

OAK RIDGE SENIOR CENTER

SEPTEMBER 2021










Check out our website at www.oakridgeseniorcenter.com

Phone: (865) 425-3999

WEEKLY SCHEDULE

MON 9AM-5PM	TUE 9AM-7PM	WED 9AM-5PM	THR 9AM-7PM	FRI 9AM-5PM	SAT 9AM-1PM
9-2 Pickleball 10:30-11:30 S.A.I.L. Exercise 11-3 Pinochle	9-2 Pickleball 9-10 Energizing Exercise 1-4 Bridge 5:30-6:30 Line Dancing	9-12 Woodcarving 10:30-11:30 S.A.I.L. Exercise 10-4 Open Games	9-2 Pickleball 9-10 Energizing Exercise 1:30-3 Bingo	9-12 Guitar Practice 10-2 Open Crafts 12-3 Brazilian Embroidery 1-4 Bridge	Recreation Room, Exercise Room, and Lounge Open

This Month's Non-Weekly Events

		1) Open Games Begin Today! 	2) Bingo Sponsored By The Home Option	3)	4)
6)  Centers Closed	7) Line Dancing Class Begins Today! 	8)	9) Bingo Sponsored By Regina Copeland, Anderson County Trustee	10)	11)
13) 9:30-11 S.A.B. 2-4 Retired Teachers 10-2 Grandparents Day 	14) 9-12 Hearing Screening with Beltone 	15)	16) Bingo Sponsored By Commonwealth Senior Living	17)	18)
20)	21) 12-1 Brown Bag Lunch and Learn: Back Pain 	22)	23) Bingo Sponsored By Madison Insurance Group	24) Center Open for Festival Activities Only 	25) Center Open for Festival Activities Only 
27)	28)	29) National Coffee Day (Come by the Office for Fancy Coffee Today!) 	30) Bingo Sponsored By NHC Healthcare Oak Ridge		

The Senior Center is open Monday, Wednesday & Friday 9 a.m. - 5 p.m., Tuesday & Thursday 9 a.m. - 7 p.m. and Saturday 9 a.m. - 1 p.m.
Pre-scheduling of activities is recommended to ensure space is available.
NO LUNCH UNTIL FURTHER NOTICE

OAK RIDGE SENIOR CENTER ACTIVITIES

SEPTEMBER 2021

Beginning September 7th, the Oak Ridge Senior Center will return to regular operating hours of Monday, Wednesday and Friday from 9 a.m. to 5 p.m. Tuesday and Thursday from 9 a.m. to 7 p.m. and Saturday from 9 a.m. to 1 p.m. Scheduling of activities is still encouraged. Please reserve a space by stopping by or calling the Senior Center front desk at (865) 425-3999. Masks and social distancing are still highly recommended.

SEPTEMBER CLOSINGS The Senior Center will be closed for the Labor Day Holiday on Monday, September 6th. The S.A.B. meeting has been moved to Monday, September 13th at 9:30 a.m. The center will also be closed to regular programs on Friday and Saturday, September 24th and 25th for the Secret City Festival. However, the building will be open to the public during the festival.

RECREATION AND EXERCISE ROOMS The Recreation and Exercise Rooms are open for drop in use but can also still be reserved by calling or stopping by the Senior Center front desk. Equipment in either room can be used as needed but must be wiped down before and after each use.

OPEN GAMES Do you like to play Rook, Scrabble, Chess, Canasta or other games? Then stop by the Senior Center beginning this month on Wednesdays from 10 a.m. to 4 p.m. to make new friends and have some fun. Call the front desk to find out what games are available and to reserve a spot to play.

GRANDPARENTS DAY Come celebrate your own Grandparents by bringing a picture and a story to share with us. We will have coffee and sweet treats in the lounge from 10 a.m. to 2 p.m. on September 13th along with some information on tracing your own ancestry on the internet. Stop by that day to enter to win a cool door prize as well.

HEARING SCREENING WITH BELTONE Beltone will be here on September 14th from 9:00 a.m. to noon to give hearing tests and to clean hearing aids. Call to reserve a spot to make sure you are hearing as well as you should be.

NEW LINE DANCING CLASS Have you ever wanted to try to line dancing? Well now is your chance. Join Betty Ledford on Tuesdays from 5:30 p.m. to 6:30 p.m. to get some exercise and have fun while doing it! Make sure to wear smooth soled shoes. The class will be focused on beginners but more skilled dancers are welcome as well. The class is free but space is limited. Sign up before it's too late.

BROWN BAG LUNCH AND LEARN The following educational programs will be offered in the month of September. You will need to bring your own brown bag lunch from home at this time but bottled water will be provided. Please no sharing of food or drink at the current time.

"Back Pain" – Back pain as we age is nearly inevitable. Dr. Lee Easley will be here on September 21st at noon to discuss how to handle back pain in a more natural way. Please sign up to save a space.

SECRET CITY FESTIVAL Join **Celebrate Oak Ridge**, the 501c3 Organization that will be presenting the Secret City Festival again this year, for a weekend of fun activities focusing on both the history and future of Oak Ridge, TN. The event will be held on September 24th, 25th, and 26th. For more information, please check out <https://www.secretcityfestival.com/>.

CENTER HOURS

Tuesday and Thursday - 9:00 a.m. to 7:00 p.m.
Monday, Wednesday, Friday - 9:00 a.m. to 5:00 p.m.
Saturday - 9:00 a.m. to 1:00 p.m.
Closed on Sunday

1405 OAK RIDGE TURNPIKE
425-3999

