

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com















NOVEMBER 2023

Phone: (865) 425-3999

WEEKLY SCHEDULE

MON 9AM-5PM	TUE 9AM-7PM	WED 9AM-5PM	THR 9AM-7PM	FRI 9AM-5PM	SAT 9AM-1PM
<u>Pickleball</u> 8:30-11 Advanced (3.5 + Up) 11-1 Intermediate (2.5-3.4) 1-2 Beginners (0-2.4) 10:30-11:30 S.A.I.L. Exercise 10-3 Pinochle	<u>Pickleball</u> 8:30-11 Advanced (3.5 + Up) 11-1 Intermediate (2.5-3.4) 1-2 Beginners (0-2.4) 9-10 Energizing Exercise 10:30-11:30 Dance Exercise 1-4 Bridge 1:30-2:30 Tap Dance 1-4 Chess Group 3-4 Ukulele Practice 4-6 Ping Pong	9-12 Woodcarving 9:30-11:30 Pinochle Lessons 10:30-11:30 S.A.I.L. Exercise 10-4 Open Games 1-2 Bible Study Group 2-3 Beginning Genealogy	<u>Pickleball</u> 8:30-11 Advanced (3.5 + Up) 11-1 Intermediate (2.5-3.4) 1-2 Beginners (0-2.4) 9-10 Energizing Exercise 10-1 Pinochle 1:30-3 Bingo <u>Ballroom Dance</u> 4-5 Beginning 5-6 Intermediate	9-12 Guitar Practice 10-2 Open Crafts 1-4 Bridge 2-4 Ping Pong 2:30-4 Recorder Practice	9-1 Recreation & Exercise Rooms Open 9:30-12:30 Ping Pong 10-12 Mahjongg

This Month's Non-Weekly Events

 Don't forget to set back your clocks on Saturday night, November 4 th and change Batteries in your Smoke Detectors!		1) Noontime Knowledge: 5 Simple Movements for Improving Posture, Strength and Balance 	2) Bingo Sponsored By Farmers Insurance, Chris Smith Agency	3) 10-5 Day Trip to Cumberland Gap State Park 	4)
6) 9:30-11 S.A.B. 2-4 Cards for a Cause (Veterans) 	7) 9:30-11:30 Computer Class with Dan Part 1  10-5 Day Trip to Cumberland Gap State Park 	8) Noontime Knowledge: Creating a Season of Joy as a Caregiver with Commonwealth Senior Living Pinochle Lessons Begin Today! 	9) Bingo Sponsored By The Waters of Clinton 2-4 Santa's Workshop 	10) 11-2 Veteran's Day Drop In Recognition (No Guitar Practice Today) 	11)
13) 2-4 Retired Teachers	14) 9:30-11:30 Computer Class with Dan Part 2  <u>Chess Group Time Change to 1:30 p.m. Today Only</u>	15) Noontime Knowledge: Services Offered by Personalized Home Care  <u>S.A.I.L. Class Time Change to 11:30-12:30 Today Only</u>	16) Bingo Sponsored By Munsey Pharmacy	17)	18)
20) 1:30-3:30 Low Vision Resource Group	21) 10-12 Genealogy Workshop 	22)	23)  Happy Thanksgiving Center Closed	24) Center Closed	25) Center Closed
27)	28)	29) 2-3:30 Senior Book Club 	30) Bingo Sponsored By Mac's Pharmacy		

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.
 ETHRA Congregate Lunch on Mondays & 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

NOVEMBER 2023

DAYLIGHT SAVINGS TIME ENDS Daylight savings time ends on Saturday, November 4th. Make sure to set back your clocks before bedtime and check the batteries in your smoke detectors.

NOVEMBER CLOSINGS/CHANGES The Chess Group will start at 1:30 p.m. on November 14th (instead of the normal 1 p.m.) and the SAIL Class will move to 11:30 a.m. to 12:30 p.m. on November 15th. The Center will also be closed for the Thanksgiving Holidays, Thursday, Friday, and Saturday November 23rd, 24th & 25th. **NO BINGO on November 23rd**. Also, **no Indoor Pickleball on November 16th, 23rd, and 30th**.

DAY TRIP TO CUMBERLAND GAP STATE PARK Due to popular demand we will be offering two separate day trips to see the fall foliage at Cumberland Gap State Park. The first trip is Friday, November 3rd and the second trip is Tuesday, November 7th. We will leave the center at 10:00 a.m. and return by 5 p.m. Cost for the trip will be \$10. Lunch cost is on your own at the Old Town Grill. Sign up in the office. Payment is due upon registration.

CARDS FOR A CAUSE Sign up to learn to make beautiful homemade greeting cards on November 6th from 2 p.m. to 4 p.m. The cards made at this class will be specifically geared towards members of our military. Cards will be given to veterans in our community in honor of Veteran's Day on November 11th. There is no cost for this activity but you must sign up at the front desk because space is limited.

COMPUTER CLASS WITH DAN Free computer classes will be offered at the senior center this month. The classes will be from 9:30 a.m. to 11:30 a.m. on Tuesdays. Classes will be taught by Dan Jones, who owns Computer Helpers and teaches classes at Roane State for ORICL. This month he will be teaching a 2-part class on Microsoft Windows 10, 11, & 12 on November 7th and 14th. Call the front desk to reserve a space.

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 November 8th from 9:30 a.m. to 11:30 a.m. Please sign up with the front office to save a spot.

VETERAN'S DAY DROP IN RECOGNITION A drop-in recognition for area Veterans will be held on Friday November 10th 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 will be available. Sign up at the front desk or call 425-3999 by November 6th so we have an accurate count of veterans attending.

NOONTIME KNOWLEDGE The following educational programs will be offered in the month of November. Call the front desk at (865) 425-3999 to save a space.

5 Simple Movements for Improving Posture, Strength and Balance – Rebekah Hensley, Certified Personal Trainer, will be here on November 1st at noon to talk about ways to improve your posture and how that will help both strength and balance.

Creating a Season of Joy as a Caregiver: Helpful Hints for the Holidays – Join Melissa with Commonwealth Senior Living on November 8th at noon to learn how to make the holidays a little less stressful and you might even win a drawing for a caregiver support basket.

Services Offered by Personalized Home Care – Sydney with Personalized Home Care will talk about the services offered by their company and how they can help you stay in your home longer on November 15th at noon.

COMING IN DECEMBER

SENIOR CENTER HOLIDAY RECEPTION Save the date for our Annual Senior Center Holiday Reception on Friday, December 8th. 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 on how to sign up 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**

