

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com




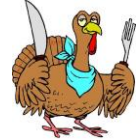


NOVEMBER 2022

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 Electronic Repair Workshop	9-2 Pickleball 9-10 Energizing Exercise 1-4 Bridge 1-4 Chess Group 3-4 Ukulele Lessons 4-6 Ping Pong	9-12 Woodcarving 10:30-11:30 S.A.I.L. Exercise 10-4 Open Games 1-4 Euchre 2:30-3:30 Phone Help with Girl Scouts	9-2 Pickleball 9-10 Energizing Exercise 10-1 Pinochle 1:30-3 Bingo Ballroom Dance 4-5 Beginning 5-6 Intermediate	9-12 Guitar Practice 10-2 Open Crafts 1-4 Bridge 2-4 Ping Pong	9-1 Recreation & Exercise Rooms Open 9:30-12:30 Ping Pong 10-12 Mahjongg

This Month's Non-Weekly Events

	1)	2)	3) Bingo Sponsored By Professional Case Management	4)	5)
7) 9:30-11 S.A.B.	8)  Closed for Election Day	9) Lunch and Learn: Reducing Risk of Bone Breaks with Deborah Langheld Naturopathic Doctor 	10) Bingo Sponsored By Munsey Pharmacy	11) 11-2 Veteran's Day Drop In Recognition (No Guitar Practice Today) 	12)
14) 2-4 Retired Teachers	15)	16)	17) Bingo Sponsored By the Anderson County Family Justice Center	18)	19)
21) 1-3 Low Vision Resources Group	22)	23)	24)  Center Closed	25) Happy Thanksgiving Center Closed	
28)	29)	30) 2-3:30 Senior Book Club 	26)  Don't forget to set back your clocks on Saturday night, November 5 th and change Batteries in your Smoke Detectors!		

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

NOVEMBER 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.

DAYLIGHT SAVINGS TIME ENDS Daylight savings time ends on Saturday, November 5th. Make sure to set back your clocks before bedtime and check the batteries in your smoke detectors.

NOVEMBER CLOSINGS The Senior Center will be closed for Election Day on November 8th. The Center will also be closed for the Thanksgiving Holidays, Thursday, Friday, and Saturday November 24th, 25th & 26th. **NO BINGO** on November 24th.

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 program will be offered in the month of November. You will need to bring your own brown bag lunch from home at this time but bottled water will be provided. Call the front desk at (865) 425-3999 to save a space.

Reducing the Risks of Bone Breaks – Join Deborah Langheld Naturopathic Doctor on November 9th at noon to talk about the three main factors that impact fracture risk in people as they age along with specific exercises and nutrients that can help to lower this risk.

VETERAN'S DAY DROP IN RECOGNITION A drop-in celebration and recognition for area Veterans will be held on Friday November 11th from 11:00 a.m.-2:00 p.m. Musical entertainment will be provided by the Golden Eagles and all veterans will receive a goodie bag and will be entered to win door prizes. Light refreshments, including prepackaged snacks, will be available. Sign up at the front desk or call 425-3999 by November 7th so we have an accurate count of veterans attending.

COMING IN DECEMBER:

SENIOR CENTER HOLIDAY RECEPTION Save the date for our Annual Senior Center Holiday Reception on Friday, December 9th. There will be goodie bags for attendees as well as holiday music and door prizes. Watch your email or check with the front desk for more information as we get closer!

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

