

OAK RIDGE SENIOR CENTER







JULY 2015

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 9:15-10:30 Exercise for Seniors 11-12 Tai Chi 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	9-3 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 6:30-8:30 Bingo	Guitar Lessons 9-9:45 Beginners 9:45-10:30 Beginners 10:30-11:15 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)	2)	3) 	4) 
				Center Closed for Independence Day Holiday	
6) 9-11 S.A.B.	7)  New Tai Chi Class Begins Today at 11 a.m.!	8) 12-1 Lunch and Learn: Alzheimer's 101	9) 12-1 A.A.R.P. <u>Board Meeting</u>	10)	11)
13)	14)	15) 11:30 – 5 Senior Citizens' Day at the Anderson County Fair 10-12 C.O.R.R.E. 	16) 1-3 A.A.R.P.	17)	18)
20)	21) 9-10 Walking Group Meet at 9 a.m. at Oak Ridge Marina 	22)	23)	24) 11:30-12:30 Senior Center Indoor Picnic 	25)
27)	28)	29)	30)	31)	ZUMBA GOLD 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 2015

JULY CLOSINGS The Senior Center will be closed on Friday July 3rd and Saturday July 4th for the Independence Day holiday.

NEW TAI CHI CLASS Our new Tai Chi for Diabetes class will begin on July 7th. The class will meet on Tuesdays through September 29th from 11 a.m. – 12 p.m. The class will be taught by Abbie Cary, Anderson County Extension Agent from the University of Tennessee. The class is geared for those with diabetes related health issues but is open for anyone wanting to begin a good exercise program.

SENIOR CITIZENS DAY AT ANDERSON COUNTY FAIR Wednesday, July 15, 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 24th 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 20th. There will also be games and door prizes.

LUNCH AND LEARN: Alzheimer's 101 Linda Johnson from Alzheimer's Tennessee will be here at noon on July 8th to present this educational talk on the basics of Alzheimer's disease and its effects on all those in an affected family. There is no cost but you must sign up in the office to be counted for lunch.

FIELD TRIP FOR WALKING GROUP The walking group will meet at the Oak Ridge Marina to walk outside on July 21st. 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 5th and 6th, from 9:30 a.m. – 1:30 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.

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728 EMORY VALLEY RD. 425-3999

