

OAK RIDGE SENIOR CENTER

JANUARY 2022









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	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 1-4 Bridge	Recreation Room, Exercise Room, and Lounge Open

This Month's Non-Weekly Events

					1)  Center Closed for New Year's Holiday
3) 9:30-11 S.A.B.	4) 12-1 Brown Bag Lunch and Learn: ETHRA Senior Assistance Programs 	5)	6) Bingo Sponsored By Commonwealth Senior Living	7)	8)
10) S.A.I.L. Begins Today!  2-4 Retired Teachers	11) 12-1 Brown Bag Lunch and Learn: Winter Safety for Seniors by the ORFD 	12)	13) Bingo Sponsored By Patriot Home Care	14)	15)
17) Closed for Martin Luther King, Jr. Holiday 	18)	19)	20) Bingo Sponsored By Farmers Insurance with Jerry Lowery	21)	22)
24)	25) 12-1 Brown Bag Lunch and Learn: Slips, Trips and Falls by Select Physical Therapy 	26) 2-3:30 Senior Book Club Organizational Meeting 	27) Bingo Sponsored By Select Physical Therapy	28)	29)
31) 11:30 -? Chili Cook Off  No S.A.I.L. Class Today!	In an abundance of caution, the Chili Cook-off has been moved to March 1 st .				

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

JANUARY 2022



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 recommended.

HOLIDAY/BAD WEATHER CLOSINGS The Center will be closed Saturday, January 1st for the New Year's Holiday and Monday, January 17th for the Martin Luther King, Jr. Holiday. In case of bad weather, please check your email, check Facebook and/or call us at (865) 425-3999 to check for early closings or cancellations.

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.

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

ETHRA Weatherization and Utilities Assistance Programs – Kathy Hicks will be here on January 4th 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.

Winter Safety for Seniors by the ORFD – Join ORFD Fire Marshall Eric Rackard on January 11th at noon to learn important fire safety information for the Winter season. Please sign up to reserve a spot.

Slips, Trips and Falls by Select Physical Therapy – Select Physical Therapy will be with us on January 25th at noon to talk about how to prevent falls and also how to recover from one if it happens. Sign up at the Front Desk to reserve a spot.



MOVED TO MARCH 1ST CHILI COOK-OFF Join us at the Senior Center ~~on Monday, January 31st~~ at 11:30 a.m. for a warm bowl of chili and help us to choose which of our sponsors wins the blue ribbon with their recipe. If chili is not your thing, come anyway! We will have other kinds of soups as well. There is no cost for this event and it is on a first come, first serve basis until it's gone.

START OUT 2020 ON THE RIGHT TRACK WITH EXERCISE

S.A.I.L (Stay active and Independent for Life) – S.A.I.L. is an evidence-based program that provides strength and balance training for older adults as well as some light aerobic activity. The program is sponsored by the UT Extension Office for Anderson County and is held on Mondays and Wednesdays from 10:30 to 11:30. Space is limited so call or stop by the front desk to save a spot!

ENERGIZING EXERCISE The Energizing Exercise program provides high intensity aerobic exercise as well as strength training. This program is faster paced, but all ability levels are welcome to come out and give it a try. The class is held on Tuesdays and Thursdays from 9 a.m. to 10 a.m. Space is limited. See front desk for more information.

FIND A NEW HOBBY FOR 2020

SENIOR BOOK CLUB Do you love to read and like to share your opinions? Then come out to our Senior Book Club organizational meeting on January 26th from 2 p.m. to 3:30 p.m. The Oak Ridge Public Library will be providing a facilitator. Please call or stop by the front desk to reserve a space!

WOOD CARVING Join our wood carving group on Wednesday mornings at 9 a.m. to see if this might be the hobby for you! Our current carvers have a small project you can try out without having to buy tools or make a big commitment.

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**

