











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. 11-12 Tai Chi 11-3 Pinochle 1-4 Open Bridge	9-2 Pickleball 11-11:45 P.E.P. Exercise 11:50-12:35 P.E.P. Exercise 1-3 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	Guitar Lessons 9-10 Advanced 9-10 Beginners 10-11 Intermediate 11-12 Bass 9-10 S.M.I.L.E. 10-2 Open Crafts 11-12 Tai Chi 2-4 Cornhole	Recreation Room

This Month's Non-Weekly Events

1)  Closed for New Year's Holiday	2)	3)	4) 10-11 Blood Pressure Check by Canterfield	5)  Guitar Lesson Interest Meeting at 10 a.m.!	6)
8) 9:30-11 S.A.B. 2-4 Retired Teachers	9) P.E.P Exercise begins New Session Today! Bingo Sponsored by Brookdale	10) 9-4 Day trip to Bush Beans Factory in Dandridge 	11)	12)	13)
15) Closed for Martin Luther King, Jr. Holiday 	16) 1-2 Diabetic Education by Munsey Pharmacy  Bingo Sponsored by Morning Pointe of Clinton	17)	18) 10-11 Blood Pressure Check by Canterfield Bingo Sponsored by East Tennessee Personal Care	19) East TN Taoist Tai Chi Society Information Session at 11 a.m. today! 	20)
22)	23) Evening Exercise Class Interest Meeting Today at 5 p.m. 	24) Lunch and Learn: Tech Access for Seniors 	25) Bingo Sponsored by Nana Pop-ins Home Service 10-11 Blood Pressure Check by Amedisys	26)	27)
29)	30)	31) 9:30-1:30 AARP Drivers Training (& February 1 st) 11:30 -? Chili Cook Off 	 Call Us at 425-3999 for a Ride from the Parking Lot!		

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

January 2018



HOLIDAY/BAD WEATHER CLOSINGS: The Center will be closed Monday, January 1st for the New Year's Holiday and Monday, January 15th for the Martin Luther King, Jr. Birthday Holiday. In case of bad weather, call us at 425-3999 to check for early closings or cancellations.

LUNCH AND LEARN: "Tech Access for Seniors" On January 24th at noon come join a representative from East Tennessee Technology Access Center to find out about programs geared to helping seniors with access to technology that can make their lives better. A light lunch will be served so please sign up in the front office or call 425-3999 to be counted for lunch.

A.A.R.P. SENIOR DRIVER SAFETY PROGRAM This 8-hour class will be held on January 31st and February 1st, from 9:30 a.m. – 1:30 p.m. both days. The cost is \$15 for AARP members and \$20 for non-members. Reserve your place by calling the Senior Center at 425-3999.

START OUT 2018 ON THE RIGHT TRACK WITH EXERCISE

SMILE (So Much Improvement with a Little Exercise) This beginner video exercise program is offered every Monday, Wednesday and Friday 9 - 9:45 a.m. There is no cost for this program.

P. E. P. EXERCISE CLASS (Pierce Exercise Program) Join Chelsea from Pierce Physical Therapy on Tuesdays and Thursdays at either 11:00 a.m. or 11:50 a.m. to gain strength, range of motion, and balance. Class space is available by registration with the office. Stop by or call 435-3999 to reserve a space.

PICKLEBALL Join us to get exercise and have fun on Tuesdays and Thursdays from 9 a.m. to 2 p.m. in the Civic Center Gym. Never played before? Then come in at 9 a.m. to get a few lessons.

WALKING FOR FITNESS Walking is a simple, no cost way to exercise that almost everyone can do. Come join us anytime the center is open. Ten and ½ laps in the Civic Center hallway is equal to 1 mile. When the weather improves we will take field trips to Oak Ridge's many trails and greenways for a change of pace.

NEW EXERCISE CLASSES

TAI CHI Join the East Tennessee Tai Chi Society on Friday, January 19th at 11 a.m. for an information session and introductory lesson in Tai Chi. They will be providing the class on Mondays and Fridays from 11 a.m. – 12 p.m. through the middle of May. There is a suggested donation of \$2 per class or \$25 per month.

EVENING EXERCISE CLASS INTEREST MEETING Carol Shepard, registered nurse, is interested in leading an evening exercise class for seniors age 50 and over. She will be holding an interest meeting at 5 p.m. on January 23rd. Time and start date of class will be determined at this meeting. All those interested, please attend the meeting or give us a call at the front office at 425-3999.

CENTER HOURS

Tuesday, Thursday - 9:00 a.m. to 9:00 p.m.
Monday, Wednesday, 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.
OAK RIDGE SENIOR CENTER 1403 OAK RIDGE TURNPIKE 425-3999

