

OAK RIDGE SENIOR CENTER

SEPTEMBER 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 10:30-11:30 Dance Exercise 1-4 Bridge 1:30-2:30 Tap Dance 3-4 Ukulele Class 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 11-3 Pinochle 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	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) Bingo Sponsored By Amada Senior Care	2)	3)
5)  Centers Closed	6) Dance Exercise Class Starts Today! Tap Dance Class Restarts Today! 	7)	8) Bingo Sponsored By Farmers Insurance, Chris Smith Agency	9)	10)  9-1 Grandparents Day
12) 9:30-11 S.A.B. 2-4 Retired Teachers	13) Ukulele Class Begins Today! 	14)	15) Bingo Sponsored By First Light Homecare	16)	17)
19)	20) Lunch and Learn: Veteran's Administration Home Care Assistance with Amanda Senior Care 	21)	22) Bingo Sponsored By Blue Cross Blue Shield of TN 12-1:30 Coffee and Conversation with the Oak Ridge Lions Club 	23)	24)
26)	27) Lunch and Learn: New Clinical Services with Munsey Pharmacy 	28) 2-3:30 Senior Book Club 	29) Bingo Sponsored By Cornerstone Homecare National Coffee Day (Come by the Office for Fancy Coffee!) 	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

SEPTEMBER 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 for the Labor Day Holiday on Monday, September 5th. The S.A.B. meeting has been moved to Monday, September 12th 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.

TAP DANCE CLASS RESTARTS THIS MONTH After taking a break for a couple of months, tap dance class is back and ready to go on Tuesday, September 6th at 1:30 p.m. Remember, all ability levels are welcome and steps can even be done while seated if needed. Get Call the front desk at (865) 425-3999 to reserve a spot as soon as possible!

NEW DANCE EXERCISE CLASS Join us for an exercise class that takes fun, easy to learn dance moves and turns them into a complete exercise program. Worried you have two left feet? Don't because this class can even be done seated in a chair if needed. The class will be held on Tuesday mornings from 10:30 a.m. to 11:30 a.m. starting on September 6th. Cost is free but registration is required due to limited space availability.

UKULELE 101 In this class you will learn all about playing a ukulele, beginning with how to pick out and purchase the instrument all the way to creating you own songbook and playing some fun, easy to learn songs. The class will be held on Tuesdays from 3 p.m. to 4 p.m. for six weeks beginning on September 13th. There is no cost for the class, but sign up soon before the it's full!

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

Veteran's Administration Home Care Assistance – Join Jeff Pell with Amada Senior Care on September 20th at noon to talk about how you or your spouse may qualify for home care assistance through the Veterans Administration's Aid and Attendance program.

New Clinical Services Available at Munsey Pharmacy – Join Jim Munsey, pharmacist and owner of Munsey Pharmacy in Oak Ridge, on September 27th at noon to talk about new clinical services available at the pharmacy such as testing for strep, flu, and COVID-19, as well as the ability to prescribe medications related to these issues if needed.

GRANDPARENTS DAY Come celebrate Grandparents Day with us on Saturday, September 10th from 9 a.m. to 1 p.m. Bring your children, grandchildren, family and/or friends to the Senior Center to see the fun activities going on every day. We will have games, crafts, and snacks for adults and kids alike. There will also be some door prize drawings as well. There is no cost for the event but please give us a call to register by Tuesday, September 6th and be entered into an extra door prize drawing!

COFFEE AND CONVERSATION Oak Ridge Lions Club members will be available in the lounge from noon to 1:30 p.m. on September 22nd to tell you more about all the great work the Lions Club does for the community and how you can join them to make a difference. Grab a free cup of coffee at the front desk and go find out more information.

COMING IN OCTOBER

FLU SHOT FRIDAYS Stop by and see us on Fridays in October and get you flu and COVID vaccinations while you're here! More information to come soon about specific times and participating pharmacies.

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

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(865) 425-3999

