

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 12-3 Senior Citizens Club 6-7 Zumba 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 6-7 Zumba 6:30-8:30 Bingo	Guitar Lessons 9-10 Beginners 10-11 Advanced 1-2 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)  Closed for New Year's Day Holiday	2)
4) 9-11 S.A.B. Tablet Class Kick Off at 10 a.m.	5)	6)	7)	8)  Guitar Lessons Begin at 9 a.m.! Banjo Lessons Begin at 1 p.m.!	9)
11) 12-1 Lunch and Learn: Better Phone Communication for the Hearing Impaired  2-4 Retired Teachers	12)	13)	14)	15)	16)
18) Closed for Martin Luther King, Jr. Day 	19) Call to Make Your Income Tax Appointment beginning today!	20)	21) 1-3 A.A.R.P	22)	23)
25)	26)	27)	28)	29)	30)

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

January 2016



HOLIDAY/BAD WEATHER CLOSINGS: The Center will be closed January 1st for the New Year's Holiday and Monday January 18th 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 2016 ON THE RIGHT TRACK WITH DIET AND EXERCISE

TOPS (Take Pounds Off Sensibly) This weight loss club meets at the Center on Thursdays at 9:30 a.m. Stop by and see if it may be right for you. Extra fees apply.

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.

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 is offered on Tuesday and Thursday evenings from 6 p.m. – 7 p.m. with our new session beginning on January 5th. The first class is free and then it's \$4 per class after that.

LUNCH AND LEARN "Better Phone Communication for the Hearing Impaired" Jeff Bales of ClearCaptions will be speaking on January 11th at noon about a FCC certified program which allows Americans with hearing loss the ability to communicate as freely as those without hearing loss. Everyone with cable, Internet, landline phones and cell phones pay a universal service fee that provides the funding to receive this benefit at no cost. Come in and see if you or someone you love qualifies to receive a free captioned telephone and service. There is no cost for the program but please sign up in the office to be counted for lunch.

Coming in February 2016

Tax Assistance Program Starts February 1st. Mondays by Appointment Only. Call 425-3999 to setup an appointment starting January 19th.

A.A.R.P. SENIOR DRIVER SAFETY PROGRAM This 8-hour class will be held on February 3rd & 4th, 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

