

OAK RIDGE SENIOR CENTER

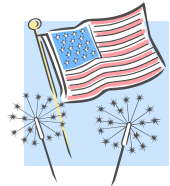



JULY 2014

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 11-3 Pinochle 1-4 Open Bridge	9-3 Rook/Canasta 9-10 Walking Group 10-3 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. 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

This Month's Non-Weekly Events

	1)	2)	3)	4) Center Closed for July 4 th Holiday 	5)
7) 9-11 S.A.B.	8)	9)	10) 12-1 A.A.R.P. <u>Board Meeting</u>	11)	12)
14)	15)	16) 11:30 – 5 Senior Citizens' Day at the Anderson County Fair 2-4 C.O.R.R.E. 	17) 12-3 A.A.R.P.	18) 11:30- 12:30 Senior Center Indoor Picnic 	19) 8:30-4:30 Drivers Training
21)	22) Walking Group to meet at Oak Ridge Civic Center at 9:00 a.m. 	23)	24)	25)	26)
28)	29)	30)	31)	ZUMBA GOLD and Tai Chi Classes will begin again in September!	

LUNCH SERVED MONDAY THROUGH FRIDAY, 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 Activities

July 2014

JULY CLOSINGS The Senior Center will be closed on Thursday, July 4th for the Independence Day holiday.

TAI CHI will be meeting at the Tai Chi Center on Mondays and Wednesdays for the months of July and August. It is located at 362 East Tennessee Avenue. **ZUMBA Gold** will be taking a break for summer and starting back in September.

SENIOR CITIZENS DAY AT ANDERSON COUNTY FAIR Wednesday, July 16, from 11:30 a.m. to 5 p.m. at the Fair Grounds in Clinton, with free admission for those 60+. Refreshments and Musical Entertainment starts at 11:30 a.m., the Program at 12:30 p.m., and Ice Cream Party at 1:30 p.m. Free goodie bags while they last.

SENIOR CENTER INDOOR PICNIC Come join us on July 18th at 11:30 for a picnic in the gym at the Senior Center. Cost for the meal will be \$3 and we will be having hot dogs, chips, baked beans, watermelon, tea (sweet or unsweetened) or lemonade. Tickets can be purchased at the main desk until July 14th. There will also be a goodie bags, games and door prizes.

AARP SENIOR DRIVER SAFETY EDUCATION The AARP Senior Driver Safety Program is offering an all-day class on July 19th from 8:30 a.m. to 4:30 p.m. Usually the class is held over a two day period during the week but we are hoping to help out seniors who are currently still working have a chance to participate in the program. This class can help you become a more aware driver and could possibly lower your insurance premiums. Please call the main desk at 425-3450 to register. The cost for an AARP member is \$15 and a non-member is \$20.

FIELD TRIP FOR WALKING GROUP The walking group will meet at the Oak Ridge Civic Center, in the Recreation parking lot, to walk outside on July 22nd. We will meet at 9:00 a.m. and walk for about an hour, weather permitting. Please check with the front desk on the day before to find out about weather related postponements or cancellations.

COMING IN AUGUST

AARP SENIOR DRIVER SAFETY EDUCATION The AARP Senior Driver Safety Program has a class scheduled for August 6th and 7th, from 9 a.m. – 1 p.m. Cost of the class is \$15.00 for members or \$20 for non-members. Call 425-3999 to reserve a space.

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

