## WEEKLY SCHEDULE

<table>
<thead>
<tr>
<th>MON 9AM-5PM</th>
<th>TUE 9AM-9PM</th>
<th>WED 9AM-5PM</th>
<th>THR 9AM-9PM</th>
<th>FRI 9AM-5PM</th>
<th>SAT 8:30AM-4:30PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-10:30 Energizing Exercise</td>
<td>9-2 Pickleball</td>
<td>9-10:30 Energizing Exercise</td>
<td>9-2 Pickleball</td>
<td>9-10:30 Energizing Exercise</td>
<td>Recreation and Exercise Room Open All Day</td>
</tr>
<tr>
<td>11-12 Rhythm and Moves</td>
<td>9-10 Intermediate Yoga</td>
<td>11-12 SAIL Exercise</td>
<td>11-12 SAIL Exercise</td>
<td>9-2 Pickleball</td>
<td>10-3 Open Cards and Games</td>
</tr>
<tr>
<td>12-1 Rhythm and Moves</td>
<td>11-12 SAIL Exercise</td>
<td>11-12 Rhythm and Moves</td>
<td>1-4 Bridge</td>
<td>9-10 Beginning Guitar</td>
<td></td>
</tr>
<tr>
<td>11-12 Tai Chi (Gym)</td>
<td>5:15-6:15 Energizing Exercise</td>
<td>11-12 Tai Chi (Gym)</td>
<td>1-4 Mahjong</td>
<td>10-11 Intermediate Guitar</td>
<td></td>
</tr>
<tr>
<td>11-3 Pinochle</td>
<td>6:30-8:30 Bingo</td>
<td></td>
<td>5:15-6:15 Energizing Exercise</td>
<td>11-12 Advanced Guitar</td>
<td></td>
</tr>
<tr>
<td>1-4 Open Bridge</td>
<td></td>
<td></td>
<td>6:30-8:30 Bingo</td>
<td>1-2 Bass Guitar</td>
<td></td>
</tr>
</tbody>
</table>

### This Month’s Non-Weekly Events

1. **2)** 9:30-11 S.A.B.
2. **3)** 12-1 Lunch and Learn: Neck and Shoulder Pain with Dr. Lee Easley
   - Bingo Sponsored by the Alexander Inn Guest House
3. **4)** 5:15-6:15 Energizing Exercise
4. **5)** 9-12 SAIL Exercise
5. **6)** 1-4 Bridge
6. **7)** Change your Clock Before Bed Tonight!
7. **8)** 11-12 SAIL Exercise
8. **9)** 1-4 Mahjong
9. **10)** 11-12 Rhythm and Moves
10. **11)** 6:30-8:30 Bingo
11. **12)** 11-12 Tai Chi (Gym)
12. **13)** 5:15-6:15 Energizing Exercise
13. **14)** 6:30-8:30 Bingo
14. **15)** 11-12 Tai Chi (Gym)
16. **16)** 6:30-8:30 Bingo
17. **17)** 11-12 Tai Chi (Gym)
18. **18)** 6:30-8:30 Bingo
19. **19)** 11-12 Tai Chi (Gym)
20. **20)** 6:30-8:30 Bingo
21. **21)** 11-12 Tai Chi (Gym)
22. **22)** 6:30-8:30 Bingo
23. **23)** 11-12 Tai Chi (Gym)
24. **24)** 6:30-8:30 Bingo
25. **25)** 11-12 Tai Chi (Gym)
26. **26)** 6:30-8:30 Bingo
27. **27)** 11-12 Tai Chi (Gym)
28. **28)** 6:30-8:30 Bingo
29. **29)** 11-12 Tai Chi (Gym)
30. **30)** 6:30-8:30 Bingo
31. **31)** 11-12 Tai Chi (Gym)

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**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 MARCH 2020 ACTIVITIES

CLOSINGS/CANCELLATIONS/BAD WEATHER: Tai chi will be closed on March 16th and 18th and Pickleball will be closed on March 17th, 19th, and 20th due to Spring Break Camp. 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 8th. Don’t forget to move your clocks up one hour!

NEW INTERMEDIATE YOGA CLASS Join Carolyn Fogelman on Tuesday mornings at 9 a.m. in the D Room for a free intermediate level yoga class. Space is limited, so please call first for availability. Also ask the front office about a beginner’s level class starting in April if you are new to yoga.

LUNCH AND LEARN “Neck and Shoulder Pain” Dr. Lee Easley will be here on March 3rd to discuss how to handle neck and shoulder pain issues as we age. A light lunch will be will be provided. There is no cost for the program but you must sign up in the office to be counted for lunch.

LUNCH AND LEARN “Medication Management and Disposal” Join ASAP of Anderson on Tuesday, March 10th to learn how you can help protect our environment and your community by properly storing your medications and disposing of them in a timely manner in an environmentally friendly way. Oak Ridge Police Department will be on site from noon to 1pm, so bring any unwanted or expired medications with you to the event. Medication lock boxes will also be provided by ASAP free of charge to individuals who need one. A light lunch will be will be provided by Freddy’s Frozen Custard and Steakburgers. There is no cost for the program but you must sign up in the office to be counted for lunch.

MYRIDE OAKRIDGE VOLUNTEER TRAINING Come learn how you could help your friends and neighbors who are 60 plus and can no longer drive get to the places they need to be! We will be offering training for volunteers for the MyRide Oak Ridge Program that helps seniors get to essential destinations such as doctor offices, shopping and even volunteering themselves. The training will be held at the Senior Center on Saturday, March 14th from 10 a.m. to noon. Please call the Senior Center or stop by the desk for more information.

MEMORY CAFÉ Alzheimer’s Tennessee is sponsoring a monthly Memory Café Group where individuals with a diagnosis early stage Alzheimer’s disease for dementia can gather in a safe supportive environment to share conversation. Care partners can also gather during the same time for support from others in the same situation. To become part of the group or for more information, please contact Linda Johnson or Jill Ladaa with Alzheimer’s Tennessee at (865)544-6288 ext. 227.

DAY TRIP TO THE CUMBERLAND COUNTY PLAYHOUSE Join us for a trip to the Cumberland County Playhouse to see “Clue” on Tuesday, March 24th. We will leave the Senior Center at 10 a.m. and return around 6 p.m. Cost for the trip will be $30 with the cost of lunch on your own. Sign up in the office soon because space is limited.

ATTENTION: Help filing out your income taxes is available through the Volunteer Income Tax Assistance Program (VITA). VITA is located at the United Way Offices at 728 Emory Valley Road. The program does not take reservations and is on a first come, first serve basis. Hours of operation will be Mondays from 3 p.m. to 5:30 p.m. and Tuesdays – Fridays from 3 p.m. to 8:00 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
Monday through Friday - 9:00 a.m. to 4:00 p.m.
OAK RIDGE SENIOR CENTER 1405 OAK RIDGE TURNPIKE. 425-3999