








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 10-3 Pickleball 11-3 Pinochle 1-4 Open Bridge	9-3 Rook/Canasta 9-10 Walking Group 9:15-10:30 Exercise for Seniors 11-12 Tai Chi 12-3 Pickleball 12-3 Senior Citizens Club 6:30-8:30 Bingo 7-9 Pickleball	9-12 Woodcarving 9-10 S.M.I.L.E. 9-10 Walking Group 10-3 Pickleball 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 12-3 Pickleball 1-4 Bridge 6:30-8:30 Bingo 7-9 Pickleball	Guitar Lessons 9-9:45 Beginners 9:45-10:30 Beginners 10:30-11:15 Advanced 1-3 Pickleball 1-2 Banjo Lessons 9-10 Walking Group 9-10 S.M.I.L.E. 9-5 Open Crafts	Recreation Room, Computer Lab and Pickleball Open All Day

### This Month's Non-Weekly Events

	1) Zumba Returns Today at 6 p.m.!	2)	3) 10-12 Flu Shots sponsored by Walgreens  (Don't Forget your Insurance Cards!)	4)	5)
7)  Closed for Labor Day	8)	9) 12-1 Lunch and Learn: Protecting Yourself from Identity Theft 	10) 12-1 A.A.R.P. Board Meeting	11)	12)
14) 9-11 S.A.B. 2-4 Retired Teachers	15) 9-10 Walking Group to meet at Senior Center 	16) 10-12 C.O.R.R.E.	17) 12-2 A.A.R.P.	18)	19)
21)	22)	23) 1-2 TDOT Long Term Transportation Plan Meeting 	24)	25)	26)
28)	29)  National Coffee Day (Come by the Office for Free Coffee Today!)	30)	 Come Play Pickleball with Us! Equipment available for check out in the main office. Available Gym times listed above		

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

# September 2015

**SEPTEMBER CLOSINGS** The Center will be closed for Labor Day on Monday, September 7<sup>th</sup>. The S.A.B. meeting has been moved to Monday, September 14<sup>th</sup> at 9 a.m.

**FLU SHOTS** Get protected from the flu early this year! Walgreens Pharmacy will be at the Senior Center from 10 a.m. until noon on September 3<sup>rd</sup>. **Make sure to bring all insurance cards you have with you on that day.**

**LUNCH AND LEARN “Protecting Yourself from Identity Theft”** Come out on September 9<sup>th</sup> at noon and learn about current scams that can steal your personal information as well as what you can do if it happens to you. Please sign up at the front office to be included in the lunch count. Space is limited so sign up early.

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

**TDOT Long Term Transportation Plan Meeting** The Tennessee Department of Transportation (TDOT) is working on a statewide long-range transportation plan for Tennessee. TDOT is partnering with the Oak Ridge Senior Center to hear from the local community about what transportation needs exist in the Oak Ridge/Anderson County area. Join Nick Weander and Jack Qualls, TDOT Community Transportation Planners for the Knoxville region at 1:00 p.m. on September 23<sup>rd</sup> to share your much needed insight and opinions. Please give the center a call at (865) 425-3999 to reserve a space and be a part of this important conversation.

## QUARTERLY LUNCHEON MEETING

**AARP:** Thursday, Sept. 17<sup>th</sup>, from noon to 2 p.m. Bring a dish of your favorite recipe to share.

## COMING IN OCTOBER

**HARRAH'S CASINO DAY TRIP** Save the date for an exciting trip over the Smoky Mountains to Harrah's Casino in Cherokee, North Carolina on October 12<sup>th</sup>. We will be taking a comfortable coach bus, playing some bingo on the way and having and over all great time! Check at the front office for more information as we get closer.

## CENTER HOURS

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

Tuesday, 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

