

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	9-10 Walking Group 9:15-10:30 Gentle Movement 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	9-10 Walking Group 9-10:30 T.O.P.S. 9:15-10:30 Gentle Movement 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 All Day

This Month's Non-Weekly Events

				1) Taxi Coupon Recertification	2)
4)  Center Closed	5) Bingo Snacks Sponsored by Morning Pointe	6)	7) Bingo Snacks Sponsored by Greenfield	8)	9)
11) 9:30-11 S.A.B.	12)	13) 11-12 Cooking Class Sponsored by Diversicare 11:30 – 5 Senior Citizens' Day at the Anderson County Fair 	14)	15) 11:30-12:30 Senior Center Indoor Picnic 	16)
18)	19) 9-10 Walking Group Meet at 9 a.m. at Oak Ridge Marina 	20) Lunch and Learn: Wound Care, What is it? Sponsored By MMC Wound Center 	21) 1-3 A.A.R.P	22)	23)
25)	26)	27) Lunch and Learn: Steady Stride Fall Prevention Program Sponsored by Quality Home Health 	28)	29)	30)

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 Activities

July 2016

JULY CLOSINGS The Senior Center will be closed on Monday, July 4th for the Independence Day holiday. The Senior Advisory Board will meet on the following Monday, July 11th at 9:30 a.m. instead.

SENIOR CITIZENS DAY AT ANDERSON COUNTY FAIR Wednesday, July 13th, 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 Join us on July 15th at 11:30 for a picnic at the Senior Center. Cost for the meal will be \$3 and we will be having hot dogs, potato salad, baked beans, watermelon, tea (sweet or unsweetened) or lemonade. Tickets can be purchased at the main desk until July 12th. There will also be goodie bags, games and door prizes.

LUNCH AND LEARN “Wound Care: What is it?” Kristie Teffetteller from MMC Wound Care Center will be here at noon on July 20th to discuss the ins and outs of proper wound care. Topics will include what to do if you have a wound that won't heal and how diabetes and vascular disease effect wound care. Please sign up in the main office or by calling us at 425-3999.

LUNCH AND LEARN “Steady Stride Program” Bobby Stewart with Quality Home Health will speak about the Steady Stride Program on July 27th. This program addresses fall risk and fall prevention in seniors. Sign up in the office or by calling us at 425-3999 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 19th. 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 3rd and 4th, 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.

TENNESSEE AQUARIUM TRIP Join us for a trip to the Tennessee Aquarium and IMAX Theater on Wednesday, August 3rd. Please sign up in the office as soon as possible because space is very limited. We will be leaving from the Oak Ridge Senior Center at 8:30 a.m. and returning by 4:00 p.m. The cost for the trip will be \$45.00 per person. This cost will include admission to the aquarium and IMAX Theater as well as a boxed lunch during the movie.

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

