

OAK RIDGE SENIOR CENTER




SEPTEMBER 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 10-11 Tai Chi 11-12 Beginners Tai Chi 11-3 Pinochle 1-4 Open Bridge	9-3 Rook/Canasta 9-10 Walking Group 10-3 Senior Citizens Club 1-2 Wii Games 6:30-8:30 Bingo	9-12 Woodcarving 9-10 S.M.I.L.E. 9-10 Walking Group 10-11 Tai Chi 11-12 Beginners Tai Chi 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	Only Recreation Room and Computer Lab Open

This Month's Non-Weekly Events

		1) 12-4 Survivors Club	2)	3)	4)
6) Center Closed for Labor Day Holiday	7)	8) Tai Chi Returns at 10 a.m. 11-4 Carbide Retirees' Bridge	9) 12-1 A.A.R.P. <u>Board Meeting</u>	10) 2 p.m. Friday Afternoon Matinee "Oh Brother, Where Art Thou"  Refreshments provided by Home Instead Senior Care	11)
13) 9-11 E.C.A.B. 2-4 Retired Teachers	14) Walking Group will meet at the Oak Ridge Civic Center at 9 a.m. 	15) 2-4 C.O.R.R.E.	16) 11 - 12:30 Writers Group 12-2 A.A.R.P. Luncheon	17) P.O.W / M.I.A. Recognition Day 1947 U.S. Air Force Established	18) Stitching Sisters
20) 12-3:30 W. Club Bridge	21)	22) 11:30 Senior Citizens Club Quarterly Luncheon	23) 1 st Day of Autumn	24) 2 p.m. Friday Afternoon Matinee "2012"  Refreshments provided by Seniors Helping Seniors	25)
27)	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 2010

SEPTEMBER CLOSINGS The Center will be closed for Labor Day on Monday, September 6th. The E.C.A.B. meeting scheduled for this day has been moved to Monday, September 13th at 9 a.m. The Tai Chi program will be back at the Senior Center beginning September 8th.

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 10 – **Oh Brother, Where Art Thou?** – 2000 – A comedy set in the depression era south with a heavy blue grass influence based loosely on Homer's Odyssey.
- September 24 – **2012** - 2009 – Action Adventure movie about the end of the earth set in the year 2012.

WII / EXERCISE ROOM The Wii/Exercise room has been moved to room 37 D, which is the room behind the main office. Come and learn how to exercise, get fit, and have fun playing our Wii Game System on Tuesday afternoons from 1 p.m. – 2 p.m.

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 14th. 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. 16th, from noon to 2 p.m. Bring a dish of your favorite recipe to share. Visitors are welcome.

Senior Citizens Club: Tuesday, Sept. 21st, at 11:30 a.m. Bring a covered dish.

COMING IN OCTOBER

AARP SENIOR DRIVER SAFETY PROGRAM October 6th and 7th, 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 14th 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