

OAK RIDGE SENIOR CENTER

NOVEMBER 2017









Check out our website at www.orrecparks.org

Phone: (865) 425-3999

WEEKLY SCHEDULE

MON 9 AM - 5 PM	TUE 9 AM - 9 PM	WED 9 AM - 5 PM	THR 9 AM - 9 PM	FRI 9 AM - 5 PM	SAT 8:30 AM - 4:30 PM
9-10 S.M.I.L.E. 11-3 Pinochle 1-4 Open Bridge	9-2 Pickle ball 11-11:45 P.E.P. Exercise 11:50-12:35 P.E.P. Exercise 12-3 Senior Citizens Club 5-6 S.M.I.L.E. 6:30-8:30 Bingo	9-10 S.M.I.L.E. 9-12 Woodcarving 1-4 Bridge 2-4 Cornhole	9-2 Pickleball 11-11:45 P.E.P. Exercise 11:50-12:35 P.E.P. Exercise 1-4 Bridge 1-4 Mahjong 5-6 S.M.I.L.E. 6:30-8:30 Bingo	9-10 S.M.I.L.E. 9-11 Guitar Jam Sessions 10-2 Open Crafts 2-4 Cornhole	Recreation Room

This Month's Non-Weekly Events

	1) 9:30-1:30 Drivers Training 2) 9:30-1:30 Drivers Training 3) Bingo Sponsored by Nana Pop-ins Home Services	10-11am Drop In Tech Help 	4)	6) 9:30-11 S.A.B.	7)	8) 12 - 1 pm Lunch & Learn: Lung Cancer Support 	9)	10) 10:30-12:30 Veteran's Day Pancake Brunch 	11)		
13) 2-4 Retired Teachers	14) Bingo - Sponsored by Brookdale Senior Living	15) 12 - 1 pm Lunch & Learn: Karns Chiropractic Benefits of Chiropractic Care 	16)	17) 9-5 Shopping at the Island in Pigeon Forge 	18)	20)	21) 1-2 Diabetes Education Class with Munsey Pharmacy 	22)	23) Center Closed	24) Center Closed	25) Bring your Thanksgiving Leftovers to share today!
27)	28)	29) 12-1 Old Pain to Go: Ridding yourself of Arthritis Pain	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.

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DAYLIGHT SAVINGS TIME ENDS: Daylight savings time ends on **Saturday November 4th**. Make sure to set back your clocks before bedtime and check the batteries in your smoke detectors.

NOVEMBER CLOSINGS: The Center will be **closed for the Thanksgiving Holidays, Thursday and Friday, November 23rd & 24th**. We will be **open on Saturday, November 25th** so bring some leftovers to share! The **Kitchen will be closed on November 10th** for Veteran's Day but come and have pancakes with the Senior Center Staff.

AARP SENIOR DRIVER SAFETY PROGRAM: Learn to be a safer driver in this **8-hour class** held on **November 1st and 2nd**, 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.

VETERAN'S DAY PANCAKE BRUNCH: A free pancake brunch honoring our Center's veterans will be held on **Friday November 10th** serving from **10:30a.m.-12:30 p.m.** All are invited: veterans, spouses, friends of veterans, etc. **Sign up at the front desk or call 425-3999 by November 6th** so we have an accurate meal count.

Lunch & Learns

November 8th: **United Cancer Support Foundation** will be discussing Lung Cancer Support options from **12 to 1 PM**. Come by the front desk to sign up.

November 15th: **Karns Chiropractic Center:** Come join Dr. Kelly as he discusses the benefits of Chiropractic care for seniors from **12 to 1 PM**. Come by the front desk to sign up.

LUNCH AND SHOPPING AT THE ISLAND IN PIGEON FORGE: Come join us for a shopping trip to the Island in Pigeon Forge on **Wednesday, November 17th**. We will leave the center at **9:00 a.m. and return by 5 p.m.** Cost for the trip will be **\$3** to help cover gas. The cost of lunch is on your own. Sign up in the office. Payment is due upon registration.

EDUCATION SESSION: **Old Pain to Go: "Ridding Yourself of Arthritis Pain"** Join Ron Emrich for an **Arthritis Pain Reduction Workshop on November 29th at noon**. The workshop will cover topics such as; The Biology of Pain; Tension and Inflammation; How to turn off old pain; How to reduce discomfort, tension and swelling own you're on for yourself, anywhere, anytime. Participants will take with them a better understanding of pain and how to better manage it for themselves.

CENTER HOURS

Tuesday and 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.

