

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 6-7 Zumba Gold 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 6:30-8:30 Bingo	Guitar Lessons 9-10 Beginners 10-11 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

			1)  Closed for New Year's Day Holiday	2)	3)
5) 9-11 S.A.B.	6)	7)	8) 12-1 A.A.R.P. <u>Board Meeting</u>	9) Guitar Lessons Begin today at 9 a.m.! Banjo Lessons Begin Today at 1 p.m.!	10)
12) 2-4 Retired Teachers	13)	14)	15) 1-3 A.A.R.P.	16)	17)
19)  Closed for Martin Luther King, Jr. Day	20)	21) 10-12 C.O.R.R.E.	22)	23)	24)
26)	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 2015



HOLIDAY/BAD WEATHER CLOSINGS: The Center will be closed January 1st for the New Year's Holiday and Monday January 19th 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 2015 ON THE RIGHT TRACK WITH DIET AND EXERCISE

TOPS HELP FOR WEIGHT CONTROL The Take Off Pounds Sensibly (TOPS) Club meets at the Center on Thursdays at 9:30 a.m.

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.

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 is offered on Tuesday Evenings from 6 p.m. to 7 p.m.

ATHRITIS FOUNDATION WALK WITH EASE CLASS Walk With Ease is a fitness program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with this program. An organization meeting is scheduled for January 12th at noon. The hour long class will be held 3 days a week for 6 weeks. The first 10 participants to sign up can complete the program at no cost. Check with the office for more information.

Coming in February 2015

Tax Assistance Program Starts February 2nd. **Mondays by Appointment Only.** Call 425-3999 to setup an appointment starting January 20th.

A.A.R.P. SENIOR DRIVER SAFETY PROGRAM This 8-hour class will be held on February 4th & 5th, from 9:30 a.m. – 1:30 p.m. both days. The cost is \$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

