

OAK RIDGE SENIOR CENTER






AUGUST 2010

Check out our website at www.orrecparks.org

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. 9-10 Walking Group 12:30 Pinochle 1-2 Gentle Yoga 1-4 Open Bridge	9-3 Rook/Canasta 9-10 Walking Group 10-3 Senior Citizens Club 1-2 Wii Bowling 6:30-8:30 Bingo	9-12 Woodcarving 9-10 S.M.I.L.E. 9-10 Walking Group 1-4 Bridge	9-3 Rook/Canasta 9-10 Walking Group 9-10:30 T.O.P.S. 10-11:30 Blood Pressure 1-4 Bridge 6:30-8:30 Bingo	Guitar Lessons 9-10 Beginners 10-11 Advanced 9-10 Walking Group 9-10 S.M.I.L.E. 9-5 Open Crafts 1-2 Gentle Yoga	Only Recreation Room and Computer Lab Open

This Month's Non-Weekly Events

2) 9-11 E.C.A.B.	3) Wii Bowling Start Up Meeting at 1 p.m. 	4) 12:30-4 Survivors Club	5)	6)	7)
9)	10) Walking Group will meet at Oak Ridge Marina at 9 a.m. 	11) 11-4 Carbide Retirees' Bridge	12) 12-1 A.A.R.P. <u>Board Meeting</u>	13) 2 p.m. Friday Afternoon Matinee "Quigley Down Under" Refreshments provided by Courtyards Senior Living Oak Ridge 	14)
16)	17)	18) 2-4 C.O.R.R.E.	19) 11-12:30 Writers Group 1-3 A.A.R.P.	20)	21)  Senior Center Breakfast 8-10
23)	24)	25)	26)	27) 2 p.m. Friday Afternoon Matinee "Avatar" Refreshments provided by Munsey Pharmacy 	28)
30)	31)				

LUNCH SERVED MONDAY THROUGH FRIDAY, 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

August 2010 Activities

TAI CHI will meet at the Tai Chi Center for the month of August, located at 362 East Tennessee Ave. The class is meeting from 10:30 a.m. – 11:30 a.m.

AARP SENIOR DRIVER SAFETY PROGRAM August 4th- 5th. The 8-hour class is held in two four-hour sessions on Wednesday and Thursday, from 9 a.m. until 1 p.m. both days. Cost is \$14.00. Call 425-3999 to reserve a place in the class. Take this refresher course and be a safer driver!

FRIDAY MATINEES Join us on the second and fourth Fridays of each month at 2 p.m. for an afternoon movie and refreshments. Refreshments will be available while they last. This month's movies will be as follows:

- August 13 – Quigley Down Under – 1990 – A movie in the style of a classic western starring Tom Selleck.
- August 27 – Avatar - 2009 -A science fiction adventure written and directed by James Cameron.

WII BOWLING Not able or interested in real bowling? Then come visit with us on Tuesday afternoons for Wii Bowling in our Exercise Room. Anyone interested in learning a fun and easy way to bowl right in our own Senior Center needs to come out on Tuesday, August 3rd at 1:00 p.m.

FIELD TRIP FOR WALKING GROUP The walking group will meet again at the Marina, near the China Palace Restaurant, to walk outside on Tuesday, August 10th. We will meet at 9:00 a.m. and walk for about an hour, weather permitting. Please check with the front desk on the day before to find out about weather related postponements or cancellations.

SENIOR BREAKFAST Come join us on August 21st from 8 a.m. – 10:00 a.m. for a delicious breakfast of pancakes, biscuits, gravy, sausage, bacon, and eggs! The cost is a bargain at only \$5. Breakfast will be served beginning at 8 a.m. Please **pre-register and pay in advance at the front desk.** Deadline for registration and payment is Wednesday, August 18th.

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
728 EMORY VALLEY ROAD 425-3999