


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 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	9-12 Woodcarving 9-10 S.M.I.L.E. 9-10 Walking Group 9-11 Mahjongg 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 9-9:45 Beginners I 9:45-10:30 Beginners II 10:30-11:30 Advanced 9-10 Walking Group 9-10 S.M.I.L.E. 9-5 Open Crafts	Only Recreation Room and Computer Lab Open

This Month's Non-Weekly Events

			1)	2)	3) UT vs. Montana
5) Center Closed for Labor Day Holiday	6)	7) 12-4 Survivors Club	8) 12-1 A.A.R.P. <u>Board Meeting</u>	9) 2 p.m. Friday Afternoon Matinee "RV" Refreshments provided by Helping Hands Home Assistance	10) Stitching Sisters UT vs. Cincinnati
12) 9-11 E.C.A.B. 2-4 Retired Teachers	13)	14) 10-12 Children's Writers Group 11-4 Carbide Retirees' Bridge	15) 11-12:30 Writers Group 12-2 A.A.R.P. Luncheon Meeting	16) Join Us for Shirley's Retirement Party from 1 – 3 Today! POW/MIA Recognition Day	17) Shirley's last day! We will miss you! UT @. Florida
19) 12-3:30 W. Club Bridge	20) Walking Group will meet at Oak Ridge Civic Center at 9 a.m. 	21) 2-4 C.O.R.R.E.	22)	23) 2 p.m. Friday Afternoon Matinee "Pirates of the Caribbean: At World's End" Refreshments provided by Briarcliff Healthcare	24) UT @. North Carolina
26)	27) 11:30 Senior Citizens Club Quarterly Luncheon	28)	29)	30)	

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

September 2011

SEPTEMBER CLOSINGS The Center will be closed for Labor Day on Monday, September 5th. The E.C.A.B. meeting has been moved to Monday, September 12th at 9 a.m.

SHIRLEY'S RETIREMENT PARTY Please join us Friday September 16th from 1-3 p.m. in room 58. Senior Center Recreation Assistant Shirley Tice will be retiring after 14 years with the City of Oak Ridge. Light refreshments will be served. Come by and wish Shirley a fun and restful retirement.

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:

- September 9 – **RV** – 2006 – Bob Munro and his family rent an RV for a road trip to the Rockies, where they have to contend with bizarre campers and other unfortunate events.
- September 23 – **Pirates of the Caribbean: At World's End** - 2007 – After Elizabeth, Will, and Captain Barbossa rescue Captain Jack from the land of the dead, they must face their foes, Davy Jones and Lord Cutler Beckett.

FIELD TRIP FOR WALKING GROUP The walking group will meet at the Oak Ridge Civic Center, in the Recreation parking lot, to walk outside on September 20th. 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.

TAKE OFF POUNDS SENSIBLY (TOPS) If excess weight is a problem for you, consider joining the TOPS Club, meeting Thursdays from 9-10:30 a.m. This low-cost weight-control support group can give you information and encouragement to meet your weight goals.

QUARTERLY LUNCHEON MEETINGS

AARP: Thursday, Sept. 15th, from noon to 2 p.m. Bring a dish of your favorite recipe to share. Also, bring 2 or more canned goods for the AARP's "Drive to End Hunger."
Senior Citizens Club: Tuesday, Sept. 27th, at 11:30 a.m. Bring a covered dish.

COMING IN OCTOBER

TAI CHI The Tai Chi program returns to the Senior Center on October 3rd. Beginners as well as veterans can join us from 10 – 11 a.m. on Mondays and Wednesdays.

AARP SENIOR DRIVER SAFETY PROGRAM October 5th and 6th, from 9 a.m. - 1 p.m. Cost is \$14.00. Call 425-3999 to reserve a space.

SENIOR CENTER HARVEST SUPPER Our annual indoor picnic will be held on Thursday, October 20th at 5:30 p.m. Cost will be \$4.00 per person. Stay and play Bingo afterwards for an evening full of good food and lots of fun.

CENTER HOURS

Monday, Wednesday and Friday - 9:00 a.m. to 5:00 p.m.
Tuesday, Thursday - 9:00 a.m. to 9:00 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