

OAK RIDGE SENIOR CENTER





January 2012

Check out our website at www.orrecparcs.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 9 10-11 Tai Chi 10-11:30 Beginners Tai Chi 11-3 Pinochle 1-4 Open Bridge	9-3 Rook/Canasta 9-10 Walking Group 10-3 Senior Citizens Club 6:30-8:30 Bingo	9-10 S.M.I.L.E. 9-10 Walking Group 9-12 Woodcarving 9-12 Mahjongg 10-11 Tai Chi 10-11:30 Beginners Tai Chi 1-4 Open Bridge	9-10 Walking Group 9-10:30 T.O.P.S. 9-3 Rook/Canasta 10-11:30 Blood Pressure 1-4 Open Bridge 6:30-8:30 Bingo	9-10 S.M.I.L.E. 9-10 Walking Group Guitar Lessons (Resume 1/13) 9-9:45 Beginners I 9:45-10:30 Beginners II 10:30-11:30 Advanced 9-5 Open Crafts	Only Recreation Room and Computer Lab Open

This Month's Non-Weekly Events

2)  Closed for New Year's Holiday	3)	4) 12:30-4 Survivors Club	5)	6)	7)
9) 9-11 E.C.A.B. 2-4 Retired Teachers	10)	11) 11-4 Carbide Retiree's Bridge	12) 12-1 A.A.R.P. <u>Board Meeting</u>	13) 2 p.m. Friday Afternoon Matinee "The Lion in Winter" Refreshments provided by Munsey Guitar Lesson Begin Today! 	14)
16)  Closed for Martin Luther King, Jr. Day	17)	18) 2-4 C.O.R.R.E.	19) 11-12:30 Writers Group 1-3 A.A.R.P	20)	21) Stitching Sisters
23)	24)	25)	26)	27) 2 p.m. Friday Afternoon Matinee "Casablanca" Refreshments provided by Briarcliff Healthcare 	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 January 2012



HOLIDAY/BAD WEATHER CLOSINGS: The Center will be closed January 2nd for the New Year's Holiday and Monday January 16th for the Martin Luther King, Jr. Birthday Holiday. In case of bad weather, call us at 425-3999 to check for early closings or cancellations.

START OUT 2012 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.

TAI CHI EXERCISE Tai Chi meets Mondays and Wednesdays from 10-11 a.m. in the gym. Beginners are now meeting from 10:00 a.m. – 11:30 a.m. on the same days. They ask for a \$1 per session donation for the instructor.

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. Seven laps down and back the main hallway is equal to one mile. Come and do as little or as much as you can. When the weather improves we will take field trips to Oak Ridge's many trails and greenways for a change of pace.

WII GAMES One easy way to start exercising is to use the Wii Game system that is available in the Exercise room behind the main office. You can bowl, play baseball, do balance exercises and many other activities. Stop by the office and someone will help get you started.

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:

- January 13 – **The Lion in Winter** – 1968 – (Drama) 1183 AD: King Henry II's three sons all want to inherit the throne, but he won't commit to a choice. They and his wife variously plot to force him. Starring Katharine Hepburn and Peter O'toole.
- January 27 – **Casablanca** – 1942 – (Drama) Set in unoccupied Africa during the early days of World War II: An American expatriate meets a former lover, with unforeseen complications.

Coming in February 2011

Tax Assistance Program Starts February 6th. Mondays by Appointment Only. Call 425-3999 to setup an appointment starting January 17th.

A.A.R.P. SENIOR DRIVER SAFETY PROGRAM This 8-hour class will be held on February 1st & 2nd, from 9 a.m. – 1 p.m. both days. Cost is \$14. Reserve your place by calling the Center at 425-3999.

10 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

11 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 RD. 425-3999