

# OAK RIDGE SENIOR CENTER

# JULY 2024













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

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> (Back July 22 <sup>nd</sup> ) 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	<b>Pickleball</b> (Back July 22 <sup>nd</sup> ) 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 (Start on July 24 <sup>th</sup> ) 10-4 Open Games 10:30-11:30 S.A.I.L. Exercise 1-2 Bible Study Group	<b>Pickleball</b> (Back July 22 <sup>nd</sup> ) 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	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) 9:30-11 S.A.B.	2)	3)	4) Center Closed 	5)	6)
8) 2-4 Bunco 	9)	10) 12-1 Noontime Knowledge: Recruiting Volunteers for CASA 	11) Bingo Sponsored By Mott-McKamey Funeral Home 2-4 Santa's Workshop 	12)	13)
15) 1:30-3:30 Low Vision Resource Group	16)	17) 12-1 Noontime Knowledge: Foods to Boost Bone Health with Humana  11:30 – 5 Senior Citizens' Day at the Anderson County Fair 	18) Bingo Sponsored By New York Life Insurance	19)	20)
22) Chair Yoga and S.A.I.L. Class Starts Back Today! 2-4 Bunco 	23) 9-6 Day Trip to the 	24) MedTalk: Cognitive Health for Seniors with Dr. Nathan Bolton  2-3:30 Senior Book Club 	25) Bingo Sponsored By Courtyards Senior Living 2-4 Santa's Workshop 	26)	27)
29)	30)	31) 12-1 Noontime Knowledge: Legal Issues and Concerns for Property with Realty Executives 	 Indoor Pickleball Starts Back In the Civic Center Gym on Monday, July 22 <sup>nd</sup> Ballroom Dancing is off for July but will be back on August 15 <sup>th</sup> 		

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

## JULY 2024

**CLOSINGS** The Senior Center will be closed on Thursday, July 4<sup>th</sup> for the Independence Day Holiday and will reopen for normal hours on Friday, July 5<sup>th</sup>. Ballroom Dancing Lessons will be taking a break for July but will start back on August 15<sup>th</sup>.

**INDOOR PICKLEBALL** Indoor pickleball will start back in the Civic Center Gym on July 22<sup>nd</sup>. Days and times as well as skill levels will remain the same and are listed on the front of the calendar. Any questions, give us a call at 865-425-3999.

**DAY TRIP TO THE TENNESSEE AQUARIUM** Join us for a trip to the Tennessee Aquarium in Chattanooga on July 23<sup>rd</sup>. The trip will leave at 9 a.m. and return around 6 p.m. Cost for the trip is \$45 for transportation and your ticket to the Tennessee Aquarium. Lunch will be on your own at your choice of several restaurants in downtown Chattanooga. Sign up in the office soon because space is limited.

**SENIOR CITIZENS DAY AT ANDERSON COUNTY FAIR** Wednesday, July 17<sup>th</sup>, from 11:30 a.m. to 5 p.m. at the Fair Grounds in Clinton, with free admission for those 60+. Refreshments and Musical Entertainment starts at 11:30 a.m., the Program at 12:30 p.m., and Ice Cream Party at 1:30 p.m. Free goodie bags while they last as well as door prizes donated by area Senior Service providers.

**S.A.I.L. AND CHAIR YOGA CLASSES** Both S.A.I.L. (Stay Active and Independent for Life) and Chair Yoga will restart with instructor Patricia Paden with the UT Extension Office of Anderson County on July 22<sup>nd</sup>. Chair Yoga will be 9:30 a.m. to 10:30 a.m. and S.A.I.L. will be from 10:30 a.m. to 11:30 a.m. Please call or stop by the office to reserve your spot.

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

**Recruiting Volunteers for CASA – Keshia Waters**, Executive Director of Court Appointed Special Advocates (CASA), will be here on Wednesday, July 10<sup>th</sup> at noon to discuss what a CASA volunteer actually does, what kind of time commitment is needed, and how you can help children in need in our area.

**Foods to Boost Bone Health** –On July 17<sup>th</sup> at noon, Salae Jenkins with Humana will be here to teach about nutrients that help keep your bones healthy as well as ones to avoid.

**Legal Issues and Concerns for Your Property** – Melanie Carter with Reality Executives will be here at noon on July 31<sup>st</sup> to discuss legal concerns regarding your property when you pass away and what those concerns could mean to your loved ones left behind. Issues such as “would a family trust make sense for my situation” and “what exactly does estate planning involve” will be covered.

**MED TALK WITH MMC Cognitive Health for Seniors** – Some cognitive decline is a normal part of the aging process. However, Dr. Nathan Bolton with Oliver Springs Family Physicians will be here at noon on Wednesday, July 24 to discuss ways for seniors to stay sharp as they age and to push back that decline. Call to sign up as space is limited.

**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 July 24<sup>th</sup> from 9:30 a.m. to 11:30 a.m. Lessons will last for at least 4 Wednesday sessions. Please sign up with the front office to save a spot.

### COMING IN AUGUST:

**SENIOR DAY AT THE OUTDOOR POOL** Save the date for Wednesday, August 7<sup>th</sup> from 10 a.m. to 1 p.m. for our Annual Senior Day at the Outdoor Pool. There is no cost for Seniors 50 and up on this day and you will have the pool all to yourselves! However, please give us a call at 425-3999 by Monday, July 29<sup>th</sup> to be counted for lunch.

### 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

