

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com

NOVEMBER 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 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 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	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	9-12 Guitar Practice 10-2 Open Crafts 1:30-2:30 Senior Nutrition Class 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

 Don't forget to set back your clocks on Saturday night, November 2nd and change Batteries in your Smoke Detectors!			1) Senior Nutrition Class Starts Today!	2)	
4) 9:30-11 S.A.B. 2-4 Cards for a Cause 	5)	6) 12-1 Noontime Knowledge: Startling Facts That Effect Our Health by Bob Rundle 	7) 9-12 Sew a Stocking Event Bingo Sponsored By New York Life Insurance 	8) 9-12 Sew a Stocking Event 	9)
11) 10-1 Veteran's Day Drop In Recognition  2-4 Bunco 2-4 Retired Teachers (No S.A.I.L. or Chair Yoga)	12)	13) 12-1 Noontime Knowledge: Aging in Place, Ways to Stay in Your Home with Realty Executives 	14) Bingo Sponsored By Yes Insurance	15) 12-1 Noontime Knowledge: Fall Screening Event with Benchmark Physical Therapy 9:30-5:30 Smokey Mountain Flea Market 	16)
18) 1:30-3:30 Low Vision Resources Group	19)	20) 12-1 Noontime Knowledge: Home and Personal Safety for the Holidays with ORPD  2-3:30 Senior Book Club	21) Bingo Sponsored By Courtyards Senior Living	22) 12-1 Noontime Knowledge: How to Protect Your Assets When You Need Extended Care With Jennifer Robbins, New York Life 	23)
25) 1-4 Canasta-Hand and Foot (No Bunco Today)	26)	27)	28)  Happy Thanksgiving Center Closed	29) Center Closed	30) Center Closed

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

NOVEMBER 2024

DAYLIGHT SAVINGS TIME ENDS Daylight savings time ends on Saturday, November 2nd. Make sure to set back your clocks before bedtime and check the batteries in your smoke detectors.

NOVEMBER CLOSINGS The Senior Center will also be closed for the Thanksgiving Holidays, Thursday, Friday, and Saturday November 28th, 29th & 30th. **NO BINGO on November 28th**. Also, **no Indoor Pickleball on November 4th, 11th, 21st, and 28th**.

SENIOR NUTRITION CLASS This class will be taught by Ashley Draper from the UT Extension Office of Anderson County. Learn how to eat healthier and make your food dollars go farther. Classes will be held on Fridays from 1:30 – 2:30 p.m. through the 22nd of November. The Class is free but space is limited so sign up soon!

SEW A STOCKING CRAFT Join Dorothy Brooks to learn how to make your own decorative Christmas stockings on November 7th and 8th from 9 a.m. to noon each day. The class is free but you will need to bring your own materials. Stop by the front desk to sign up and pick up a material list.

CARDS FOR A CAUSE Sign up to learn to make beautiful homemade greeting cards on November 4th from 2 p.m. to 4 p.m. The cards made at this class will be specifically geared towards members of our military. Cards will be given to veterans in our community in honor of Veteran's Day on November 11th. There is no cost for this activity but you must sign up at the front desk because space is limited.

DAY TRIP TO THE SMOKEY MOUNTAIN FLEA MARKET Join us for a day out at the Smokey Mountain Flea Market on November 15th to pick up some unique holiday gifts. We will be leaving the Oak Ridge Senior Center at 9:30 a.m. and traveling by the Foothills Parkway to the Old Mill Restaurant for lunch. We will then visit the Smokey Mountain Flea Market and return to the Senior Center around 5:30 p.m. Cost for the trip is \$10 and lunch will be on your own. Sign up at the main office as soon as possible.

VETERANS DAY DROP IN RECOGNITION A drop-in recognition for area Veterans will be held on Monday November 11th from 10:00 a.m.-1:00 p.m. Musical entertainment will be provided by the Golden Eagles and all veterans will receive a goodie bag and will be entered to win door prizes. Light refreshments will be available. Sign up at the front desk or call 425-3999 by November 6th so we have an accurate count of veterans attending.

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

Startling Facts that Effect our Health – Bob Rundle will be here on November 6th at noon explore important facts that are often overlooked about our bodies, weight loss and our health and Bob should know since he is 94 years old and still in great health!

Aging in Place, Ways to Stay in Your Home – Join Melanie Carter with Realty Executives at noon on November 13th to learn about ways you can stay in your home as you age. She may also touch on issues such as decluttering, downsizing, etc.

Fall Risk Screening – Benchmark Physical Therapy will be here on November 15th at noon to screen for your risk of falling. They will perform some balance tests, gait assessment, and blood pressing testing, then let you know if physical therapy may be right for you to help prevent the risks of falling.

Home and Personal Safety for the Holidays – Special Services Lieutenant, Shannah Newman with the Oak Ridge Police Department will be here on November 20th at noon to talk about keeping yourself and your home safe as the holiday season approaches.

How to Protect Your Assets When You Need Extended Care – Jennifer Robbins with New York Life Insurance will be at the Senior Center on November 22nd to discuss How to protect your assets from extended care expenses. Unfortunately, 70% of Americans will enter a nursing facility during their lifetime. What happens to your home and/or assets during this life-changing event? What solutions will help pay for this care because Medicare will NOT?

COMING IN DECEMBER

SENIOR CENTER HOLIDAY RECEPTION Save the date for our Annual Senior Center Holiday Reception on Friday, December 13th. There will be goodie bags for attendees as well as holiday music and door prizes. Watch your email or check with the front desk for more information on how to sign up as we get closer!

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**

