










## 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 1-3 Senior Citizens Club 11-11:45 Drop In Exercise 11:50-12:35 Drop In Exercise 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 Drop In Exercise 11:50-12:35 Drop In 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

 Call Us at 425-3999 for a Ride from the Parking Lot!			1) 10:30-11:30 Blood Pressure Check by Canterfield Senior Living	2) 9-4 Cumberland Homestead Day Trip	3)
5) 9:30-11 S.A.B.	6) Bingo Sponsored by Johnnie Sweet	7)	8)	9)	10) Change your Clock Before Bed Tonight! 
12) 2-4 Retired Teachers	13) Bingo Sponsored by Brookdale	14) Lunch and Learn: Helping Habitat for Humanity 	15) 10:30-11:30 Blood Pressure Check by Canterfield Senior Living Bingo Sponsored by Greenfield and East TN Personal Care	16)  10-4 Flea Market at Knoxville Expo Center	17) Happy St. Patrick's Day! Wear Green for Free Coffee Today 
19)	20) 1-2 Diabetic Education by Munsey Pharmacy  Bingo Sponsored by Morning Pointe	21) Lunch and Learn: Clear Captions Phones for the Hearing Impaired 	22) 10:30-11 Pierce Physical Therapy Talk Bingo Sponsored by Nana Poppins	23)	24) Bring the Grandkids to the Egg Hunt at Civic Center at 11 a.m. today! <u>Senior Center opens at noon.</u>
26)	27)	28)	29)	30)  Center Closed for Easter Holiday	31)  Center Closed for Easter Holiday

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

# MARCH 2018 ACTIVITIES

**CLOSINGS/CANCELLATIONS/BAD WEATHER:** The Senior Center will be closed until **noon** on **March 24<sup>th</sup>** for the City Egg Hunt and will be closed **all day** on **March 30<sup>th</sup> and 31<sup>st</sup>** for the Easter Holiday. In case of bad weather, call the Center at 425-3999 or check our Facebook page for closing or cancellation information. **The Senior Nutrition Lunch Program will be closed if Anderson County Schools are closed due to weather and/or road conditions.**



Daylight Savings Time starts Sunday **March 11<sup>th</sup>**. Don't forget to move your clocks up one hour!

**PEP EXERCISE CLASS POSTPONED UNTIL FURTHER NOTICE** Pierce Physical Therapy deeply regrets having to postpone the PEP Class until a later time in the year. However, Mr. Pierce will continue having informational sessions on the 4<sup>th</sup> Thursday of each month at 10:30 a.m. regarding topics of interest to seniors. Also, be watching for a **new program** to begin called "**Stay Strong, Stay Healthy**" to start near the end of April. It will be led by Laura Emhof of the Anderson County UT Extension office.

**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.

**LUNCH AND LEARN "Helping Habitat for Humanity"** On March 14<sup>th</sup> at noon, come learn about various ways seniors can help Habitat for Humanity without having to actually build a house. There are many other ways to help out that you may not even think of. A light lunch will be provided. There is no cost for the program but you must sign up in the office to be counted for lunch.

**DAY TRIP TO FLEA MARKET AT KNOXVILLE EXPO CENTER** The Senior Center will be taking a trip to the Knoxville Flea Market being held at the Expo Center on Clinton Highway on Friday, March 16<sup>th</sup>. We will be leaving the center at 10 a.m. and returning around 4 p.m. Cost is \$3 for transportation and lunch will be on your own at Cheddar's Restaurant.

**LUNCH AND LEARN "Clear Captions Phones for the Hearing Impaired"** Come learn about a government sponsored program for those with documented hearing loss to get a phone that will help them communicate better on March 21<sup>st</sup> at noon. This program has been paid for with the taxes you have paid on your phone bills for years and now you or someone you know may be able to take advantage of it. A light lunch will be provided. There is no cost for the program but you must sign up in the office to be counted for lunch.

**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 30<sup>th</sup>. 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

