

OAK RIDGE SENIOR CENTER

NOVEMBER 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) 9:30-11 S.A.B.	2) 12-1 Brown Bag Lunch and Learn: Warm Thoughts About Your HVAC Systems 	3)	4) Bingo Sponsored By Buckeye Home Medical & Quality Home Health	5)	6)
8)	9) 9-2 Hearing Screening with Beltone  12-1 Brown Bag Lunch and Learn: Property Tax Freeze & Relief Programs 	10)	11) 11-2 Veteran's Day Drop In Recognition (No Bingo Today) 	12)	13)
15)	16) 12-1 Brown Bag Lunch and Learn: Tax Clinic Information with Legal Aid 	17)	18) Bingo Sponsored By Regina Copeland County Trustee	19)	20)
22)	23)	24)	25) Center Closed 	26) Center Closed	27) Center Closed
29)	30)		Don't forget to set back your clocks on Saturday night, November 6 th and change Batteries in your Smoke Detectors!		

Happy Thanksgiving

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 NOVEMBER 2021

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.

DAYLIGHT SAVINGS TIME ENDS Daylight savings time ends on Saturday, November 6th. Make sure to set back your clocks before bedtime and check the batteries in your smoke detectors.

NOVEMBER CLOSINGS The Center will be closed for the Thanksgiving Holidays, Thursday, Friday, and Saturday November 25th, 26th & 27th. . **NO BINGO** on November 11th & 25th.

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.

HEARING SCREENING WITH BELTONE Beltone will be here on November 9th from 9:00 a.m. to 2 p.m. 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. Walk-ins will be taken if space is available.

BROWN BAG LUNCH AND LEARN The following educational programs will be offered in the month of November. 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.

Warm Thoughts About Your HVAC System – Join Tim Cochran, Recreation Program Coordinator on November 2nd at noon for his follow up to July's program about the do's and don't's of HVAC repair. This month's topic will focus on the heating part of your HVAC system. Please sign up to save a space.

Property Tax Freeze and Relief Programs– Join County Trustee Regina Copeland on November 9th at noon to find out more information on the Tax Relief and Tax Freeze Programs available to assist senior citizens in Anderson County. Call the front desk at (865) 425-3999 to save a space.

Legal Aid Tax Clinic – The Legal Aid Society of Middle Tennessee will be here on November 16th at noon to talk about their Low Income Tax Clinic as well as other tax issues concerning seniors such as tax refund credits, the Economic Stimulus Payment, and identity theft to name a few. Sign up with the front office to save a space.

VETERAN'S DAY DROP IN RECOGNITION A drop-in celebration and recognition for area Veterans will be held on Thursday November 11th from 11:00 a.m.-2:00 p.m. Musical entertainment will be provided by the Golden Eagles and all veterans will receive a goodie bag and will be entered to win door prizes. Light refreshments, including prepackaged snacks, will be available. Sign up at the front desk or call 425-3999 by November 5th so we have an accurate count of veterans attending.

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
(865) 425-3999

