

OAK RIDGE SENIOR CENTER

JANUARY 2023









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 Electronic Repair Workshop	9-2 Pickleball 9-10 Energizing Exercise 10:30-11:30 Dance Exercise 11-12 Eat Well, Move More 1-4 Bridge 1:30-2:30 Tap Dance 1-4 Chess Group 3-4 Ukulele 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 (By Appointment Only)	9-2 Pickleball 9-10 Energizing Exercise 10-1 Pinochle 1:30-3 Bingo	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

2)  Center Closed for New Year's Holiday	3)	4)	5) Bingo Sponsored By Munsey's Pharmacy	6)	7)
9) 9:30-11 S.A.B.	10) Eat Well, Move More Class Begins Today! 	11) Lunch and Learn: ORICL Overview 	12) Bingo Sponsored By Chick-fil-a	13)	14)
16) Closed for Martin Luther King, Jr. Holiday 	17) Dance Exercise and Tap Dance Classes Restart Today!	18) Lunch and Learn: Copilot IQ Health Monitoring 	19) Bingo Sponsored By Phillips Fencing	20)	21)
23) 1-3 Low Vision Resource Group	24)	25) 2-3:30 Senior Book Club 	26) Bingo Sponsored By Copilot IQ Medical	27)	28)
30) 11:30 -? Chili Cook Off  No S.A.I.L. Class Today	31)	 <h2>Ballroom Dancing Lessons will return in April!</h2>			

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.

ETHRA Congregate Lunch on Fridays from 12 p.m. to 1 p.m. Must call 865-425-3996 or 865-691-2551 to Reserve Meal

OAK RIDGE SENIOR CENTER ACTIVITIES

JANUARY 2023

Scheduling of activities is still encouraged. Please reserve a space by stopping by or calling the Senior Center front desk at (865) 425-3999.

HOLIDAY/BAD WEATHER CLOSINGS The Center will be closed Monday, January 2nd for the New Year's Holiday and Monday, January 16th for the Martin Luther King, Jr. Holiday. In case of bad weather, please check your email, check Facebook and/or call us at (865) 425-3999 to check for early closings or cancellations.

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 January. You will need to bring your own brown bag lunch from home at this time but bottled water will be provided. Please call (865) 425-3999 to reserve a spot.

Oak Ridge Institute for Continued Learning (ORICL) Overview - Do you want to learn some new things this year? Then come and find out more about the ORICL program on January 11th noon.

Copilot IQ Health Monitoring Services – Emily Hanners-Zulliger will be here on January 18th at noon to discuss how their program can greatly improve blood pressure and diabetes monitoring.

EAT WELL, MOVE MORE CLASS Join Ashley Draper with the Anderson County University of Tennessee Extension Office to learn how to cook, save money on food, plan meals and become more active. The class will be held beginning January 10th from 11 a.m. to noon for 8 consecutive Tuesdays. There is no cost for the class, but call 865-425-3999 to reserve a spot because space is limited.

DANCE CLASSES RESTART IN JANUARY

Dance Exercise – Come out to learn some easy dance moves to get some good exercise on Tuesdays at 10:30 a.m. Please sign up with the front office because space is limited.

Tap Dance – Bring out you inner Fred Astaire or Ginger Rodgers and learn to tap dance at 1:30 p.m. on Tuesdays. All ability levels are welcome! Please sign up with the front office to reserve your spot.

GIRL SCOUT PHONE HELP Did you get a phone or other electronic device as a present this holiday season and need some help with it? Girl Scout Troop 20069 is here to help! The girls will be available by appointment only for Wednesday afternoons from 2:30 p.m. to 3:30 p.m. Please call the front office at (865) 425-3999 to reserve a spot.

CHILI COOK-OFF Join us at the Senior Center on Monday, January 30th at 11:30 a.m. for a warm bowl of chili and help us to choose which of our sponsors wins the blue ribbon with their recipe. If chili is not your thing, come anyway! We will have other kinds of soups as well. There is no cost for this event and it is on a first come, first serve basis until it's gone.

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

