.m. in the gym. Beginners are now meeting from 10:00 a.m. – 11:30 a.m. on the same days. They ask for a \$1 per session donation for the instructor.

WALKING FOR FITNESS Walking is a simple, no cost way to exercise that almost everyone can do. Come join us anytime the center is open. Seven laps down and back the main hallway is equal to one mile. Come and do as little or as much as you can. When the weather improves we will take field trips to Oak Ridge's many trails and greenways for a change of pace.

ZUMBA GOLD Zumba is an exercise class inspired by Latin Dance music. The gold level of the class offered here is specifically designed for those who are 50 and over. The class will be offered on Tuesday and Thursday mornings from 9:30 – 10:30 beginning on January 7th. The cost is \$1 donation per time you come. There are no contracts or extra fees so come out and give it a try. We think you will like it.

Coming in February 2014

Tax Assistance Program Starts February 3rd. Mondays by Appointment Only. Call 425-3999 to setup an appointment starting January 21st.

A.A.R.P. SENIOR DRIVER SAFETY PROGRAM This 8-hour class will be held on February 5th & 6th, from 9 a.m. – 1 p.m. both days. The cost has increase to \$15 for AARP members and \$20 for non-members. Reserve your place by calling the Center at 425-3999.

CENTER HOURS

Tuesday, Thursday - 9:00 a.m. to 9:00 p.m.
 Monday, Wednesday, 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

