

OAK RIDGE SENIOR CENTER

MAY 2017










Check out our website at www.orrecparks.org

Phone: (865) 425-3999

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. 11-3 Pinochle 1-4 Open Bridge	9-2 Pickleball 9-12 Spanish Class 12-3 Senior Citizens Club 5-6 S.M.I.L.E. 6:30-8:30 Bingo	9-12 Woodcarving 9-10 S.M.I.L.E. 1-4 Bridge	9-2 Pickleball 10-11:30 Blood Pressure 1-4 Bridge 1-4 Mahjong 5-6 S.M.I.L.E. 6:30-8:30 Bingo	Guitar Lessons 9-10 Advanced 9-10 Beginners 10-11 Intermediate 11-12 Bass 9-10 S.M.I.L.E. 10-2 Open Crafts	Recreation Room 9:30-10:30 Spanish Class

This Month's Non-Weekly Events

1) 9:30-11 S.A.B.	2)	3) 9:30-1:30 Driver's Safety Class	4) 9:30-1:30 Driver's Safety Class Bingo Sponsored by Greenfield Senior Living	5)	6)
8)	9) Bingo Sponsored by Brookdale Senior Living	10) Lunch and Learn: Jazzercise for Seniors 	11) 	12) 9 - 11 Walgreens will sell Red Noses for \$1 to support kids charities today (Buy a nose, get free coffee today!) 	13)
15)	16)	17) 9- ? Bill Attkisson Memorial 8-ball Tournament 	18) 4:30-8 Third Thursdays in Downtown Knoxville	19)	20) 10-2 Open Crafts
22) 	23) 1-2 Diabetes Roundtable Meeting 	24) Lunch and Learn: OsteoStrong 9-5 Shopping at the Island in Pigeon Forge  	25)	26)	27)
29)  Closed for Memorial Day	30) <div style="border: 1px solid black; padding: 5px; text-align: center;">Senior and Civic Center Programs Closed Tuesday – Thursday for Special Event (Office Open 9-4 for Taxi Coupon Sales Only)</div>				

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 2017 Activities

MAY CLOSINGS The Senior Center will be closed on Monday, May 29th for the Memorial Day holiday as well as May 30th through June 1st for a Special Event.

AARP SENIOR DRIVER SAFETY PROGRAM Learn to be a safer driver in this 8-hour class held on May 3rd and 4th, from 9:30 a.m.-1:30 p.m. both days. Cost is \$15 for AARP Members and \$20 for Non Members. You must attend both days. Reserve your place in this session by calling the Center at 425-3999.

LUNCH AND LEARN “Jazzercise for Seniors” Join the ladies from Jazzercise on May 10th at noon for a fun and exciting demo of their class offerings located at their Solway location. Michelle and her fellow instructors will provide a brief demonstration of proper techniques and explain the classes they offer for ALL ability levels. Stick around after lunch for a short sample class that you can complete either standing or seated in a chair ... there is plenty of fun for all ability levels!!! No cost but you must register with the office to be counted for lunch.

BILL ATTKISSON MEMORIAL 8-BALL TOURNAMENT ****Moved from April 26th**** Wednesday May 17th, starting at 9 a.m. in the Senior Center Recreation Room, for people age 50 and older. You must be registered by noon, May 10, 2017. There is a \$12 registration fee to participate. A light breakfast and lunch will be provided.

FIELD TRIP TO THIRD THURSDAYS IN DOWNTOWN KNOXVILLE Third Thursdays are fun evenings of food and music held in Downtown Knoxville on the Third Thursdays of the month from 6 p.m. to 8 p.m. There are food trucks available to purchase dinner and free music is available. Chairs are suggested but must be the type that folds into a bag. Cost for the trip is \$3 and space is limited. Sign up at the main office as soon as possible.

NEW DIABETES ROUNDTABLE This new monthly meeting is for Diabetic seniors to get together and share knowledge and information about their condition. The meetings will be held the 4th Tuesday of each month at 1 p.m. in the Civic Center B Room starting on May 23rd. They will be led by 30 year Diabetic Jim Harless and topics will include diet, nutrition, exercise, and many other issues that diabetics must deal with. Please call the Senior Center main desk at (865) 425-3999 to sign up for the program. There is no cost but we need a count to know how many will be attending.

LUNCH AND LEARN “OsteoStrong” OsteoStrong is a complete fracture prevention strategy providing increased bone density, overall strength and improved balance at almost any age. In only a few months members report improvement of many of the following conditions: joint and back pain, osteoporosis, loss of flexibility, nerve damage, decreased reaction time, and poor posture. So come out and join the group from OsteoStrong on May 24th at noon for lunch & information about their program offerings. The program is free, but space is limited. Please sign up in the main office or by calling us at (865) 425-3999.

COMING IN JUNE:

SECRET CITY FESTIVAL The Senior Center will be open on June 2nd and 3rd for the start of the Secret City Festival but on-site parking will be **very limited**. Also, we will be closed **all day** on Friday, June 9th and Saturday, June 10th for the main Secret City Festival weekend.

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 1403 OAK RIDGE TURNPIKE. 425-3999