

Oak Ridge Senior Center Activities

728 Emory Valley Road

Phone # 425-3999

A.A.R.P.:

Local Chapter #625 - meets the 3rd Thursday of each month. Check Calendar for times.

Drivers Training – Even numbered months. Two-day refresher course. Goes 9 a.m. – 1 p.m. both days. Must attend both days. Provides discount on car insurance.

Tax Aide – Seasonal, February to April. By Appointment Only.

Crafts - Fridays 9 a.m. - 5 p.m. **Non-structured** opportunity. Check Calendar for any special classes.

Arty Group – Group of local painters meeting to learn from each other. Meets Thursdays, ***if scheduled***, at 1-3 p.m. Open to anyone but must bring your own materials.

Billiards – Four Pool Tables & Two Snooker Tables. Available anytime center is open.

Bingo – Tuesdays & Thursdays at 6:30 p.m. Operated by donations, small prizes are purchased with donations received. Suggested Donation \$2 per person.

Blood Pressure Screening – Thursdays 10-11:30 a.m.

Bridge:

Carbide Retirees Bridge (Duplicate Bridge) - 2nd Wed. 11-4 **(Members Only)**

Open Bridge (**Party Bridge**) - on Mondays, Wednesday, & Thursday at 1:00 p.m. **Open to Anyone**

Survivor Club Bridge (**Party Bridge**): -1st Wednesday 12-4 p.m. **(Members Only)**

Women's Club Bridge (**Party Bridge**): - 1st & 3rd Mondays 12-3:30 p.m. **(Members Only)**

(Bridge Lessons – Check with Office to see if one is scheduled.)

C.O.R.R.E. (Coalition Of Oak Ridge Retired Employees) - Meets 3rd Wednesday of each month. Works toward fair pensions from DOE and it's Contractors.

Canasta – Tuesdays & Thursdays 10 a.m. – 3 p.m. **Open to Anyone**

COLD FACTS – This Program can help first responders when they are called to your home for an emergency. When the first responders arrive, they see a **COLD FACTS** sticker on your Refrigerator and know to look inside for a list of your medications and health conditions so they may be better able to treat you. Pick-up forms & sticker at the office. If you already participate remember, to update your information periodically. We do not keep any of your information.

Computer Lab – Five computers for use whenever center is open. Internet Access Available.

E.C.A.B. – Elder Citizens Advisory Board. Meets 1st Monday of each Month 9-10 a.m.

Guitar Lessons – Fridays, new beginners (I) meet at 9 a.m. & beginners II 9:45 with more experience at 10:30 a.m. Takes a Break Nov-Dec., Starts back January.

Lunch Program – Lunch is served Monday thru Friday, 11-11:30 a.m. The East Tennessee Human Resources Agency provides it and you must sign-up with them. Call 425-3996 before noon the day before.

Matinee, Friday Afternoon – 2 p.m. 2nd & 4th Friday each month.

Pinochle – Mondays 12:30 – 3:30 p.m. **Open to Anyone**

Retired Teachers – Oak Ridge Retired Teachers: keep up with current education improvements and information regarding changing education. Meets Sep thru Dec, Feb thru Mar on the Second Monday at 2 p.m. **(Members Only)**

Ritzy Thimbles – Sewing Club. Watch Calendar for meeting to be held on Saturdays **(Members Only)**

S.M.I.L.E. (So Much Improvement with Little Exercise)

A beginner's exercise program, its 42 exercises can be adapted for a seated participant. Emphasizes deep breathing, balance, flexibility and toning. Meets at the Oak Ridge Senior Center on Monday, Wednesday, and Friday at 9-9:45 a.m. No Cost.

Senior Citizens Club – Tuesdays 10 a.m. – 3 p.m. Socialization Club, members play cards before and after meeting at 11:30 a.m. for lunch and short agenda.

Stitching Sisters – Sewing Club, meets periodically, watch calendar. **(Members Only)**

T.O.P.S. (Take Off Pounds Sensibly) Weight management group, meets Thursdays 9-10:30 a.m. **Open to Anyone.** Membership Cost.

Tai Chi - An ancient Chinese exercise program, graceful and serene as a beautiful dance. Learn a series of over 100 movements that stretch, tone, and strengthen all the muscle groups in your body. Meets at the Oak Ridge Senior Center on Monday and Wednesday at 10-11 a.m. Cost is \$1 per session.

Transportation Assistance Program - Any Oak Ridge resident age 55 or older or any handicapped resident age 18 or older with a physician-certified disability may purchase Transportation Coupons (Book of 12 coupons for \$9), which cover the first \$3 toward the cost of a taxicab ride. One coupon may be used per one-way trip. Coupons are sold from 9 a.m. to 4 p.m. Monday through Friday. *Proof of identification, age, and residency is required.* Handicapped individuals not 55, or older, must also obtain a physician's letter documenting a mental, physical, or emotional handicap that renders the participant unable to operate a motor vehicle. For more information call the Senior Center.

Walkers – Come walk with us. Tuesdays and Thursdays, 9-10 a.m. Seven (7) laps up & down hallway = 1 Mile.

Woodcarving – Meets Wednesdays 9-12 a.m. Watch, Learn, & Do.

Writers Group – Open to writers who want to discuss their craft. Meets 3rd Thursday 11-12:30.

Wii Game Room - Games, Exercise, Fitness, Check out Controls for Wii Gaming System at Office. Exercise Bikes also available. Open when Center is Open.