











## 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 Gold 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 2-3 Taiji	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 Gold 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

			1) Bingo Snacks Sponsored By Greenfield Oak Ridge	2)	3)  9-10 Fast and Classy Car Club
5)  Closed for Labor Day	6) Bingo Snacks Sponsored By Morning Pointe	7) Lunch and Learn: Senior Property Tax Freeze Lunch Sponsored By NHC New Taiji Exercise Class Begins today at 2 p.m. 	8)	9)	10)
12) 9:30-11 S.A.B. (At Civic Center) 2-4 Retired Teachers	13)  9-4 TN Valley Fair Senior Day Trip Zumba Returns at 6 p.m.!	14) ) Lunch and Learn: Online Grocery Order and Delivery Sponsored by Walmart 	15) 12-2 A.A.R.P.	16)	17)
19)	20) Walking Group to meet at Civic Center at 9:00 a.m. 	21) Lunch and Learn: Hearing Problems, Phone Solutions Sponsored By Clear Captions 	22) 	23) 10-12 Flu Shots sponsored by Walgreens 10-4 Lunch and a Movie Day Trip 	24)
26)	27)	28) Lunch and Learn: Educated Aging Sponsored By Courtyards 	29) National Coffee Day (Come by the Office for Free Coffee Today!)	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.**

# OAK RIDGE SENIOR CENTER

# SEPTEMBER 2016

**SEPTEMBER CLOSINGS** The Center will be closed for Labor Day on Monday, September 5<sup>th</sup>. The S.A.B. meeting has been moved to **Monday, September 12<sup>th</sup> at 9:30 a.m. at the Oak Ridge Civic Center** located at 1403 Oak Ridge Turnpike.

**NEW TAIJI CLASS** Join us on September 7<sup>th</sup> to try out a new exercise class with Instructor Steve Chandler. Taiji (also known as T'ai Chi) is practiced mainly for its health benefits which include improved flexibility, balance, cardiovascular function, and even stress reduction. The class will be held once a week on Wednesday afternoons from 2 p.m. – 3 p.m. The September 7<sup>th</sup> class is free to try but the cost will be \$3 per class after that.

**LUNCH AND LEARN “Senior Tax Freeze and Tax Relief Programs”** Join us on September 7<sup>th</sup> at noon to learn more about this program that allows Anderson County homeowners age 65 and older to save on property taxes. Lunch is sponsored by NHC Oak Ridge. Please sign up in the main office or by calling us at 425-3999.

**DAY TRIP TO TENNESSEE VALLEY FAIR** Join us on September 13<sup>th</sup> for a trip to Senior Day at the Tennessee Valley Fair. We will leave the center at 9:00 a.m. and return by 4 p.m. Seniors 65 and older get in free. Cost for the trip will be \$3 to help cover gas and parking plus \$10 admission if you're not yet 65. Lunch will be on your own. Sign up in the office soon because space is very limited. Payment is due upon registration.

**ZUMBA GOLD** Zumba Gold returns full force on September 13<sup>th</sup> at 6 p.m. Come out and join our Instructor Linda Miller and learn some fun Latin dance moves!

**LUNCH AND LEARN “Online Grocery Order and Pickup”** Misty Perky from Walmart will be here on September 14<sup>th</sup> at noon to explain how easy the online grocery order and pickup program is to use. Please sign up in the main office or by calling us at 425-3999.

## QUARTERLY LUNCHEON MEETING

**AARP:** Thursday, Sept. 15<sup>th</sup>, from noon to 2 p.m. Bring a dish of your favorite recipe to share

**FIELD TRIP FOR WALKING GROUP** The walking group will meet at the Oak Ridge Civic Center on September 20<sup>th</sup> at 9 a.m. to walk, weather permitting. Please check with the front desk on the day before the walk to find out about weather related postponements or cancellations.

**LUNCH AND LEARN “Hearing Problems, Phone Solutions”** Come out on September 21<sup>st</sup> at noon and learn about how you or someone you know with hearing loss could benefit from a free government program. Jeff Bales with Clear Captions will explain how you can qualify for a free caption enabled phone. Please sign up to be included in the lunch count.

**FLU SHOTS** Get protected from the flu early this year! Walgreens Pharmacy will be here from 10 a.m. until noon on September 23<sup>rd</sup>. **Make sure to bring all insurance cards you have with you on that day.**

**DAY TRIP TO LUNCH AND A MOVIE** Come with us for lunch and a matinee movie at the Pinnacle at Turkey Creek on Friday, September 23<sup>rd</sup>. We will leave the center at 10:00 a.m. and return by 4 p.m. Cost for the trip will be \$3 to help cover gas cost. Cost for lunch and the movie will be on your own. Sign up in the office. Payment is due upon registration and don't forget to vote for your favorite place to stop for lunch between Olive Garden, Connors or O'Charley's ... popular vote wins!

**LUNCH AND LEARN “Educated Aging”** Join us on September 28<sup>th</sup> at noon to learn more about important issues of aging such as assisted living, home health, and hospice care to name a few. The program is free, but space is limited. Lunch and program is sponsored by Courtyards Senior Living. Please sign up in the main office.

## 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