

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com

AUGUST 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
Pickleball 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	Pickleball 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 10-12 Mahjongg 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 10-4 Open Games 10:30-11:30 S.A.I.L. Exercise 1-2 Bible Study Group	Pickleball 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 Ballroom Dance 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) Closed for Election Day 	2)	3)
5) 9:30-11 S.A.B. 2-4 Cards for a Cause 	6)	7) 10-1 Senior Day at the Outdoor Pool  (Senior Center Building Opens at 1 p.m. Today)	8) Bingo Sponsored By Nutritious Foundations with Heidi Greenhalgh MS, RD  11-3:30 Chair Massage 2-4 Santa's Workshop 	9) 12-1 Noontime Knowledge: Getting to Know ORICL 	10)
12) 2-4 Bunco 	13)	14) 12-1 Noontime Knowledge: Grandparent Gifting Opportunities with New York Life Insurance 	15) Bingo Sponsored By New York Life Ballroom Dancing Restarts Today! 	16) 12-1 Noontime Knowledge: Therapeutic Exercise at the Senior Center 	17)
19) 1:30-3:30 Low Vision Resource Group	20)	21) 12-1 Noontime Knowledge: Cyber Security and A.I. Issues with Realty Executives  1:30-3 SINGO with Yes Insurance	22) Bingo Sponsored By Courtyards Senior Living  12-2 Fruit Give Away with Humana 2-4 Santa's Workshop	23) 12-1 Noontime Knowledge: Cancer Prevention and Proton Therapy 	24)
26) 2-4 Bunco 	27) 10-6 Day Trip to the Cumberland County Playhouse for "Grease The Musical" 	28) 12-1 Noontime Knowledge: Food to Fight Inflammation with Humana  2-3:30 Senior Book Club 	29) Bingo Sponsored By Yes Insurance with Stephen Jackson	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

AUGUST 2024

CLOSINGS The Senior Center will be closed on Thursday August 1st for Election Day and will also be **closed on Wednesday, August 7th until 1 p.m.** for Senior Day at the Outdoor Pool. Please sign up and join us for some fun in the sun!

SENIOR DAY AT THE OUTDOOR POOL Join us at the Oak Ridge Outdoor Pool at 172 Providence Road on Wednesday, August 7th from 10 a.m. to 1 p.m. for our Annual Senior Day at the Outdoor Pool. There will be fun games, door prizes and a light lunch at 11:30 a.m. while it lasts! There is no cost for Seniors 50 and up and you will have the pool all to yourselves! However, please call by Monday, July 29th to be counted for lunch.

FREE CHAIR MASSAGE Join Susie Alexander Newman, LMT again this month for a free 15 minute chair massage. Ms. Newman has a massage business at 550 Oak Ridge Turnpike, Suite 2. She will be here between 11 a.m. and 3:30 p.m. on Thursday, August 8th. Please call to register if you haven't already had a free massage from Ms. Newman. Spots will fill up fast!

BALLROOM DANCING LESSONS Francesca Wilson will be offering ballroom dancing lessons on Thursdays beginning August 15th. Beginners will meet from 4 p.m. to 5 p.m. and Intermediates from 5 p.m. to 6 p.m. Grab a partner and call to sign up for a spot! Space is limited, so call soon to reserve a spot!

SINGO WITH YES INSURANCE If you like music and you like bingo, then you will love SINGO. Join Stephen Jackson with Yes Insurance at 1:30 p.m. on Wednesday, August 21st to play this fun musical bingo game. Please call to sign up because space is limited.

FRESH FRUIT GIVE AWAY Kenneth Lefevre With Humana will be here to give away bags of fresh fruit from 12 p.m. to 2 p.m. or until gone on Thursday, August 22nd.

DAY TRIP TO CUMBERLAND COUNTY PLAYHOUSE Join us for a trip to see "Grease The Musical" at the Cumberland County Playhouse on Tuesday, August 27th. 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 August. Call (865) 425-3999 to save a space.

ORICL Program Introduction – ORICL is the perfect blend of those who love to learn with those who love to teach. On August 9th at noon, Mr. Pat Bryan will be providing an informative presentation on the Oak Ridge Institute for Continuing Learning (ORICL). ORICL is a non-profit organization that offers classes in many subject areas including Art, History, Science, Literature, Music and Medicine. They also offer several trip activities at a very low cost. It's conveniently located on the Oak Ridge Campus of Roane State Community College, a sponsor of their program. Mr. Bryan will have some fall class catalogs and course listings to share!

Grandparent Gifting Opportunities – On August 14th at noon, join Jennifer Robbins with New York Life to learn how to maximize your generosity with Grandparent Gifting. This can allow you to impact the lives of your grandchildren while being tax free.

Therapeutic Exercise at the Senior Center – Physical Therapist Ray Pierce will be with us on August 16th at noon to discuss how to use the Senior Center's Exercise Room to your fullest potential.

Cyber Security and A.I. Issues – Melanie Carter with Realty Executives will make a presentation on August 21st at noon about navigating and recognizing internet and real estate scams targeted towards the senior population. Things like "How do I know by looking at an email or text message if I'm being scammed?" and being wary of handwritten notes as well as how scammers are targeting timeshare owners.

Cancer Prevention and Proton Therapy – Join Nikki Dickson with the Thompson Cancer Center on August 23rd at noon to learn more about how to prevent cancer and how proton therapy may help you if you already have cancer.

Food to Fight Inflammation – Join Salae Jenkins with Humana on August 28th at noon to learn more about how to eat your way to less inflammation in your body.

COMING IN SEPTEMBER:

GRANDPARENTS DAY Save the date and plan to join us for Grandparent's Day at the Senior Center from 9 a.m. to 1 p.m. on Saturday, September 7th. Bring your kids and grandkids to see how much fun you are having at the Senior Center!

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

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(865) 425-3999