

OAK RIDGE SENIOR CENTER

MARCH 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
<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 10-3 Pinochle 10:30-11:30 S.A.I.L. Exercise 12-2 Living Well with Chronic Conditions</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 9-11 Matter of Balance 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 10-4 Open Games 10:30-11:30 S.A.I.L. Exercise 1-2 Bible Study Group 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 9-11 Matter of Balance 10-1 Pinochle 1:30-3 Bingo 4-6 Ballroom Dancing</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 & Exercise Rooms Open 9:30-12:30 Ping Pong 10-12 Mahjongg</p>

This Month's Non-Weekly Events

3) 9:30-11 S.A.B. 2-4 Cards for a Cause	4) Start the Matter of Balance Class today at 9 a.m. 	5)	6) Bingo Sponsored By Harmony Wellness Home Health LLC Ballroom Dancing Lessons Restart Today! 	7)	8) Don't forget to set your clocks up 1 hour before bed tonight! 
10) 12-1 Beginning Crochet 1-4 Bunco	11)	12) 12-1 MedTalk: Promoting Healthy Aging with Dr. Chad Manuel 	13) Bingo Sponsored By Anne Backus 2-4 Santa's Workshop 	14) 12-1 Noontime Knowledge: What Can Be Done with My Ashes? with Oak Ridge Memorial Park 	15)
17) 1:30-3:30 Low Vision Resource Group Happy St. Patrick's Day! (Stop by at 11:30 for a special treat from the Home Option!) 	18) 9-5 Day Trip to Alcatraz East in Pigeon Forge 	19) 12-1 MedTalk: The Important Combination of Nutrition and Regular Exercise with Dr. Isabelle Soares Smith 	20) Bingo Sponsored By RE/MAX Anne Swanson, Realtor 11-3:30 Chair Massage 	21)	22)
24) 12-1 Beginning Crochet 1-4 Canasta-Hand and Foot	25)	26) 12-1 Noontime Knowledge: Home Inspections with Realty Executives 2-3:30 Senior Book Club 	27) Bingo Sponsored By Courtyard Senior Living 2-4 Santa's Workshop 	28)	29)
31)					

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

MARCH 2025

Daylight Savings Time starts Sunday, March 9th. Don't forget to move your clocks up one hour!

CLOSINGS Pickleball will be closed on March 10th, 11th, and 13th. 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.

A MATTER OF BALANCE CLASS Many older adults experience concerns about falling and it restricts their activities. This class is being taught by the UT Extension Office for Anderson County and is designed to manage the chances of falling and to increase activity levels. The class will be held for eight, 2-hour sessions on Tuesdays and Thursdays beginning on March 4th at 9 a.m. Please call to sign up soon.

BALLROOM DANCING LESSONS Francesca Wilson will be offering beginning ballroom dancing lessons on Thursdays from 4 p.m. to 6 p.m. starting March 6th. All level dancers are welcome. Grab a partner and call to sign up for a spot! No partner? Bring a friend or call to see if we can match you up with another participant. Space is limited.

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

I'm Going to Be Cremated. What Can Be Done with My Ashes – Cremation accounts for over half of all the deaths in the U.S., but families are often uncertain what to do with their loved one's ashes. Meet Sara Jayne White, an end of life doula and family service counselor with Oak Ridge Memorial Park, as she discusses cremation options and how the handling of cremains differs from traditional ground burial or mausoleums. It will not be a sad or dull presentation! Questions are encouraged and prizes will be awarded at the end of the session. The session will be held on Friday, March 14th at noon.

Home Inspections: Gain a Clear Understanding of Your Property's Health – Join Melanie Carter with Realty Executives on March 26th at noon to help you get a comprehensive evaluation of a property's condition, identifying potential safety hazards, maintenance issues, and repair needs that may not be readily apparent to a buyer. She will be partnering with Peter Waraksa and Pillar to Post for this informative presentation.

LOW VISION RESOURCE GROUP The Low Vision Resource Group will meet on March 17th at 1:30 p.m. This month's topic will be about how to manage our health with low vision. What large print, talking aids and prescription bottles are available, how to manage doctor and hospital visits, staying healthy and preventing accidents. Bring your own ideas and experiences to share. The last half hour will be social time and refreshments.

DAY TRIP TO ALCATRAZ EAST MUSEUM Join us for a true crime adventure to the Alcatraz East Museum in Pigeon Forge on Tuesday, March 18th. We will leave the Senior Center at 9 a.m. and return around 5 p.m. Cost for the trip will be \$27. Lunch will be on your own. Sign up soon because space is limited.

MED TALK WITH MMC Promoting Healthy Aging – Living with a chronic condition can often be an overwhelming task; however, learning to minimize effects and risk factors while maximizing healthy routines can work together for positive outcomes. In this MED Talk on Wednesday, March 12th at noon, Dr. Chad Manuel will discuss how the proper management of chronic conditions can help to enhance the overall quality of life for seniors.

MED TALK WITH MMC The Important Combination of Nutrition and Regular Exercise -Focused nutrition along with regular exercise are a powerful combination for achieving and sustaining maximum health benefits as we age. In this MED Talk on Wednesday, March 19th at noon, Dr. Isabelle Soares Smith will discuss how a balanced diet and routine exercise can help boost our brain function, body resiliency, mood, sleep patterns, and more.

FREE CHAIR MASSAGE Join Susie Alexander Newman, LMT this month for a free 15 minute chair massage. Ms. Newman has a massage business at 550 Oak Ridge Turnpike, Suite 2. She will be here between 11 a.m. and 3:30 p.m. on Thursday, March 20th. Please call to register if you haven't already had a free massage. Spots will fill up fast!

ATTENTION: Tax help is available through the **Volunteer Income Tax Assistance Program (VITA)**. VITA is at the same location as last year at **301 Broadway Avenue**. The program is walk-ins only with no appointment times. Hours of operation are 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 tax forms and a copy of your last year's taxes. Assistance will be in-person this year and you must be present to complete your return.

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

