

# OAK RIDGE SENIOR CENTER

Check out our website at [www.oakridgeseniorcenter.com](http://www.oakridgeseniorcenter.com)












# FEBRUARY 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
<b>Pickleball</b> 8:30-11 Advanced (3.5 + Up) 11-1 Intermediate (2.5-3.4) 1-2:30 Beginners (0-2.4) 10-12 Intro to Drawing 10-3 Pinochle 10:30-11:30 S.A.I.L. Exercise 11:30-1:30 A Matter of Balance	<b>Pickleball</b> 8:30-11 Advanced (3.5 + Up) 11-1 Intermediate (2.5-3.4) 1-2:30 Beginners (0-2.4) 9-10 Energizing Exercise 12:30-1 Beginning Tap Dance 1-2:30 Advanced Tap Dance 1-4 Bridge 1-4 Chess Group 3-4 Ukulele Practice 4-6 Ping Pong	9-12 Woodcarving 10:30-11:30 S.A.I.L. Exercise 10-4 Open Games 11:30-1:30 A Matter of Balance 1-2 Bible Study Group 2-3 Beginning Genealogy 3-4 Exercise for Fun	<b>Pickleball</b> 8:30-11 Advanced (3.5 + Up) 11-1 Intermediate (2.5-3.4) 1-2:30 Beginners (0-2.4) 9-10 Energizing Exercise 10-1 Pinochle 11-12 Eat Well, Feel Well Class 1:30-3 Bingo <b>Ballroom Dance</b> 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) Bingo Sponsored By Amada Senior Care	2)	3)
5) 9:30-11 S.A.B. 2-4 Retired Teachers 2-4 Cards for a Cause 	6)	7)	8) Bingo Sponsored By Haven Home Healthcare 2-4 Santa's Workshop Eat Well, Feel Well Class Begins Today! 	9)	10) Wear your Favorite NFL Team Colors Today! 
12) A Matter of Balance Class Begins Today! 	13) 	14) 12-2 Valentine's Day Ice Cream Social 	15) Bingo Sponsored By The Waters of Clinton	16)	17)
19) Closed for Presidents Day 	20) 10-12 Genealogy Workshop	21) Beginning Genealogy Class Starts Today! 10-2 AARP Drivers Training 	22) Bingo Sponsored By Courtyards Senior Living 2-4 Santa's Workshop 10-2 AARP Drivers Training 	23)	24)
26) Intro to Drawing Class Starts Today! 1:30-3:30 Low Vision Resource Group 	27)	28) Noontime Knowledge: Mortality, The Final Journey 2-3:30 Senior Book Club 	29) Bingo Sponsored By REMAXX and Personal Caregiving		

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

## FEBRUARY 2024

**HOLIDAY/BAD WEATHER CLOSINGS** The Senior Center will be closed for Presidents' Day on February 19<sup>th</sup>. In case of bad weather, please check your email, check Facebook and/or call us at 425-3999 to check for early closings or cancellations.

**NO DANCE EXERCISE CLASS UNTIL MARCH 12<sup>TH</sup>** The Dance Exercise Class has cancelled due to chances of bad weather. Class will restart in March!

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

**Mortality, The Final Journey** – Mare Martell owner of Light of Love Services will be here on Wednesday, February 28<sup>th</sup> at noon to talk about the process of dying. It is quite a taboo topic (as in if you talk about it then it might happen!) that there can be a lot of fear and misinformation associated with it. Mare will share things she has learned during her year's as a caregiver for the elderly as well as things she has learned from hospice nurses and others in the field.

**CARDS FOR A CAUSE** Sign up to learn to make beautiful homemade greeting cards on February 5<sup>th</sup> from 2 p.m. to 4 p.m. The cards made at this class will be geared towards Valentine's Day and will be given to people at area Assisted Living homes. There is no cost for this activity but you must sign up at the front desk because space is limited.

**A MATTER OF BALANCE CLASS** Many older adults experience concerns about falling and it restricts their activities. This class is being taught by the UT Extension Office for Anderson County and is designed to manage the chances of falling and to increase activity levels. The class will be held for eight, 2-hour sessions on Mondays and Wednesdays beginning on February 12<sup>th</sup> at 11:30 a.m. Please call to sign up soon.

**VALENTINE'S DAY ICE CREAM SOCIAL** Stop by and visit with us on Valentine's Day between 12 p.m. and 2 p.m. to get a sweet treat and be entered in to a fun Valentine's Day centered door prize drawing!

**EAT WELL, FEEL WELL CLASS** Ashley Draper from the UT Extension Office for Anderson County will lead this interesting class on how nutrition, physical activity and food safety can help seniors to feel better and live better lives. The class will be held on Thursdays beginning February 8<sup>th</sup> from 11 a.m. to noon. Sign up at the front desk.

**GENEALOGY FOR BEGINNERS** This is an instructional genealogy program that will begin on February 21<sup>st</sup> at 2 p.m. and run through May. Each session will last one hour and will introduce participants to various aspects of genealogy: what to look for, where to look, how to interpret what you found and strategies for research. Attendees do not need any experience just an interest in learning about their rich family histories! Space is limited so please call the front desk to sign up.

**AARP SENIOR DRIVER SAFETY PROGRAM** This 8-hour class is held in two four-hour sessions. The first class will be held on Wednesday, February 21<sup>st</sup> and the second class will be held on Thursday, February 22<sup>nd</sup>. The classes will be from 10 a.m. until 2 p.m. both days. Cost is \$20 for AARP members and \$25 for non-members. Payment must be made to instructor by check or cash on first day of class. Space is limited to 20 participants, so call 425-3999 to reserve a spot soon. Take this refresher course and be a safer driver!

**INTRODUCTION TO DRAWING** This class is a beginner level class to help those who are interested in learning to draw and be more creative. The class will be taught by Richard Etheridge and there is no cost to participate. You will be provided a drawing pencil and small journal to record you work. Classes will be on Mondays from 10a.m. to noon and will begin on Monday, February 26<sup>th</sup> and will continue through the month of March. Call to sign up soon as space is limited.

**ATTENTION:** Tax help will be available through the **Volunteer Income Tax Assistance Program (VITA)** beginning on **February 6, 2024**. VITA is located at **301 Broadway Avenue**. The program is walk-ins only with no appointment times. Hours of operation will be Tuesday – Friday from 1:00 p.m. to 6:00 p.m. and Saturday 10 a.m. to 12:30 p.m. Please bring a photo I.D. and social security card for each person on the return as well as all W-2s, 1099s, social security statements, 1095-C Health Insurance information and a copy of your previous year's taxes.

### 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

