



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 9:30-10:30 Exercise for Seniors 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. 9:30-10:30 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

2) 9-11 S.A.B. <u>Tax Assistance By Appointment Only</u>	3)	4)	5)	6)	7)
9)  Shopping Trip to West Town Mall will Leave at 9 a.m. and return at 2 p.m. <u>Tax Assistance By Appointment Only</u>	10)	11) 12-1 Lunch and Learn: Assistive Devices Lunch Sponsored by Courtyards Senior Living	12) 12-1 A.A.R.P. <u>Board Meeting</u>	13)	14)
16) <u>Tax Assistance By Appointment Only</u>	17) Happy St. Patrick's Day  Bingo Sponsored by Chick-fil-aTonight	18) 10-12 C.O.R.R.E.	19) 12-2 A.A.R.P	20)	21)
23) <u>Tax Assistance By Appointment Only</u>	24)	25)	26)	27)	28)
30) <u>Tax Assistance By Appointment Only</u>	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

MARCH 2015 ACTIVITIES

CLOSINGS/CANCELLATIONS/BAD WEATHER: In case of bad weather, call the Center at 425-3999 to see if we will be closing early, or if your event has been cancelled. **The Senior Nutrition Lunch Program will be closed if Anderson County Schools are closed due to weather and/or road conditions.**



Daylight Savings Time starts Sunday **March 8th**. Don't forget to change your clocks.

EXERCISE FOR SENIORS Come out and join our new exercise class. This class will be taught by long time Oak Ridge resident and fitness instructor Charlotte Hensley. The main focus of the class will be to strengthen muscles and regain flexibility. The class will be held on Tuesdays and Thursdays from 9:30 – 10:30. Cost of the class will be \$18.00 per month. For more information or to sign up, check with the main office.

INCOME TAX PREPARATION ASSISTANCE AARP Tax counselors will be here to help prepare your income tax return on Mondays. They work by appointment only, so call the Center at 425-3999 to make your appointment. Bring a copy of last year's return with you and any relevant paperwork for the 2014 tax year.

LUNCH AND LEARN “Assistive Devices” Come in on March 11th at noon to hear Reggie Renfro with Professional Respiratory Rehab speak about devices available to assist seniors with daily living. There is no cost for this program but there are limited spaces available and you must sign up in the main office or by calling us at 425-3999.

SENIOR SHOPPING TRIP We will be making a shopping trip to West Town Mall in Knoxville on Monday, March 9th. 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 9:30 a.m. and returning by 2:00 p.m. The cost for the trip will be \$2.00 per person and lunch will be on your own at the mall food court. Come with us and check out the new styles for spring!

LUNCHEON MEETING

AARP – Thursday, March 19th from noon to 2 p.m.

CENTER HOURS

Tuesday, Thursday - 9:00 a.m. to 9:00 p.m.
Monday, Wednesday and 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

