

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com

MARCH 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) 1-2:30 Beginners (0-2.4) 9:30-10:30 Chair Yoga 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	<u>Pickleball</u> 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 10:30-11:30 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 9:30-11:30 Pinochle Lessons 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	<u>Pickleball</u> 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 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

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4) 9:30-11 S.A.B. 2-4 Cards for a Cause 2-4 Retired Teachers	5) Closed for Election Day 	6) Pinochle Lessons Begin at 9:30 a.m. Today! 	7) Bingo Sponsored By The Home Option 11-3:30 Free Chair Massage Today! (Must Pre-register) 	8)	9) Change your Clock Before Bed Tonight! 
11)	12) Dance Exercise Class Starts Back Today! 	13) Noontime Knowledge: Fire Prevention and Smoke Detector Program with ORFD 	14) Bingo Sponsored By Giving Home Healthcare 2-4 Santa's Workshop 	15)	16) Wear Green for St. Patrick's Day! 
18) New Session of Chair Yoga Begins Today! (Must Pre-Register) 1:30-3:30 Low Vision Resources Group 	19) 10-4 Day trip to Bush Beans Factory in Dandridge 	20) Noontime Knowledge: Things to Know When Making Your Final Arrangements 	21) Bingo Sponsored By Cheryl Bjorklund	22) MED Talk Presents: Urology Basics After 50 	23) Senior Center Closed for Children's Egg Hunt in Bissell Park. 
25)	26)	27) Noontime Knowledge: Healing from the Inside Out with the Wound Care Center 2-3:30 Book Club 	28) Bingo Sponsored By Courtyards Senior Living 2-4 Santa's Workshop 	29) Center Closed for Easter Holiday 	30) Center Closed for Easter Holiday 

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

MARCH 2024

Daylight Savings Time starts Sunday, March 10th. Don't forget to move your clocks up one hour!

CLOSINGS The Senior Center will be closed on Tuesday, March 5th for Election Day. Pickleball will be closed on March 11th, 12th, and 14th. The Senior Center will also be closed all day on Saturday, March 23rd for the Children's Egg Hunt in Bissell Park and on March 29th – 31st for the Easter Holiday. 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.

FREE CHAIR MASSAGE Join Massage Therapist Susie Newman for a free 15 minute chair massage. Ms. Newman is licensed and has a massage business at 109 Towne Road, Suite C near Jackson Square. She will be here between 11 a.m. and 3:30 p.m. on Thursday, March 7th. Call the Senior Center to reserve a spot because this activity will fill up fast!

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 March 6th from 9:30 a.m. to 11:30 a.m. Please sign up with the front office to save a spot.

DANCE EXERCISE Come out to learn some easy dance moves to get some good exercise on Tuesdays at 10:30 a.m. beginning on March 12th. This class is for all ability levels. Please sign up with the front office because space is limited.

DAY TRIP TO BUSH BEANS FACTORY Join us for a trip to the Bush Beans Factory and then lunch at the onsite restaurant on Tuesday, March 19th. We will leave the Senior Center at 10 a.m. and return around 4 p.m. Cost for transportation will be \$10 with the cost of lunch on your own. Sign up in the office soon because space is limited.

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

Fire Prevention and Smoke Detector Program with ORFD – David Cantu with the Oak Ridge Fire Department will be here on Wednesday, March 13th at noon to discuss some important issues surrounding seniors and fire prevention as well as talk about the Smoke Detector replacement program provided by the City of Oak Ridge to its citizens.

Things to Know When Making Your Final Arrangements – Fabian Mott with Mott McKamey Funeral Home will be here on March 20th at noon to talk about things to think about and choices you have when it comes to making your final arrangements.

Healing from the Inside Out – Deena Jenkins with the Methodist Medical Wound Care Center will be here on Wednesday, March 27th at noon to talk about the importance of nutrition as it relates to wound care.

MED TALK WITH MMC Urinary Basics After 50 - As we age, keeping up with our urinary tract health becomes even more important and seeking the help of a urologist can be beneficial for both men and women. Michael Douglas, DO, a board-certified urologist with Urology Specialists of Oak Ridge, will be here at noon on Friday, March 22nd. During his presentation, Dr. Douglas will discuss the wide range of treatment options available for concerns such as urinary incontinence, overactive bladder, kidney stone disease and enlarged prostate.

ATTENTION: Tax help is available through the **Volunteer Income Tax Assistance Program (VITA)**. VITA is at the same location as last year at **301 Broadway Avenue**. The program is walk-ins only with no appointment times. Hours of operation are 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 tax forms and a copy of your last year's taxes. Assistance will be in-person this year and you must be present to complete your return.

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

