










WEEKLY SCHEDULE

MON 9AM-5PM	TUE 9AM-9PM	WED 9AM-5PM	THR 9AM-9PM	FRI 9AM-5PM	SAT 8:30AM-4:30PM
9-10 Energizing Exercise 10-11 Drop In Exercise 11-12 Drop In Exercise 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 Energizing Exercise 10-11 Drop In Exercise 11-12 Drop In Exercise 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	9-10 Energizing Exercise 9-12 Guitar Lessons 9-2 Pickleball 10-2 Open Crafts 2-4 Cornhole	Recreation Room

This Month's Non-Weekly Events

 Call Us at 425-3999 for a Ride from the Parking Lot!			1) Guitar Lessons Begin Today! 	2)	
4) 9:30-11 S.A.B.	5)  11:30 -? Chili Cook Off (Moved from January)	6)	7) 10:30-11:30 Blood Pressure Check by Clinch River Home Health	8)	9)
11) 2-4 Retired Teachers	12) Lunch and Learn: Snap Benefits for Seniors  Bingo Sponsored by Clear Captions	13)	14)  3:30-5 Valentine's Day Ice Cream Social Bingo Sponsored by Martin's Funeral Home	15) 1-3 Free Painting Class with Kimberly from Caris Healthcare 	16)
18)  Closed for Presidents' Day	19) Lunch and Learn: Transportation Options with Amada Senior Care  Bingo Sponsored by Senior Directory	20)	21)	22)	23)
25)	26)	27) 10-4 Lunch and a Movie at West Towne Mall 	28)		

NO LUNCH ON TUESDAYS UNTIL FURTHER NOTICE
LUNCH SERVED 11:00 - 11:30 A.M. BY RESERVATION ONLY.
CALL [425-3996](tel:425-3996) OR [691-2551](tel:691-2551) BY NOON THE DAY BEFORE TO RESERVE A MEAL.

OAK RIDGE SENIOR CENTER

February 2019 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 18th. The Senior Nutrition Lunch program will be closed if Anderson County Schools are closed due to weather and/or road conditions.**

NEW EXERCISE CLASSES

DROP IN EXERCISE will begin on Monday, February 4th. Kathleen DeVivo will lead this beginning exercise class in strengthening and flexibility on Monday and Wednesday at 10 a.m. to 11 a.m. or 11 a.m. to 12 p.m. The class is free and can be a good reintroduction to exercise for those who haven't exercised in a while or who are recovering from an injury. Space is limited so please reserve a spot with the office.

ENERGIZING EXERCISE will begin on February 4th at 9 a.m. This class is suited towards the intermediate exerciser with an emphasis on cardio and strengthening as well as flexibility. The class will be held on Mondays, Wednesdays, and Fridays from 9 a.m. to 10 a.m. There is no cost for the class, but check with the office to sign up or get more information.

LUNCH AND LEARN: "SNAP Benefits for Seniors" On February 12th at noon come Denise West, ETHRA SNAP Coordinator will be here to discuss SNAP benefits for Seniors and how you may qualify now even if you haven't previously. A light lunch will be served so please sign up in the front office or call 425-3999 to be counted for lunch.

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 have don't run out of ice cream.

PAINTING CLASS Come join Kimberly Way from Caris Healthcare on Friday, February 15th at 1 p.m. to make your own fun painting. Space is limited so call the front desk at 425-3999 to register soon.

LUNCH AND LEARN: "Transportation Options for Seniors" On February 19th 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.

DAY TRIP TO LUNCH AND A MOVIE Join us for a trip to the Regal Cinemas Cinebarre Theater at West Towne Mall. The theater includes restaurant service as well as luxury recliners. The trip will be on Wednesday, February 27th. We will leave the center at 10:00 a.m. and return by 4 p.m. Cost for the trip will be \$5 to help cover the cost of gas. Lunch and movie cost is on your own. Sign up in the office. Payment is due upon registration.

ATTENTION: Tax 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. Hours of operation will be Tuesday – Friday from 3 p.m. to 7:30 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

