

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com













OCTOBER 2021

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

 <p>Don't forget to start 10 digit dialing for all local numbers beginning on October 24th. This means that you must dial the 865 area code before all local calls or your calls will not go through.</p>		<p>1) 9-12 Flu Shots with Munsey Pharmacy (Don't forget your Insurance Cards) </p>		2)	
4) 9:30-11 S.A.B.	5)	6) 1-2 Medicare Information Session with David Vudragovich	7) Bingo Sponsored By Canterfield & Amedysis	8) 9-12 Flu Shots with Munsey Pharmacy (Don't forget your Insurance Cards) 	9)
11)	12) 9-2 Hearing Screening with Beltone 12-1 Brown Bag Lunch and Learn: Fall Planting with Willow Ridge  	13)	14) Bingo Sponsored By Robbie Herring and Johnnie Sweet	15) 9-12 Flu Shots with Munsey Pharmacy (Don't forget your Insurance Cards) 	16)
18)	19) 12-1 Brown Bag Lunch and Learn: Treating Chronic Headaches with Select Physical Therapy 	20)	21) Bingo Sponsored By The Groves of Oak Ridge	22) 9-12 Flu Shots with Munsey Pharmacy (Don't forget your Insurance Cards) 	23)
25)	26) 12-1 Brown Bag Lunch and Learn: ETHRA Senior Assistance Programs 	27)	28) Senior Center Closes at 1 p.m. Today for the Civic Center Children's Halloween Party NO BINGO TODAY 	29) 9-12 Flu Shots with Munsey Pharmacy (Don't forget your Insurance Cards) 10-2 Senior Center Halloween Trick or Treat 	30) 

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 OCTOBER 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.

OCTOBER CLOSINGS The Senior Center will close at 1 p.m. on Thursday, October 28th because of the Civic Center Children's Halloween Party. **NO BINGO** on that day.

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.

MEDICARE INFORMATION SESSION David Vudragovich will be here on Wednesday, October 6th at 1 p.m. for an informative discussion on how Medicare works. This session would be good for those looking to sign up for Medicare soon and also those who may be interested in making changes during open enrollment. Call the front desk at (865) 425-3999 to save a spot!

HEARING SCREENING WITH BELTONE Beltone will be here on October 12th 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.

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

Fall Planting Tips – Willow Ridge Garden Center will be here on October 12th at noon to discuss what and how to prune for fall as well as answer questions from the audience as time allows. Please sign up to save a space.

Treating Chronic Headaches– Join Select Physical Therapy on October 19th at noon to talk about treating chronic headaches. Call the front desk at (865) 425-3999 to save a space.

ETHRA Weatherization and Utilities Assistance Programs – Kathy Hicks will be here on October 26th at noon to discuss the Weatherization and Utilities Assistance programs offered by the East Tennessee Human Resources Agency and how these programs could help you or someone you know. Please sign up to save a space.

SENIOR CENTER HALLOWEEN PARTY Come visit us on Friday, October 29th between 10 a.m. to 2 p.m. Come dressed up in your favorite costume and have a great time. We will have lots of treats and maybe a few tricks.

FLU SHOT FRIDAYS Get protected from the flu early this year! Munsey pharmacy will be here on Fridays in October from 9 a.m. to noon to give shots. Call to reserve a spot! **Make sure to bring all insurance cards you have with you on that day.** Also check with main desk for more information about possible COVID-19 Booster shots as well.

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**

