









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 Stay Fit Exercise 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 Stay Fit Exercise 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

 <p>Call Us at 425-3999 for a Ride from the Parking Lot!</p>		1) 10-11 Blood Pressure Check by Canterfield Senior Living		2)		3)  Wear Your Favorite NFL Team Colors for Free Coffee Today!					
5) 9:30-11 S.A.B.		6)		7)  3:30-5 Valentine's Day Ice Cream Social		8) Bingo Sponsored by JohnnieSweet		9)		10)	
12) 2-4 Retired Teachers		13)  Celebrate Marti Gras with us today! (Wear Purple, green or gold for free coffee) Bingo Sponsored by Brookdale		14)  3:30-5 Valentine's Day Ice Cream Social		15) 10-11 Blood Pressure Check by Canterfield Senior Living Bingo Sponsored by East Tennessee Personal Care		16)		17)  Painting Class 1-3	
19)  Closed for Presidents' Day		20) 1-2 Diabetic Education by Munsey Pharmacy  Bingo Sponsored by Morning Pointe of Clinton		21)		22) 10-11 Blood Pressure Check by Amedisys Bingo Sponsored by Nana Pop-ins Home Service		23) 9-4 Cumberland Homestead Day Trip		24)	
26)		27)		28)							

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

February 2018 Activities

BAD WEATHER /CLOSINGS: In case of bad weather, call the Center at 425-3999 to see if we will be closing early, or if your event has been cancelled. **The Senior Center will be closed for Presidents' Day on February 19th. The Senior Nutrition Lunch program will be closed if Anderson County Schools are closed due to weather and/or road conditions.**

NEW EXERCISE CLASS The new Stay Fit Exercise Class will begin on Thursday, February 1st at 5 p.m. Carol Shepard will lead the class in strengthening, flexibility, and light aerobic exercises on Tuesday and Thursday evening at 5 p.m. The class is free.

MARTI GRAS PARTY Come join us for a Marti Gras celebration on Tuesday, February 13th. Don't forget to wear purple, gold and/or green for free coffee!

VALENTINE'S DAY ICE CREAM SOCIAL Come join us on February 14th from 3:30 p.m. – 5:00 p.m. for an ice cream party for Valentine's Day. We will be having ice cream sundaes with all the trimmings and romantic music! There is no cost for this activity but please sign up in the office so we don't run out of ice cream.

PAINTING CLASS Come join instructor Pam Holcomb on Saturday, February 17th at 1 p.m. to learn painting techniques and take home your own painting of a beautiful sunset. Cost will be \$25 and includes all needed materials. Space is limited so call the front desk at 425-3999 to register soon.

DAY TRIP TO CUMBERLAND HOMESTEADS MUSEUM Join us for a trip back in time to when Franklin D. Roosevelt created a "New Deal" community in our backyards to help stimulate jobs after the great depression. We will visit the Cumberland Homesteads Museum in Crossville and will have lunch at Cumberland Mountain State Park restaurant. Cost for transportation will be \$3 with the cost of lunch on your own. Sign up in the office soon because space is limited.

ATTENTION: AARP Tax counselors **will not** be available to help prepare your income tax return here at the Senior Center this year due to staffing issues with the AARP. However, help will be available through the **Volunteer Income Tax Assistance Program (VITA)**. VITA is located at the Trinity Outreach Center at 320 Robertsville Road. The program does not take reservations and is on a first come, first serve basis beginning on January 30th. Hours of operation will be Tuesday – Friday from 3 p.m. to 8 p.m. and Saturday 10 a.m. to 12:30 p.m.

CENTER HOURS

Tuesday, Thursday - 9:00 a.m. to 9:00 p.m.
Monday, Wednesday and 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

