

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com














MAY 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 10-3 Pinochle 10:30-11:30 S.A.I.L. Exercise	<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 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	<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 10-11:30 Introduction to Pottery 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

 Last Day for Indoor Pickleball will be May 23 rd . Play will be moving Outdoors to the ORHS and/or the Jackson Square Tennis Courts for June and July!	1)	2) Bingo Sponsored By Haven Home Health No Pickleball Today! 	3) MedTalk: Lifestyle Medicine with Dr. Elizabeth Dockery 	4)	
6) 9:30-11 S.A.B.  10-1 Ragdoll Sewing Class 2-4 Cards for a Cause	7) Possible Pickleball Closing-Call Civic Center before coming 865-425-3450 	8) Noontime Knowledge: Falls in the Home by ORFD 	9) Bingo Sponsored By Giving Home Healthcare 2-4 Santa's Workshop	10)	11)
13) 2-4 Bunco 	14)	15)  Helping Mature Drivers Find Their Safest Fit 9-1 CarFit Check Up	16) Bingo Sponsored By Munsey Pharmacy 11-3:30 Chair Massage 12-1 Blood Pressure Checks by Amedisys	17)	18)
20) 1:30-3:30 Low Vision Resource Group 	21) 10-6 Day Trip to the Cumberland County Playhouse "Dial M for Murder" 	22) 2-3:30 Senior Book Club  10-2 AARP Drivers Training	23) Bingo Sponsored By Courtyards Senior Living 10-2 AARP Drivers Training 2-4 Santa's Workshop Last Day for Indoor Pickleball	24)	25)
27)  Center Closed Memorial Day	28)	29) Noontime Knowledge: Estate Planning by Fox, Farley, Willis and Burnette 	30) Bingo Sponsored By Maxim Healthcare	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

MAY 2024

CLOSINGS The Senior Center will be closed on Monday, May 27th for Memorial Day. The gym will be closed for Pickleball on May 2nd and possibly May 7th as a rain date. Please call the Civic Center at 865-425-3450 to check on the May 7th date before coming to play.

MED TALK WITH MMC Lifestyle Medicine for Seniors – Remaining healthy and active as we age is important to living a more full, satisfying life. Dr. Elizabeth Dockery will be here at noon on Friday, May 3rd to discuss how fostering good habits, good nutrition, proper exercise, as well as spiritual health can help to enhance our physical and mental well being during our senior years. Call to sign up as space is limited.

RAGDOLL SEWING CLASS Join Beverly Fried on May 6th from 10 a.m. to 1 p.m. to learn to make a beautiful rag doll. The class is free but you **must register and pick up a materials list by May 3rd**. Participants must supply their own sewing machine as well.

BLOOD PRESSURE CHECK Tracey Powers with Amedisys Home Health will be here on Thursday, May 16th from noon to 1 p.m. to check blood pressure. Stop by the lounge and make sure your blood pressure is good!

FREE CHAIR MASSAGE Join Licensed Massage Therapist Susie Newman again this month for a free 15 minute chair massage. Ms. Newman 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, May 16th. Please call to register if you haven't already had a free massage from Ms. Newman. Spots will fill up fast!

DAY TRIP TO CUMBERLAND COUNTY PLAYHOUSE Join us for a trip to see "Dial M for Murder" at the Cumberland County Playhouse on Tuesday, May 21st. We will leave the Senior Center at 10 a.m. and return around 6 p.m. Cost for the trip will be \$40. Lunch will be on your own at Cracker Barrel Restaurant. Sign up in the office soon because space is limited.

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

Falls in the Home – Falls are a number one cause of injury for older adults. David Cantu with the Oak Ridge Fire Department will be here on Wednesday, May 8th at noon to discuss ways to make your home safer as you age.

Estate Planning and Asset Protection – Harrison Dusek with Fox, Farley, Willis, and Burnette Attorneys at Law will be here on Wednesday, May 29th at noon to discuss various topics related to estate planning such as asset protection, wills and trusts, and power of attorney.

CARFIT CHECK The Oak Ridge Senior Center in conjunction with AAA and the AARP will be sponsoring a spring CarFit check on Wednesday, May 15th from 9 a.m. – 1 p.m. This program can help you set your car up to be safer and more comfortable for you to drive. Call the front desk for more information and/or to reserve your spot now!

AARP SENIOR DRIVER SAFETY PROGRAM This 8-hour class is held in two four-hour sessions. The first class will be held on Wednesday, May 22nd and the second class will be held on Thursday, May 23rd. 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 (865) 425-3999 to reserve a spot soon. Take this refresher course and be a safer driver!

COMING IN JUNE:

OUTDOOR PICKLEBALL Pickleball will be moving outside and on your own to the ORHS and/or Jackson Square Tennis courts for the months of June and July. Play should restart indoors near the beginning of August when school starts back. Make sure to exchange names and phone numbers with other players before **indoor play ends on May 23rd**.

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

