

OAK RIDGE SENIOR CENTER

JANUARY 2019











Check out our website at www.orrecparks.org

Phone: (865) 425-3999

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 11-12 Tai Chi* 1-4 Open Bridge	9-2 Pickleball 1-3 Senior Citizens Club 11-12 Stay Strong, Stay Healthy 12-1 Stay Strong, Stay Healthy 6:30-8:30 Bingo	9-10 S.M.I.L.E. 9-12 Woodcarving 11-12 Tai Chi* 1-4 Bridge 2-4 Cornhole	9-2 Pickleball 11-12 Stay Strong, Stay Healthy 12-1 Stay Strong, Stay Healthy 1-4 Bridge 1-4 Mahjong 6:30-8:30 Bingo	9-2 Pickleball 9-12 Guitar Jam Sessions (Check with Main Desk for Days and Times) 9-10 S.M.I.L.E. 10-2 Open Crafts 2-4 Cornhole	Recreation Room

This Month's Non-Weekly Events

	1)  Center Closed for New Year's Holiday	2)	3) Bingo Sponsored by Diversicare	4) East TN Taoist Tai Chi Society Information Session at 11 a.m. today! *Regular Class Days are Now Mondays and Wednesdays* 	5)
7) 9:30-11 S.A.B.	8) Transportation Options with Amada Senior Care Bingo Sponsored by Brookdale 	9)	10) Bingo Sponsored by Martin's Funeral Home	11)	12)
14) 2-4 Retired Teachers	15)	16) 1-3 Genealogy Class 	17)	18) Guitar Lesson Interest Meeting at 10 a.m.! 	19)
21) Closed for Martin Luther King, Jr. Holiday 	22)	23)	24) 1-2 Learn about Stamp Collecting 	25)	26)
28)	29) Stay Strong, Stay Healthy begins New Session Today! 	30)  11:30 -? Chili Cook Off	31)	 Call Us at 425-3999 for a Ride from the Parking Lot!	

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 January 2019



HOLIDAY/BAD WEATHER CLOSINGS: The Center will be closed Monday, January 1st for the New Year's Holiday and Monday, January 21st for the Martin Luther King, Jr. Holiday. In case of bad weather, call us at 425-3999 to check for early closings or cancellations.

LUNCH AND LEARN: "Transportation Options for Seniors" On January 8th at noon come join Jeff Pell with Amada Senior Care to discuss transportation options offered by his company. A light lunch will be served so please sign up in the front office or call 425-3999 to be counted for lunch.

START OUT 2019 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.

STAY STRONG, STAY HEALTHY Join Laura from the UT Extension Office of Anderson County on Tuesdays and Thursdays at either 11:00 a.m. or 12 p.m. to gain strength, range of motion, and balance. Class begins on January 29th and 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, Thursdays, and Fridays from 9 a.m. to 2 p.m. in the Civic Center Gym. Never played before? Then call the Senior Center to set a time for 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 1/2 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.

TAI CHI Join the East Tennessee Tai Chi Society on Friday, January 4th at 11 a.m. for an information session and introductory lesson in Tai Chi. Class days for this session have changed to **Mondays** and **Wednesdays** from 11 a.m. - 12:15 p.m. through the middle of May. There is a suggested donation of \$2 per class or \$25 per month.

FIND A NEW HOBBY FOR 2019

FREE GUITAR LESSONS Wendell Cook will again be offering free beginning, intermediate and bass guitar lessons beginning Friday, February 1st. There will be a new student interest meeting on January 18th at 10 a.m. in the Social Room of the Civic Center.

GENEALOGY CLASS Join John Hendrickson to learn more about the fascinating hobby of genealogy on January 16th from 1 p.m. to 3 p.m. Please sign up in the office and reserve your spot now!

STAMP COLLECTING On January 24th Jim Pettway will be talking about stamp collecting, the value of stamp collections, how to go about the disposal of inherited stamp collections and how the Knoxville Philatelic Society can help. The class will also include hands on time with stamps as well as one on one questions and answers. Reserve your space now at the main office.

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

