

# OAK RIDGE SENIOR CENTER

Check out our website at [www.oakridgeseniorcenter.com](http://www.oakridgeseniorcenter.com)














# MAY 2022

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 2-4 Repair or Recycle Workshop	9-2 Pickleball 9-10 Energizing Exercise 1-4 Bridge 1:30-2:30 Beginning Tap Dance 1-4 Chess Group 4-6 Ping Pong	9-12 Woodcarving 10-11 Walk About Wednesdays 10:30-11:30 S.A.I.L. Exercise 10-12 Pinochle Lessons 10-4 Open Games	9-2 Pickleball 9-10 Energizing Exercise 1:30-3 Bingo 5-6 Beginning Ballroom Dance	9-12 Guitar Practice 10-2 Open Crafts 1-4 Bridge	9-1 Recreation Room, Exercise Room, and Lounge Open 9:30-12:30 Ping Pong

### This Month's Non-Weekly Events

2) 9:30-11 S.A.B.	3) Senior Center Closed Today for Voting 	4)	5) Bingo Sponsored By Bankers Life Insurance	6)	7)
9)	10) 10-11:30 Computer Class with Dan: Computer Knowledge Part 1 12-1 Brown Bag Lunch and Learn: ORFACE 	11)  Helping Mature Drivers Find Their Safest Fit 9-1 CarFit Check Up	12) Bingo Sponsored By Select Physical Therapy 12-1 Coffee & Conversation: Questions About Hospice Care with Caris Healthcare 	13)	14)
16) 	17) Last Day for Indoor Pickleball  10-11:30 Computer Class with Dan: Computer Knowledge Part 2 12-1 Brown Bag Lunch and Learn: Managing Meds & Remote Monitoring with Munsey Pharmacy 	18)	19) Bingo Sponsored By Quality Homecare and Buckeye Medical Equipment	20) 9:30-12 COVID Booster Shots with Munsey Pharmacy  10-4 Ping Pong Tournament 	21)
23) 	24) 10-11:30 Computer Class with Dan: Computer Knowledge Part 3  12-1 Brown Bag Lunch and Learn: Parkinson's BIG Program with Select PT	25) 2-3:30 Senior Book Club 	26) Bingo Sponsored By Cornerstone Caregiving	27)	28)
30) Closed for Memorial Day	31)		Last Day for Indoor Pickleball will be May 17 <sup>th</sup> . Play will be moving Outdoors to the ORHS and/or the Jackson Square Tennis Courts for June and July!		

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

# MAY 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.

**CLOSINGS** The Senior Center will be closed on Tuesday, May 3<sup>rd</sup> for Elections as well as Monday, May 30<sup>th</sup> for Memorial Day.

**RECREATION AND EXERCISE ROOMS** The Recreation and Exercise Rooms are open for drop in use. 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 May. 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. Call the front desk at (865) 425-3999 to save a space.

**ORFACE (Oak Ridge Fund for Achieving Community Excellence)**– Join Pat Postma on May 10<sup>th</sup> at noon to talk about how you can help our community be an even better place to live for generations to come.

**Managing Medications and Remote Monitoring**– Join Jim Munsey with Munsey Pharmacy on May 17<sup>th</sup> at noon to hear about new developments in ways to help manage medications including the option for remote monitoring of issues like blood pressure to help keep you healthier.

**Parkinson's Big Program**- Select Physical Therapy will be with us on May 24<sup>th</sup> at noon to talk about the "Big" exercise program that can help to increase mobility and improve quality of life for those who have been diagnosed with Parkinson's Disease and other related conditions.

**CARFIT CHECK** The Oak Ridge Senior Center in conjunction with the AAA and the AARP will be sponsoring a spring CarFit check on Wednesday, May 11<sup>th</sup> from 9 a.m. – 1 p.m. This program can help you set your car up to be safer and more comfortable for you to drive. Call the front desk for more information or to reserve your spot now!

**COFFEE AND CONVERSATION** Casey Parker with Caris Healthcare will be available in the lounge from noon to 1 p.m. to answer any questions you may have about hospice care. Grab a free cup of coffee at the front desk and get your questions answered.

**COMPUTER CLASSES WITH DAN** The May class will be a three part class about Computer Knowledge and will be held on Tuesdays, May 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup> from 10 a.m. to 11:30 a.m. The class will teach you about the main components of a computer and what you need to know so that you can purchase a computer whether it be new or used. It will also discuss printers and the difference between an inkjet and a laser jet.

**COVID BOOSTER SHOT CLINIC** Munsey pharmacy will be here on Friday, May 20<sup>th</sup> from 9:30 a.m. to noon to give COVID-19 booster shots. Initial first or second vaccine shots will be available as well as booster shots on these days. Call to reserve a spot and let us know which vaccine you need. **Make sure to bring all insurance cards you have with you on that day.**

**PING PONG TOURNAMENT** The Oak Ridge Senior Center is excited to offer our 1<sup>st</sup> annual table tennis tournament on Friday, May 20 from 10-4. The cost for participation is \$5 and the tournament is open to 15 players on a first-come basis. Prizes for winners and lunch for players will be sponsored by Framers Insurance, Chris Smith Agency. Space is limited so sign up at the front desk soon!

**REPAIR OR RECYCLE WORKSHOP** This new program will be a time to bring in your own broken home electronics to troubleshoot and learn how you can repair them before just taking them to the dump. An example of items you might want to bring in would be small appliances like coffee makers and hair dryers or even larger items such as LED televisions and vacuum cleaners. The group will meet on Monday afternoons from 2 p.m. to 4 p.m. Call 865-425-3999 to let us know you are interested in attending or if you have other questions.

## COMING IN JUNE:

**OUTDOOR PICKLEBALL** Pickleball will be moving outside to the ORHS and/or Jackson Square Tennis courts for the months of June and July.

### 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  
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