

OAK RIDGE SENIOR CENTER

FEBRUARY 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 12-2 Living Well with Chronic Conditions | 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

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| 3) Intro to Drawing Class Starts Today at 10 a.m.! 9:30-11 S.A.B. 2-4 Cards for a Cause  | 4) | 5) | 6) Bingo Sponsored By Knoxville Rehab Hospital | 7) | 1) |
| 10) 12-1 Beginning Crochet  1-4 Bunco 1:30-3:30 Low Vision Resource Group 2-4 Retired Teachers | 11) | 12) | 13) Bingo Sponsored By Yes, Insurance 2-4 Santa's Workshop  | 14) 12-2 Valentine's Day Ice Cream Social  | 15) |
| 17) Center Closed for President's Day  | 18) | 19) 10-2 AARP Drivers Training  | 20) 10-2 AARP Drivers Training  Bingo Sponsored By Anne Swanson, Re/Max | 21) 12-1 Noontime Knowledge: How to Pay for Medicare Advantage Copays  | 22) |
| 24) Living Well with Chronic Conditions Begins Today! 12-1 Beginning Crochet  1-4 Canasta-Hand and Foot | 25) 10-5 Lunch and a Movie at West Towne Mall  | 26) 12-1 Noontime Knowledge: Seasonal Refresh: From Curb Appeal to Interior Staging with Realty Executives  2-3:30 Senior Book Club | 27) Bingo Sponsored By Courtyards Senior Living  2-4 Santa's Workshop | 28) 12-1 Noontime Knowledge: How to Create Your Own Pension with New York Life  | |

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 FEBRUARY 2025

HOLIDAY/BAD WEATHER CLOSINGS The Senior Center will be closed for Presidents' Day on February 17th. 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.

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

Medicare Advantage Plans: Are you aware there are supplemental plans to cover your copayments? – Join Kenny Lefevre, local Humana Agent, on February 21st at noon to learn more about what you can do to mitigate copays with your Medicare Advantage plan which can be a financial burden on you such as inpatient hospital admittance, ambulance transportation, critical illness to name a few.

Seasonal Refresh: From Curb Appeal to Interior Staging – Melanie Carter with Realty Executives will be here on February 26th at noon to give an interactive class for attendees to look at colors from Sherwin Williams and their easy interactive web design to try colors of paint for interior and exterior. The class will also focus on inspiration for home staging to create clean and attractive living spaces.

How To Create Your Own Pension – Pensions have historically been the gold standard of retirement but most jobs today do not offer them. Jennifer Robbins with New York Life will be here on February 28th at noon to talk about how to create your own retirement strategy that can act like a pension even if you don't have one from your job.

INTRODUCTION TO DRAWING This is a beginner level class to help those interested in learning to draw and to be more creative. The class will be taught by Richard Etheridge and there is no cost to participate. You will be provided a drawing pencil and small journal to record your work. Classes will be on Mondays from 10a.m. to noon and will begin on Monday, February 3rd. Call to sign up soon as space is limited.

LOW VISION RESOURCE GROUP The title for the February 10, 2025 meeting will be "Low Tech to High Tech, We Have It All!" Sarah Gardner, Rehabilitation Instructor from State of TN Services for the Blind and Visually-Impaired, will talk about how to sign up for services and what kinds of adaptive aids and resources are available for people with low vision at 1:30 p.m. Also, Marian Wildgruber will talk about how the new Meta Ray Ban smart glasses have taken the low vision community by storm and demonstrate how they work.

VALENTINE'S DAY ICE CREAM SOCIAL Stop by and visit with us on February 14th between 12 p.m. and 2 p.m. to get a sweet treat and be entered into a fun Valentine's Day centered door prize drawing!

AARP SENIOR DRIVER SAFETY PROGRAM This 8-hour class is held in two four-hour sessions. The first class will be held on Wednesday, February 19th and the second class will be held on Thursday, February 20th. The classes will be from 10 a.m. until 2 p.m. both days. Cost is \$20 for AARP members and \$25 for non-members. Payment must be made to instructor by check or cash on first day of class. Space is limited to 20 participants, so call 425-3999 to reserve a spot soon. Take this refresher course and be a safer driver!

LIVING WELL WITH CHRONIC CONDITIONS PROGRAM Patricia Paden with the UT Extension Office in Anderson County along with the Anderson County Health Department will be teaching this important class to help people living with chronic conditions (such as diabetes, high blood pressure, obesity, etc.) function better in taking care of their respective conditions and help them to live better lives. The class is free but space is limited to the first 18 participants.. Classes will be held on Mondays from noon to 2 p.m. from February 24th through March 31st.

DAY TRIP TO LUNCH AND A MOVIE This month's day trip will be to lunch and a movie at the Regal Cinemas Cinebarre Theater at West Towne Mall. The theater includes restaurant service as well as luxury recliners. The trip will be on Tuesday, February 25th. We will leave the center at 10:00 a.m. and return by 5 p.m. Cost for the trip will be \$10 to help cover the cost of transportation. The cost for your lunch and your movie is on your own. Sign up in the office. Payment is due upon registration.

ATTENTION: Tax help will be available through the **Volunteer Income Tax Assistance Program (VITA)** beginning on February 4, 2025. VITA is located at **301 Broadway Avenue**. The program is walk-ins only with no appointment times. Hours of operation will be Tuesday – Friday from 1:00 p.m. to 6:00 p.m. and Saturday 10 a.m. to 12:30 p.m. Please bring a photo I.D. and social security card for each person on the return as well as all W-2s, 1099s, social security statements, 1095-C Health Insurance information and a copy of your previous year's taxes.



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



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