

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com













JANUARY 2024

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) 9:30-10:30 Chair Yoga 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 10-12 Living Well with Chronic Conditions 10:30-11:30 Dance Exercise 1-4 Bridge 12:30-1 Beginning Tap Dance 1-2:30 Advanced Tap Dance 1-4 Chess Group 3-4 Ukulele Practice 4-6 Ping Pong	9-12 Woodcarving 9:30-10:30 Chair Yoga 10:30-11:30 S.A.I.L. Exercise 10-4 Open Games 1-2 Bible Study Group 3-4 Exercise for Fun	<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

1) Center Closed for New Year's Day 	2) 9:30-11:30 S.A.B.	3)	4) Bingo Sponsored By Munsey's Pharmacy	5)	6)
8) Chair Yoga Starts Today at 9:30 a.m.!  2-4 Cards for a Cause	9) Living Well with Chronic Conditions Class Begins at 10 a.m. Today! 	10) Exercise for Fun Starts Today at 3 p.m. 	11) Bingo Sponsored By The Home Option 2-4 Santa's Workshop 	12)	13)
15) Closed for Martin Luther King, Jr. Holiday 	16) 10-12 Genealogy Workshop Dance Exercise and Beginning Tap Dance Start Back Today! 	17) Noontime Knowledge: Things to Know When Making Your Final Arrangements 	18) Bingo Sponsored By Hearing Life	19) Ping Pong Tournament at 1:30 p.m. 	20)
22) 1:30-3:30 Low Vision Resource Group	23)	24) 2-3:30 Senior Book Club 	25) Bingo Sponsored By Courtyards Senior Living 2-4 Santa's Workshop 	26)	27)
29) 11:30 -? Chili Cook Off  No Chair Yoga or S.A.I.L. Class Today	30)	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.
 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

JANUARY 2024

HOLIDAY/BAD WEATHER CLOSINGS The Center will be closed January 1st for the New Year's Holiday and January 15th 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.

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

Things to Know When Making Your Final Arrangements – Fabian Mott with Mott McKamey Funeral Home will be here on January 17th at noon to talk about things to think about and choices you have when it comes to making your final arrangements.

CARDS FOR A CAUSE Sign up to learn to make birthday, get well and thinking of you cards from 2 p.m. to 4 p.m. on Monday, January 8th. There is no cost for this activity but you must sign up at the front desk because space is limited.

LIVING WELL WITH CHRONIC CONDITIONS PROGRAM Patricia Paden with the UT Extension Office in Anderson County along with Taylor Yates with the Anderson County Health Department will be teaching this important class to help people living with chronic conditions (such as diabetes, high blood pressure, obesity, etc.) function better in taking care of their respective conditions and help them to live better lives. The class is free but space is limited to the first 12 participants to sign up. Classes will be held on Tuesdays from 10 a.m. to noon from January 9th until February 13th.

CHAIR YOGA CLASS Join Patricia Paden with the UT Extension Office of Anderson County for this class that can help you to improve flexibility, get stronger, sleep better and much more. Class will be from 9:30 a.m. to 10:30 a.m. on Mondays and Wednesdays from January 8th through February 5th. Please call to sign up as space is limited.

NEW “EXERCISE FOR FUN” CLASS Join Rose Marie Kelly on Wednesday afternoons at 3 p.m. in the AB Room of the Oak Ridge Senior Center. The class will be low impact aerobics class to help burn calories. Exercises will include stretching, low impact movements, and light weights for firming and toning. Class will begin on Wednesday, January 10th. Space is limited. Sign up soon to get a start on those New Year's Resolutions!

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. beginning on January 16th. This class is for all ability levels. Please sign up with the front office because space is limited.

Beginning Tap Dance – Bring out you inner Fred Astaire or Ginger Rodgers and learn to tap dance at 12:30 p.m. on Tuesdays beginning January 16th. This will be a 30-minute beginners' class to help participants learn the basics of tap dance. No tap shoes are needed and all ability levels are welcome. Please sign up with the front office to reserve your spot.

PING PONG TOURNAMENT There will be a ping pong tournament held on Friday, January 19th at 1:30 p.m. This tournament is open to anyone on a first come-first serve basis. If interested in joining in this or other upcoming tournaments, please see the front desk to be included in the email list. There are no prizes but you will have bragging rights!

CHILI COOK-OFF Join us at the Senior Center on Monday, January 29th 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

