

Check out our website at [www.orrecparks.org](http://www.orrecparks.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 10-11:30 Tai Chi 11-3 Pinochle 1-4 Open Bridge	9-3 Rook/Canasta 9-10 Walking Group 10-3 Senior Citizens Club 6:30-8:30 Bingo	9-12 Woodcarving 9-10 S.M.I.L.E. 9-10 Walking Group 10-11:30 Tai Chi 1-4 Bridge 1-4 Mahjong	9-3 Rook/Canasta 9-10 Walking Group 9-10:30 T.O.P.S. 10-11:30 Blood Pressure 1-4 Bridge 6:30-8:30 Bingo 6:30-8:30 Ballroom Dancing	9-11 Guitar Jam Sessions 9-10 Walking Group 9-10 S.M.I.L.E. 9-5 Open Crafts	Only Recreation Room and Computer Lab Open

### This Month's Non-Weekly Events

	1)	2) 9-1 Drivers Training 12-4 Survivors Club	3) 9-1 Drivers Training Ballroom Dancing Lessons Begin Today at 6:30!	4) Last day for Guitar Lessons until January - Jam Sessions continue at 9 a.m.  1-4 Flu Shots 	5)
7) 9-11 E.C.A.B. 12:30-3:30 W. Club Bridge	8)	9) 9:30-10:30 Medicare Informational Seminar	10) 12-1 A.A.R.P. <u>Board Meeting</u>	11)	12)
14) 2-4 Retired Teachers	15) Walking Group meet at Civic Center at 9 a.m. to walk the trail 	16) 2-4 C.O.R.R.E.	17) 11-12:30 Writers Group 1-3 A.A.R.P.	18) 12-1 Lunch and Learn: Preventing Cognitive Decline with Lunch sponsored by Ability and Raintree Health Services	19)
21) 12:30-3:30 W. Club Bridge	22)	23)	24) City of Oak Ridge Children's Halloween Party Today from 6:00 p.m. to 8:30 p.m. at the Civic Center	25) 12-1 Lunch and Learn: Affordable Care Act with Lunch sponsored by Morning Pointe Assisted Living	26)
28)  Shopping Trip to West Town Mall will Leave at 9 a.m. and return at 2 p.m.  (Sign up at Front Desk before all the spots are filled!)	29)  4:30 Senior Center Halloween Party  (Bingo afterward at 6:30)	30)	31)	 Recreation Room and Computer Lab open each day during regular operating hours 	

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

# OCTOBER 2013 ACTIVITIES

**GUITAR LESSONS** October 4<sup>th</sup> will be the last session for Guitar lessons until the second Friday in January. The class will be on break for the holidays. However, **Jam sessions will continue each Friday at 9 a.m.**

**AARP SENIOR DRIVER SAFETY PROGRAM** will be held October 2<sup>nd</sup> and 3<sup>rd</sup>. The 8-hour class is held in two four-hour sessions on Wednesday and Thursday, from 9 a.m. until 1 p.m. both days. Cost is \$14.00. Call 425-3999 to reserve a place in the class. Take this refresher course and be a safer driver!

**FIELD TRIP FOR WALKING GROUP** The walking group will meet at the Oak Ridge Civic Center on October 15<sup>th</sup> at 9 a.m. to walk trail. Please check with the front desk on the day before the walk to find out about weather related postponements or cancellations.

**FLU SHOTS** Make sure to get a flu shot this year to keep yourself as healthy as possible! Covenant Health will be here from 1p.m. to 4 p.m. giving shots on October 4<sup>th</sup>.

**MEDICARE INFORMATIONAL SEMINAR** Carol Hull will be here on October 9<sup>th</sup> at 9:30 a.m. to answer questions about Medicare including enrollment, the different parts, knowing your rights and options, and updates and changes. Seating is limited so reserve a space by calling the Senior Center office at 425-3999.

## LUNCH AND LEARN OPPUTUNITIES FOR OCTOBER

**Preventing Cognitive Impairment** – October 18<sup>th</sup> at noon. Sammye McMahan from Raintree Health and Care will speak about learning to help prevent memory loss and dementia. You will be able to sign up for a door prize and lunch will be sponsored by Ability Health Services and Raintree Health and Care. Please sign up by October 16<sup>th</sup> to be counted for lunch.

**Affordable Care Act** – October 25<sup>th</sup> at noon. David Vadrogavich will speak about the Affordable Care Act. Lunch will be provided by Morning Pointe Assisted Living. Please sign up by October 23<sup>rd</sup> to be counted for lunch.

Please come to the office or call (865) 425-3999 to sign up for either of these educational sessions.

**SENIOR SHOPPING TRIP** We will be making a shopping trip to West Town Mall in Knoxville on Monday, October 28<sup>th</sup>. 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 and get an early start on your Christmas shopping!

**SENIOR CENTER HALLOWEEN PARTY** Our 2nd Annual Halloween Party will be held on Tuesday, October 29<sup>th</sup> at 4:30 p.m. Come dress up in your favorite costume and have a great time. We will have spooky music, games and door prizes. Cost will be \$4.00 per person for a delicious BBQ dinner. Stay and play Bingo afterwards for an evening full of lots of fun.

## CENTER HOURS

Monday, Wednesday, Friday – 9:00 a.m. to 5:00 p.m.

Tuesday, and Thursday - 9:00 a.m. to 9:00 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 ROAD 425-3999

