

OAK RIDGE SENIOR CENTER

JANUARY 2025













Check out our website at 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
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 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

		1) Center Closed for New Year's Day 	2) Bingo Sponsored By Harmony Wellness Home Health Care and Aimee Lucas, Re/Max	3)	4)
6) 9:30-11 S.A.B.	7)	8) 12-1 Noontime Knowledge: Foot and Joint Care with Heelex 	9) Bingo Sponsored By Munsey Pharmacy 2-4 Santa's Workshop 	10)	11)
13) 12-1 Beginning Crochet  1-4 Bunco 1:30-3:30 Low Vision Resource Group	14)	15) 12-1 Noontime Knowledge: Smartphone 101 Class with Humana Exercise for Fun Restarts Today at 3 p.m. 	16) Bingo Sponsored By PNL Business Services	17)	18)
20) Closed for Martin Luther King, Jr. Holiday 	21)	22) 12-1 Noontime Knowledge: Downsizing, Decluttering and Organizing With Realty Executives 2-3:30 Senior Book Club 	23) Bingo Sponsored By Courtyards Senior Living 2-4 Santa's Workshop 	24)	25)
27) 11:30 -? Chili Cook Off (No Chair Yoga or S.A.I.L. Class Today)  12-1 Beginning Crochet  1-4 Canasta-Hand and Foot	28)	29) 12-1 Noontime Knowledge: Humana's Medicare Advantage Plan Highlights for 2025 	30) Bingo Sponsored By Anne Swanson, Re/Max	31) 12-1 Noontime Knowledge: Yes Go Travel Information 	

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

JANUARY 2025

HOLIDAY/BAD WEATHER CLOSINGS The Center will be closed January 1st for the New Year's Holiday and January 20th for the Martin Luther King, Jr. Holiday. Please note that the Low Vision Resource Group will be meeting on the 2nd Monday of this month due the holiday closing. In case of bad weather, please check your email, check Facebook and/or call us at (865) 425-3999 to check for early closings or cancellations.

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

Foot and Joint Care – Brian Woods with Heelex will be here on January 8th at noon to talk about how Heelex can help alleviate foot and joint pain.

Smartphone 101 Class – Join Natisha Moultry with Humana on January 15th at noon to learn more about the basics of operating a smartphone and how it can make your life easier. Space is limited so sign up soon.

Downsizing, Decluttering, and Organizing – Melanie Carter with Realty Executives will be here on January 22nd at noon to talk about how to begin a process of downsizing as we age.

Highlights of Humana's Medicare Advantage Plan for 2025 – Kenneth Lefevre with Humana will be here to go over the most important points of Humana's 2025 Medicare Advantage plan. Come out to make sure you are using your benefits to their fullest.

Yes! Go Travel– Susie Housley with Yes! Go Travel will be here on Friday, January 31st at noon to discuss the types of trips and destinations offered by her company in the New Year as well as provide a time for participants to ask questions.

CARDS FOR A CAUSE Sign up to learn to make birthday, get well and thinking of you cards from 2 p.m. to 4 p.m. on Monday, January 8th. There is no cost for this activity but you must sign up at the front desk because space is limited.

BEGINNING CROCHET CLASS Learn how to make your TV watching and traveling more productive this year by learning how to crochet. No experience is needed for this class and all tools will be provided. In the class you will begin by learning the single crochet stitch and will build on up from there. Anne Dorso will be teaching this class to learn how to crochet specifically for those who have never crocheted or who at haven't in a long time. The class will be held on the **2nd and 4th Mondays of each month from noon to 1 p.m.** Cost is free but you must call to reserve a spot.

CHILI COOK-OFF Join us at the Senior Center on Monday, January 27th at 11:30 a.m. for a warm bowl of chili and help us to choose which of our sponsors wins the blue ribbon with their recipe. If chili is not your thing, come anyway! We will have other kinds of soups as well. There is no cost for this event and it is on a first come, first serve basis until it's gone.

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

