










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. 11-3 Pinochle 1-4 Open Bridge	1-3 Senior Citizens Club 11-12 Drop In Exercise 12-1 Drop In Exercise 6:30-8:30 Bingo	9-10 S.M.I.L.E. 9-12 Woodcarving 1-4 Bridge 2-4 Cornhole	11-12 Drop In Exercise 12-1 Drop In Exercise 1-4 Bridge 1-4 Mahjong 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 2-4 Cornhole	Recreation Room

This Month's Non-Weekly Events

2) 9:30-11 S.A.B.	3) Bingo Sponsored by Chick-fil-a	4)  Center Closed	5) 10:30-11:30 Blood Pressure Check by Canterfield Senior Living Bingo Sponsored by Munsey Pharmacy	6)	7)
9)	10) Bingo Sponsored by Brookdale Senior Living	11) 10-2 Fall Risk Screening Sponsored by Vitality Rehabilitation 	12) Bingo Sponsored by Martin Funeral Home Bingo Summer Picnic Potluck at 5 p.m. 	13)	14)  10-5 Lost Sea Trip
16)	17) 1-2 Diabetes Education by Munsey Pharmacy  Bingo Sponsored by Morning Pointe Senior Living	18) 11:30 – 5 Senior Citizens' Day at the Anderson County Fair 	19) 10:30-11:30 Blood Pressure Check by Clinch River Home Health Bingo Sponsored by East TN Personal Care/Greenfield	20)	21)
23)	24)	25) 2-3 Need Help Decluttering or Home Organization? Sponsored by Valerie Holland Hughes, Personal Organizer 	26) 10:30-11 Pierce Physical Therapy Talk 10:30-11:30 Blood Pressure Check by Amedisys Bingo Sponsored by Nana Pop-ins	27)	28)
30)	31)  Pickleball back inside today 9 a.m. to 2 p.m.	 Ask at Senior Center Desk about playing Cornhole outside on nice days!			

NO LUNCH ON TUESDAYS 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 Activities

July 2018

JULY CLOSINGS The Senior Center will be closed on Wednesday, July 4th for the Independence Day holiday.

BINGO SUMMER POTLUCK PICNIC Join us at Bingo on July 12th for a Summer Picnic Potluck. The Senior Center will provide BBQ, buns and drinks. Players will sign up to bring sides and desserts. Arrive promptly at 5 p.m. to eat and play will begin at 6:30 p.m. as usual. Please sign up in the office with what you will be bringing.

FALL RISK SCREENING As one ages, falling can become a life and death issue. Vitality Rehabilitation will be at the Senior Center on Wednesday, July 11th from 10 a.m. to 2 p.m. to provide fall screening risk assessments. Light refreshments will be available.

FIELD TRIP TO THE LOST SEA The Senior Center will be taking a trip to discover the Lost Sea in Sweetwater, TN. Cost for the trip is \$24 and lunch will be on your own at the Dinner Bell Restaurant. A stop may be made at the Sweetwater indoor flea market if time permits. Sign up at the main office as soon as possible because space is very limited.

SENIOR CITIZENS DAY AT ANDERSON COUNTY FAIR Wednesday, July 18th, from 11:30 a.m. to 5 p.m. at the Fair Grounds in Clinton, with free admission for those 60+. Refreshments and Musical Entertainment starts at 11:30 a.m., the Program at 12:30 p.m., and Ice Cream Party at 1:30 p.m. Free goodie bags while they last as well as door prizes donated by area Senior Service providers.

DECLUTTERING AND HOME ORGANIZATION Valerie Holland Hughes, personal organizer, will be speaking on how to declutter and organize your home on Wednesday, July 25th from 2 p.m. to 3 p.m. Please sign up in the main office to be included for this educational program.

PICKLEBALL Pickleball will back in the indoor gym on Tuesdays and Thursdays from 9 a.m. to 2 p.m. beginning on July 31st.

COMING IN AUGUST

SENIOR CITIZEN DAY AT THE OUTDOOR POOL Join us at the Oak Ridge Outdoor Pool at 172 Providence Road on Wednesday, August 1st from 10 a.m. to 1 p.m. for a **Senior Only** day at the outdoor pool. Lunch will be served beginning at 11:30 a.m. while it lasts! It's free admission for Seniors 50 and up and there will be no kids allowed so you will have pool all to yourselves!

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

