











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 6-7 Zumba 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 6-7 Zumba 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

2) 9-11 S.A.B.	3)  11 a.m. Diabetes Class Meet and Greet Bingo Snacks Sponsored by Morning Pointe	4)  11-12 Cooking Class Sponsored by Diversicare of Oak Ridge	5) Bingo Snacks Sponsored by Greenfield	6)	7)
9)	10)	11)	12)	13) 9 – 11 Walgreens will be here to sell Red Noses for \$1 to support kids charities (Buy a nose, get free coffee today!) 	14)
16)	17) 9-10 Walking Group meet at Solway Bingo Tonight Sponsored by Chick-fil-a 	18)  10-3 Trip to McClung Museum and Market Square	19) 1-3 A.A.R.P	20)	21)
23) 	24)  Diabetes Class begins 10 a.m. today!	25) Lunch and Learn: Educated Aging Sponsored by Courtyards Senior Living 	26)	27)	28)  11:30-? Free Chicken and Dumpling Lunch
30) Closed for Memorial Day 	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

May 2016 Activities

MAY CLOSINGS The Center will be closed on Monday, May 30th for the Memorial Day holiday.

FIELD TRIP FOR WALKING GROUP The walking group will meet at Solway Park to walk the Melton Lake Greenway on May 17th at 9:00 a.m. to walk for about an hour, weather permitting. Check with the front desk on the day before to find out about weather related postponements. We will meet in the parking area closest to Haw Ridge, by the greenway entrance.

COOKING CLASS Diversicare of Oak Ridge will be sponsoring a monthly cooking class at the Senior Center on the second Wednesday of each month at 11 a.m. The classes will teach recipes that are delicious, nutritionally sound, and easy for seniors to make at home. For more information or to sign up, please see the office or call 425-3999.

FIELD TRIP TO MCCLUNG MUSEUM Join us on May 18th for lunch at Market Square in Downtown Knoxville and an afternoon exploring the McClung Museum on the University of Tennessee Campus. We will leave the Senior Center at 10:00 a.m. and return by 3 p.m. Cost for the trip will be \$3 to help cover gas and parking. Lunch will be on your own at one of the many different and very delicious restaurants in Market Square. Sign up in the office soon because space is very limited. Payment is due upon registration.

NEW DIABETES CLASS “Living Well with Diabetes” This is a 6 week workshop to assist diabetics as well as their families and caregivers. The classes are free; however, you must pre-register to attend as class size is limited. Classes will be held at the Oak Ridge Seniors Center on consecutive Tuesdays beginning May 24th from 10:00 AM-12:45 PM through June 28. Class materials will be provided. To register or if you have questions, please contact Kathy Scruggs at the Anderson County Health Department at (865) 425-8768 or by e-mail at Kathy.Scruggs@tn.gov. Also a meet and greet with the instructor will be held on **Tuesday May 10th at 11 a.m.**

LUNCH AND LEARN “Educated Aging” Join us on May 25th at noon to learn more about important issues of aging such as assisted living, home health, and even hospice care to name a few. The program is free, but space is limited. Please sign up in the main office or by calling us at 425-3999.

FREE CHICKEN AND DUMPLING LUNCH Come join us for delicious homemade chicken and dumplings on Saturday, May 28th at 11:30. We will begin serving at 11:30 a.m. and continue until they are gone! So it's first come, first serve. There is no cost for this lunch but donations will be accepted.

COMING IN JUNE:

SECRET CITY FESTIVAL This year's dates are June 10th and 11th. The featured concerts are *the Charlie Daniels Band* on Friday evening and *Grand Funk Railroad with the Atlanta Rhythm Section* on Saturday evening. Tickets are \$25 each show. Early Bird discount tickets on sale now until May 30th at a special price of \$22 each. Find out more information at www.SecretCityFestival.com. Tickets can be purchased online or at the Civic Center Front Desk beginning May 1st. The Senior Center will be closed all day on Friday, June 10th and Saturday, June 11th.

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 (P.O. Box 1) 728 EMORY VALLEY RD. 425-3999