

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com

APRIL 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
<p><u>Pickleball</u> 8:30-11 Advanced (3.5 + Up) 11-1 Intermediate (2.5-3.4) 1-2:30 Beginners (0-2.4)</p> <p>9:30-10:30 Chair Yoga 10-12 Intro to Drawing 10-3 Pinochle 10:30-11:30 S.A.I.L. Exercise</p>	<p><u>Pickleball</u> 8:30-11 Advanced (3.5 + Up) 11-1 Intermediate (2.5-3.4) 1-2:30 Beginners (0-2.4)</p> <p>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</p>	<p>9-12 Woodcarving 9:30-10:30 Chair Yoga 10-4 Open Games 10:30-11:30 S.A.I.L. Exercise 1-2 Bible Study Group 2-3 Beginning Genealogy 3-4 Exercise for Fun</p>	<p><u>Pickleball</u> 8:30-11 Advanced (3.5 + Up) 11-1 Intermediate (2.5-3.4) 1-2:30 Beginners (0-2.4)</p> <p>9-10 Energizing Exercise 10-11:30 Pottery Classes 10-1 Pinochle 1:30-3 Bingo</p> <p><u>Ballroom Dance</u> 4-5 Beginning 5-6 Intermediate</p>	<p>9-12 Guitar Practice 10-2 Open Crafts 1-4 Bridge 2-4 Ping Pong 2:30-4 Recorder Practice</p>	<p>9-1 Recreation & Exercise Rooms Open 9:30-12:30 Ping Pong 10-12 Mahjongg</p>

This Month's Non-Weekly Events

1) 9:30-11 S.A.B. No Cards for a Cause this Month. Will be back in May! 	2)	3) Noontime Knowledge: Medicare 101 with Humana 	4) Bingo Sponsored By Mott McKamey Funeral Home 11-3:30 Free Chair Massage Today! (Must Pre-register) 	5)	6)
8) Intro to Drawing Class Starts Today! 2-4 Retired Teachers 2-4 Bunco  	9) 9-6 Day Trip to the Titanic Museum 	10) Noontime Knowledge: Funeral Pre-planning & Cremation with the Neptune Society 	11) Bingo Sponsored By Humana with Kenneth Lefevre Pottery Classes Start Today! (See back for More Details) 2-4 Santa's Workshop  	12) Noontime Knowledge: Group Travel Opportunities with Yes! Go Travel 	13)
15) 1:30-3:30 Low Vision Resource Group Don't Forget, Income Taxes are due Today! 	16)	17) Noontime Knowledge: Banking Scams with Bank of America 	18) Bingo Sponsored By Hearing Life with Bobbie McCue	19)	20)
22) 2-4 Bunco 	23)	24) 2-3:30 Senior Book Club 	25) Bingo Sponsored By Courtyards Senior Living 2-4 Santa's Workshop 	26) Noontime Knowledge: The Shakedown on Sugar with Humana 	27)
29)	30)				

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

APRIL 2024

FREE CHAIR MASSAGE Join Massage Therapist Susie Newman again this month for a free 15 minute chair massage. Ms. Newman is licensed and has a massage business at 109 Towne Road, Suite C in Jackson Square. She will be here between 11 a.m. and 3:30 p.m. on Thursday, April 4th. Please call to register if you haven't already had a free massage from Ms. Newman. Spots will fill up fast!

POTTERY CLASSES These classes are being presented by instructors from the Appalachian Arts Crafts Center located at 2716 Andersonville Hwy., Clinton, Tennessee. Students will explore a variety of pottery forms using hand building methods. They will also explore surface decoration and glazing techniques. These classes will be held at the Oak Ridge Senior Center and will meet on Thursdays from 10 a.m. to 11:30 a.m. Each Thursday class will consist of different students and projects. The cost of this class is being covered by a grant from the Tennessee Arts Commission which was received by the AACC to provide art opportunities for seniors. Call for more information on available dates and how to sign up. Space is limited, so call soon.

DAY TRIP TO THE TITANIC Join us for a trip to the Titanic Museum and Attraction in Pigeon Forge on Tuesday, April 9th. We will leave the Senior Center at 9 a.m. and return around 6 p.m. Cost for the trip will be \$40. Lunch will be on your own at the Apple Barn Restaurant. Sign up soon because space is limited.

BUNCO GROUP STARTING THIS MONTH Have you ever played Bunco? Can you count to 3? Then you are well on your way to having a great time. Bunco is a dice game where winners win fun, small prizes. If you have ever played Yahtzee then you can definitely learn to play without a problem. Come out on the 2nd and 4th Mondays from 2 p.m. to 4 p.m. Join the fun and be able to socialize and play at the same time! Please call to sign up ahead of time so that we can have the correct amount of people to play each session.

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

Medicare 101 – Kenneth Lefevre with Humana will be here on Wednesday, April 3rd at noon to discuss various topics related to Medicare such as who is eligible for Medicare, when can I enroll, understanding all your options, and other helpful resources.

Funeral Pre-Planning and Cremation – Lori Anne Lawson with the Neptune Society will be here on Wednesday, April 10th at noon to discuss important issues such as the benefits of preplanning a funeral, differences between cremation and traditional burial, affordability of various options, and how Veteran Benefits may help.

Yes! Go Travel– Susie Housley with Yes! Go Travel will be here on Friday, April 12th at noon to discuss the types of trips and destinations offered by her company as well as provide a time for participants to ask questions.

Banking Scams to be on the Lookout For – Karla Silva-Garner with Bank of America will be here on Wednesday, April 17th at noon to discuss the types of fraud out there, red flags to look for, warning signs that are often overlooked as well as protecting yourself from identity theft and general online safety.

The Shakedown on Sugar – Sugar is everywhere and many people eat way too much of it. Find out why this popular food is on high alert when it comes to your health and what you can do about it. Salae Jenkins with Humana will be here on Friday, April 26th at noon to help you learn more about how you can get sugar under control.

ATTENTION: The deadline for income tax filling for this year is April 15th. 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

