











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 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 1-4 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

2) 9:30-11 S.A.B. 2-4 Cards for a Cause	3)	4) 12-1 Noontime Knowledge: Last Chance Medicare Open Enrollment with Yes Insurance 	5) Bingo Sponsored By Buckeye Home Medical, Quality Home Health, & Quality Private Duty Care	6)	7)
9) 2-4 Bunco	10) 9:30-7 Day Trip to Country Tonite Christmas Show in Pigeon Forge No Pickleball Today! 	11) 12-1 Noontime Knowledge: Building Stronger Bones with Humana Last Day for Exercise for Fun Until January 15 th 	12) Bingo Sponsored By New York Life 2-4 Santa's Workshop 	13)  11:00 Senior Center Holiday Reception (Senior Center Building Closed until 1 p.m. Today)	14)
16) 1-3 Low Vision Resource Group	17)  Closed All Day for Staff Training	18) 12-1 Noontime Knowledge: Safety from the Market with New York Life 1-4 Holiday Crafts 	19) Bingo Sponsored By Maxim Healthcare Services	20)	21)
23) 1-4 Canasta-Hand and Foot	24) <i>Happy</i> Center Closed 	25) <i>Holidays!</i> Center Closed	26) Bingo Sponsored By Courtyards Senior Living 2-4 Santa's Workshop 	27)	28)
30)	31)	 Closed January 1st for New Year's Day			

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 DECEMBER 2024

DECEMBER CLOSINGS No Pickleball on December 10th. Also, the entire Center will be closed on Tuesday, December 17th for Staff Training and the 24th and 25th for the Christmas Holidays. The Center will be back open on December 26th but will be closed again on January 1st for the New Year's holiday. There will also be no Book Club Meeting in December but it will be back in January! In case of bad weather, please check your email, check Facebook and/or call us at 425-3999 to check for early closings or cancellations.

CARDS FOR A CAUSE Sign up to learn to make beautiful homemade holiday cards on December 2nd from 2 p.m. to 4 p.m. The cards made at this class will be specifically geared towards providing holiday cheer for seniors in assisted living and/or skilled nursing facilities.

DAY TRIP TO THE COUNTRY TONITE CHRISTMAS SHOW Join us for a trip to see the magic of Christmas come alive at the Country Tonite Theater in Pigeon Forge on December 10th. The trip will leave at 9:30 a.m. and return around 7 p.m. Cost for the trip is \$25 and includes your ticket to the show and transportation. However, lunch will be on your own at the Applewood Farmhouse Grill Restaurant. Call soon to reserve a spot because space is limited.

SENIOR CENTER HOLIDAY RECEPTION Friday, December 13th at 11:00 a.m. Come start enjoying the Holiday Season early! There will be goodie bags for attendees as well as holiday music and door prizes. Lunch will start at 11:30 a.m. There is no cost to attend but **participants must sign up** with the Senior Center front desk by **December 6th** and present their tickets at the party to be entered to win some awesome door prizes. **All spaces are currently filled and we are on a waiting list. Call the front desk for more information or to be added to the waiting list.**

HOLIDAY CRAFTS Join us from 1 p.m. to 4 p.m. on Wednesday, December 18th to create some unique holiday themed crafts and get into the holiday spirit. There is no cost to register but please sign up at the front office by December 16th so we can have an accurate head count to purchase materials. Space is limited.

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

Last Chance Medicare Open Enrollment – The deadline for Medicare open enrollment is coming soon! Stephen Jackson with Yes, Insurance will be here on December 4th at noon to go over some changes to Medicare for 2025 that you need to be aware of before time runs out to make any changes.

Building Stronger Bones - You're never too old to improve the health of your bones. Find out why managing osteoporosis is important for your well-being and learn tips for boosting your bone health. Salae Jenkins with Humana will be here on Wednesday, December 11th at noon to give this informative presentation.

Safety from the Market – Join Jennifer Robbins with New York Life on December 18th at noon to learn different options to unlock essential skills in asset protection and gain valuable insights into safeguarding your assets effectively. Please sign up at the front desk to save a spot.

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

