

OAK RIDGE SENIOR CENTER

AUGUST 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 2-4 Repair or Recycle Workshop	9-2 Pickleball 9-10 Energizing Exercise 1-4 Bridge 1:30-2:30 Tap Dance 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 10-1 Pinochle Lessons 10-4 Open Games 1-4 Euchre	9-2 Pickleball 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 2-4 Ping Pong (Singles Play)	9-1 Recreation Room, Exercise Room, and Lounge Open 9:30-12:30 Ping Pong 10-12 Mahjongg

This Month's Non-Weekly Events

1) 9:30-11 S.A.B.	2)	3) Senior Citizen Day at the Outdoor Pool from 10 a.m.-1 p.m. Today! 	4) Closed for Election Day (NO BINGO TODAY!) 	5) New Day Added for Ping Pong Singles Play on Fridays 	6) New Mahjongg Group on Saturdays! 
8)	9)	10) Pinochle Lessons Begin Today! 	11) Bingo Sponsored By Nuclear Care Partners	12)	13)
15) Pickleball Starts Back Indoors Today! 	16) Lunch and Learn: Aging Gracefully by Deborah Langheld Naturopathic Doctor 	17)	18) Bingo Sponsored By Chick-fil-a 	19)	20)
22)	23) Lunch and Learn: Gardening as a Healing Art 	24) 2-3:30 Senior Book Club 	25) Bingo Sponsored By Commonwealth Senior Living	26)	27)
29)	30) Lunch and Learn: Indoor Air Quality by Deborah Langheld Naturopathic Doctor 	31)			

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

AUGUST 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 Wednesday, August 3rd until 1 p.m. for Senior Day at the Outdoor Pool. Please sign up and join us for some fun in the sun! Find out more information below. The Center will also be closed on Thursday, August 4th for Election 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.

SENIOR DAY AT THE OUTDOOR POOL Join us at the Oak Ridge Outdoor Pool at 172 Providence Road on Wednesday, August 3rd from 10 a.m. to 1 p.m. for our Annual Senior Day at the Outdoor Pool. There will be fun summer games, music, door prizes and a light lunch at 11:30 a.m. while it lasts! There is no cost for Seniors 50 and up on this day and you will have the pool all to yourselves! However, please give us a call at 425-3999 by July 29th to be counted for lunch.

NEW TIME ADDED FOR PING PONG The Senior Center will be offering an extra afternoon of ping pong on Fridays from 2 p.m. to 4 p.m. This time is reserved for singles play instead of doubles. Please give us a call with any questions!

PINOCHLE LESSONS Interested in learning to play Double Deck Pinochle? It is not as hard as you might think! A new session of lessons will begin on August 10th from 10 a.m. to 1 p.m. Please sign up with the front office to save a spot.

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.

Agging Gracefully – Join Deborah Langheld, Naturopathic Doctor on August 16th at noon to learn about the top 6 health concerns for seniors and what you can do about them! She will briefly address each of these health concerns and provide natural and simple actions you can take to significantly reduce your risk. For example, most people don't know about the link between gum disease and heart disease. However, it makes perfect sense after explaining the details and it's easy to address oral health with natural alternatives.

Gardening as a Healing Art – Join Lynn Pique, Community Relations Director with Always Best Care on August 23rd at noon to talk about Happy Gardening as a new hobby, stress reduction, food and the joys of being part of the nature of nurturing. Lynn will go over some hints and suggestions of how to grow your garden well inside or out.

Indoor Air Quality – Join Deborah Langheld, Naturopathic Doctor on August 30th at noon to talk about some simple and easy things you can do in your own home to reduce the transmission of viruses and bacteria. If you have children and/or grandchildren in your home who often bring home "daycare germs", then you don't want to miss this Lunch and Learn!

NEW MAHJONGG GROUP There is a new Mahjongg group meeting on Saturday mornings from 10 a.m. to noon each week. Please call the Senior Center to reserve a spot or for more information!

PICKLEBALL Indoor Pickleball will be restarting on August 15th at 9 a.m. at the Civic Center Gym. Intermediate players will be from 9 a.m. to noon and beginners and advanced players will be from noon to 2 p.m.

COMING IN SEPTEMBER:

GRANDPARENTS DAY Save the date and plan to join us for Grandparent's Day at the Senior Center from 9 a.m. to 1 p.m. on September 10th. Bring your kids and grandkids to see how much fun you are having at the Senior Center!



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**