

Check out our website at [www.orrecparcs.org](http://www.orrecparcs.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 11-12 Tai Chi 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 Wood carving 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  9-10 Banjo Lessons 9-10 Walking Group 9-10 S.M.I.L.E. 9-5 Open Crafts 11-12 Tai Chi	Recreation Room and Computer Lab Open All Day

### This Month's Non-Weekly Events

	1)  4:30-6:30 Tech Tuesday	2)	3) Snacks tonight at Bingo Sponsored by Greenfield Senior Living	4)	5)
7) 9:30-11 S.A.B. <u>Tax Assistance By Appointment Only</u>	8)	9)	10)	11)	12)  8:30-4:30 Drivers Training
14) 2-4 Retired Teachers <u>Tax Assistance By Appointment Only</u>	15) Lunch and Learn: Hearing Screenings and Hearing Aid Cleanings by Beltone 	16)	17) Happy St. Patrick's Day! Wear Green for Free Coffee Today 12-2 A.A.R.P. Snacks tonight at Bingo sponsored by Patriot Home Care 	18)	19) Bring the Grandkids to the Egg Hunt at Civic Center at 11 a.m.
21) Lunch and Learn: The Cumberland Trail Lunch Sponsored by Greenfield Oak Ridge  <u>Tax Assistance By Appointment Only</u>	22)	23)	24)	25)  Center Closed for Easter Holiday	26)  Center Closed for Easter Holiday
28) <u>Tax Assistance By Appointment Only</u>	29)	30)	31)	Limerick Contest: Are you a poet and don't know it? Then come by the office to get more details. You might even win a \$10 gift certificate. Prize will be awarded on St. Patrick's Day.	

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

# MARCH 2016 ACTIVITIES

**CLOSINGS/CANCELLATIONS/BAD WEATHER:** The Senior Center will be closed on March 25<sup>th</sup> and 26<sup>th</sup> for the Easter Holiday. 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 13<sup>th</sup>**. Don't forget to change your clocks.

**TECH TUESDAY** Don't forget to join us on the 1<sup>st</sup> Tuesday of the Month from 4:30 p.m. – 6:30 p.m. with questions about your electronic gadgets. A staff representative from Tech Stop Downtown West in Knoxville will be here will be available to answer general questions.

**DRIVER SAFETY TRAINING** The next session of the AARP Senior Driver Safety Program will be offered on March 12<sup>th</sup>, from 8:30 a.m. to 4:30 p.m. There are no tests to worry about, just lecture and discussion. Cost is \$15 for AARP Members and \$20 for Non-Members, and completing the course should make you eligible for a discount on your automobile insurance. The amount varies, check with your agent. Call 425-3999 to register for the class, and be a safer driver. Class space is limited.

**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 2015 tax year.

**LUNCH AND LEARN “Hearing Screenings and Hearing Aid Cleanings”** Beltone will be here on March 15<sup>th</sup> from 12 p.m. – 2 p.m. to do hearing screenings and hearing aid cleanings. They will also provide lunch for those who sign up in the office.

**LUNCH AND LEARN “The Cumberland Trail”** Come in on March 21<sup>st</sup> at noon to hear Tennessee State Park Ranger Jim Brannon speak about the Cumberland Trail, its history and its current stage of development. The Cumberland Trail is an ongoing project to build a long distance hiking trail from Chattanooga to the Cumberland Gap National Historical Park. Lunch will be sponsored by Greenfield of Oak Ridge. There are limited spaces available so please sign up in the main office or by calling us at 425-3999.

## LUNCHEON MEETING

AARP – Thursday, March 17<sup>th</sup> 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