

# OAK RIDGE SENIOR CENTER

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

# OCTOBER 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) 9:30-10:30 Chair Yoga 10-12 Continuing Art Class 10-3 Pinochle 10:30-11:30 S.A.I.L. Exercise 2-4 Card Games</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) 9-10 Energizing 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 9:30-11:30 Take Charge of Your Diabetes 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) 9-10 Energizing Exercise 10-1 Pinochle 1:30-3 Bingo  <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 &amp; Exercise Rooms Open 9:30-12:30 Ping Pong 10-12 Mahjongg</p>

### This Month's Non-Weekly Events

	1)	2)	3) Bingo Sponsored By Munsey Pharmacy 3-4 Vaccination Day at Senior Center 	4) 12-1 Noontime Knowledge: Adult Protective Services Program Overview 	5)
7) 2-4 Cards for a Cause 	8)	9) 12-1 Noontime Knowledge: Battling Dangerous Belly Fat with Humana 	10) Bingo Sponsored By Farmers Insurance, Christopher Smith Agency 2-4 Santa's Workshop 	11) 12-1 Noontime Knowledge: 2025 Medicare Updates with Humana 	12)
14) 9:30-11 S.A.B. 2-4 Bunco 	15)	16) 12-1 Noontime Knowledge: Personal Safety with the Anderson County Sheriff's Department Take Charge of Your Diabetes Class starts today at 9:30 a.m. 	17) Bingo Sponsored By Cheryl Bjorklund	18) 9-7 Day Trip to the Rocky Mount Historic Site 12-1 Noontime Knowledge: Long Term Care Information with New York Life 	19)
21) 1:30-3:30 Low Vision Resources Group: Macular Degeneration by Dr. Tom Dahl	22)	23) 12-1 Noontime Knowledge: How to Select a Hearing Aid with Life Frequency 2-3:30 Senior Book Club 	24) Senior Center Closes at noon today for the Civic Center Children's Halloween Party <b>NO BINGO TODAY</b> 	25) 9-12 Hearing Screening with Life Frequency	26)
28) 1-4 Canasta-Hand and Foot (No Bunco Today)	29)	30) 10-2 Senior Center Halloween Trick or Treat (No Chair Yoga or S.A.I.L. Today) 12-1 Noontime Knowledge: Reverse Mortgages with Reality Executives 	31) Bingo Sponsored By RE/MAX, Aimee Lucas Realtor	<p><b>No Indoor Pickleball on October 1<sup>st</sup>, 3<sup>rd</sup>, 17<sup>th</sup>, and 24<sup>th</sup></b> </p>	

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.  
**NO LUNCH UNTIL FURTHER NOTICE - Call ETHRA at 865-691-2551 for more information**

# OAK RIDGE SENIOR CENTER ACTIVITIES

# OCTOBER 2024

**OCTOBER CLOSINGS** The Senior Center will close at noon on Thursday, October 24<sup>th</sup> because of the Civic Center Children's Halloween Party. Also, **no Indoor Pickleball on October 1<sup>st</sup>, 3<sup>rd</sup>, 17<sup>th</sup> and 24<sup>th</sup>.**

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

**Adult Protective Services Program Overview** – Join Lisa Roach on October 4<sup>th</sup> at noon to talk about what adult protective services does, how they can help seniors, and how you can help them as well.

**Battling Dangerous Belly Fat** – Ever wondered what causes belly fat? Learn what your waistline may say about your health, the potential risk it may pose, and what you can do to help shed those unwanted love handles. Salae Jenkins with Humana will be here on October 9<sup>th</sup> at noon to help us better understand the dangers.

**2025 Medicare Updates** – Join Kenneth LeFevre with Humana on October 11<sup>th</sup> at noon to learn about changes to the Medicare program coming up in 2025.

**Personal Safety** – Join Greg McBroom with the Anderson County Sheriff's Department on October 16<sup>th</sup> at noon to learn how you can be safer in your day to day life.

**Long Term Care Information** – Jennifer Robbins with New York Life will be here on October 18<sup>th</sup> at noon to talk about long term care and how insurance may be able to help.

**Buyer Beware** – Luke Amos with Life Frequency PLLC in Maryville will be here on October 23<sup>rd</sup> at noon to discuss how to keep from overpaying for hearing aids, learn about over the counter hearing aids, and helping you to find out what your insurance might pay towards hearing aids.

**Reverse Mortgages** – What are they and how do they work? Join Melanie Carter with Reality Executives at noon on October 30<sup>th</sup> to find the answers to these questions and others you may have.

**VACCINATION DAY AT THE SENIOR CENTER** Get protected from the flu, pneumonia, RSV and Covid by getting your vaccinations up to date. Munsey Pharmacy will be here on Thursday, October 3<sup>rd</sup> from 3 p.m. to 4 p.m. **Call to let us know which vaccines you need and to reserve a spot!** Make sure to bring all insurance cards you have with you on that day.

**TAKE CHARGE OF YOUR DIABETES** Patricia Paden with the UT Extension Office for Anderson County will be teaching this fun, skill building class that can help you better manage your diabetes. The class will be held on Wednesdays from 9:30 a.m. to 11:30 a.m. starting on October 16<sup>th</sup>. Space is limited so sign up soon!

**SENIOR DAY TRIP TO ROCKY MOUNT** Travel back in time to the first capital of Tennessee on October 18<sup>th</sup>. Join us from 9 am. to 7 p.m. for a trip to Rocky Mount State Historical Site in Northeast Tennessee. The trip will include a historically accurate, costumed tour of the museum and grounds. Cost is \$18 and lunch will be on your own at the Label Restaurant in downtown Johnson City, TN.

**LOW VISION RESOURCE GROUP** Join us on October 21<sup>st</sup> for a special presentation from Dr. Tom Dahl at 1:30 p.m. Dr. Dahl will be speaking on Macular Degeneration, providing some of the newest research, and answering your other eye health related questions. Please call to sign up to make sure we have space available.

**HEARING SCREENING** Luke Amos with Life Frequency PLLC will be here to provide hearing screenings from 9 a.m. to noon on October 25<sup>th</sup>. Please call to reserve a spot!.

**SENIOR CENTER HALLOWEEN TRICK OR TREAT** Come visit us on Wednesday, October 30<sup>th</sup> between 10 a.m. to 2 p.m. for a spooky good time! Dress up in your favorite costume and have a great time. We will have lots of treats and maybe a few tricks.

## 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

