

OAK RIDGE SENIOR CENTER

JULY 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
10:30-11:30 S.A.I.L. Exercise 11-3 Pinochle 1-2 Eat Well, Feel Well Class 2-4 Repair or Recycle Workshop	9-10 Energizing Exercise 1-4 Bridge 1-4 Chess Group 4-6 Ping Pong	9-12 Woodcarving 9-10 Walk About Wednesdays 10:30-11:30 S.A.I.L. Exercise 10-4 Open Games 1-4 Euchre	9-10 Energizing Exercise 1:30-3 Bingo 4-5 Beginning Ballroom Dance 5-6 Intermediate 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

Tap Dance is taking a break for July but will be back in August! 				1)	2)
4)  Center Closed	5)	6) Euchre starts today at 1 p.m. Be sure to call to reserve a spot! 	7) Bingo Sponsored By Life Care of Morgan County New Beginning & Intermediate Ballroom Dancing Starts Today! 	8)	9)
11) 9:30-11 S.A.B. Eat Well, Feel Well Class Begins Today at 1pm! 	12) 12-1 Lunch and Learn: Atomic Worker Benefits 	13)	14) Bingo Sponsored By Munsey Pharmacy	15)	16)
18)	19) 12-1 Lunch and Learn: Military Family Benefits for Home Care 	20) 11:30 – 5 Senior Citizens' Day at the Anderson County Fair 	21) 10-2 AARP Driver's Safety Class  Bingo Sponsored By Quality Homecare and Buckeye Medical Equipment	22) 10-2 AARP Driver's Safety Class 	23)
25)	26)	27) 2-3:30 Senior Book Club 	28) Bingo Sponsored By Oak Ridge Pharmacy	29)	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

JULY 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 Monday, July 4th for the Independence Day holiday. The Senior Advisory Board will meet on the following Monday, July 11th at 9:30 a.m.

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.

EUCHRE A new card group will be starting on July 6th on Wednesday afternoons from 1 p.m. to 4 p.m. Euchre is a fast paced card game using bidding, taking tricks and trumping. If you are interested in playing, please call to sign up!

BALLROOM DANCING LESSONS Francesca Wilson will be offering both beginning and intermediate ballroom dancing lessons on Thursdays beginning on July 7th. Beginner's class will be from 4 p.m. to 5 p.m. and intermediate class will follow from 5 p.m. to 6 p.m. Grab a partner and call to sign up for a spot! No partner? Then bring a friend or call to see if we can match you up with another participant. **Space is very limited**, so call us soon!

EAT WELL, FEEL WELL CLASS Ashely Draper from the UT Extension Office for Anderson County will be with us to lead this interesting class on how nutrition, physical activity and food safety can help seniors to feel better and live better lives. The class will be on Mondays from 1 p.m. to 2 p.m. starting on July 11th. Please sign up with the front desk to save a space in the class.

BROWN BAG LUNCH AND LEARN The following educational programs will be offered in the month of July. You will need to bring your own brown bag lunch from home at this time. Call the front desk at (865) 425-3999 to save a space.

Atomic Worker Benefits – Did you or a family member work in the Nuclear Weapons field and then become sick? If so you should join Stephen Burr with Nuclear Care Partners on July 12 at noon to talk about the EEOICPA (Energy Employees Occupational Illness Compensation Act) and how it can help injured workers and/or their families.

Military Family Benefits for Home Care – Cornerstone Caregiving's Operating Director, John Higgins will be with us on July 19th at noon to share information on the VA Aid and Attendance Program. Veterans and surviving spouses will be able to see if they meet the qualifying criteria for benefits that may lead to funding for home care. If you do qualify, Cornerstone Caregiving in partnership with Patriot Home Care will assist you with the application process.

AARP SENIOR DRIVER SAFETY PROGRAM This 8-hour class is held in two four-hour sessions. The first class will be held on Thursday, July 21st and the second class will be held on Friday, July 22nd. The classes will be from 10 a.m. until 2 p.m. both days. Cost is \$20 for AARP members and \$25 for non-members. Payment must be made to instructor by check or cash on first day of class. Space is limited to 16 participants, so call 425-3999 to reserve a spot soon. Take this refresher course and be a safer driver!

COMING IN AUGUST:

SENIOR DAY AT THE OUTDOOR POOL Save the date for **Wednesday, August 3rd** from 10 a.m. to 1 p.m. for our **Annual Senior Day at the Outdoor Pool**. There is no cost for Seniors 50 and up on this day and you will have pool all to yourselves! However, please give us a call at 425-3999 **by July 29th** to be counted for lunch.

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

