

# OAK RIDGE SENIOR CENTER

# APRIL 2025




Check out our website at [www.oakridgeseniorcenter.com](http://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
<b>Pickleball</b> 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	<b>Pickleball</b> 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	<b>Pickleball</b> 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 10-12 Mahjongg 10-1 Pinochle 1:30-3 Bingo 4-6 Ballroom Dancing	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)	2) 12-1 Noontime Knowledge: Maximizing Veterans Benefits and Long Term Care Insurance with Cornerstone Care Giving 	3) Bingo Sponsored By Harmony Wellness Home Health LLC	4)	5)
7) 9:30-11 S.A.B. 2-4 Cards for a Cause 2-4 Retired Teachers 	8)	9) 12-1 Noontime Knowledge: Reassurance Call Program with Contact Care Line 	10) Bingo Sponsored By New York Life 2-4 Santa's Workshop 	11) 12-1 MedTalk: Hypertension with Dr. Rusul Alani 	12) Center Closed for Children's Egg Hunt in Bissell Park. 
14) 11:45-12:45 Beginning Crochet 1-4 Bunco	15) Don't Forget, Income Taxes are due Today! 	16) 10-2 AARP Drivers Training 	17) 10-2 AARP Drivers Training Bingo Sponsored By the Oak Ridge Senior Center 	18) Center Closed for Easter Holiday 	19) Center Closed for Easter Holiday 
21) 1:30-3:30 Low Vision Resources Group	22)	23) 12-1 Noontime Knowledge: Proud to be a Senior Real Estate Specialist with Realty Executives 2-3:30 Senior Book Club  	24) Bingo Sponsored By Courtyards Senior Living 11-3:30 Chair Massage 2-4 Santa's Workshop  	25) 12-1 Noontime Knowledge: Senior Scams with the Anderson County Sheriff's Department 9-6 Historic Chief Vann Home Trip 	26)
28) 11:45-12:45 Beginning Crochet 1-4 Canasta-Hand and Foot	29)	30) 12-1 Noontime Knowledge: Developing an Awesome Financial Legacy 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

APRIL 2025

**CLOSINGS** The Senior Center will be closed all day on Saturday, April 12<sup>th</sup> for the Children's Egg Hunt in Bissell Park and on April 18<sup>th</sup> – 20<sup>th</sup> for the Easter Holiday. 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.

**FREE CHAIR MASSAGE** Join Massage Therapist Susie Newman again this month for a free 15 minute chair massage. Ms. Newman is licensed and has a massage business at 109 Towne Road, Suite C in Jackson Square. She will be here between 11 a.m. and 3:30 p.m. on Thursday, April 24<sup>th</sup>. Please call to register if you haven't already had a free massage from Ms. Newman. Spots will fill up fast!

**DAY TRIP TO THE CHIEF VANN HOUSE** The Senior Center will be taking a trip to the Historic Chief Vann House on Friday, April 25<sup>th</sup>. James Vann was a Cherokee Indian leader and wealthy businessman in the 1790's. He built and ran this house and plantation successfully. The plantation stayed in his family until the Cherokee were moved west on the Trail of Tears. We will be leaving the center at 9 a.m. and returning around 6 p.m. Cost is \$16 for transportation and admission for a guided tour of the historic house. The cost of lunch will be on your own in Chattanooga, TN.

**NOONTIME KNOWLEDGE** The following educational programs will be offered in the month of April.

**Maximizing Veterans Benefits and Long Term Care Insurance** – Representatives from Cornerstone Care Giving will be here on Wednesday, April 2<sup>nd</sup> at noon to discuss what is home assistance and how Veterans Benefits and Long Term Care Insurance can help to cover costs of this care.

**Reassurance Call Program** – Tiffany Davis with the Contact Care line will be here on Wednesday, April 9<sup>th</sup> at noon to talk about how this free daily phone call program can work to help kept you in contact with others and help you to feel safer living on your own.

**Proud to be a Senior Real Estate Specialist**– Melanie Carter with Realty Executives will be here on Friday, April 23<sup>rd</sup> at noon to discuss What it exactly means to be a Senior Real Estate Specialist (SRES) and how it can help you with your real estate needs!

**Senior Scams** – Officer Greg McBroom with the Anderson County Sherriff's Department will be here on Friday, April 25<sup>th</sup> at noon to discuss the different types of fraud that is out there as well as what are some scams that are happening locally and how you can keep yourself as safe as possible.

**Developing an Awesome Financial Legacy**– Jennifer Robbins with New York Life will be here on Wednesday, April 30<sup>th</sup> at noon to talk about how to efficiently leave a financial legacy to the next generation, while learning how taxes will affect them once we are gone.

**LOW VISION RESOURCE GROUP** The Low Vision Resource Group will meet on April 21<sup>st</sup> at 1:30 p.m. This month Member Gary Salk will give a presentation on the month-long boat trip he and his wife took in the South Sea near Antarctica with a focus on South Georgia Island and the ill-fated Shackleton expedition.

**AARP SENIOR DRIVER SAFETY PROGRAM** This 8-hour class is held in two four-hour sessions. The first class will be held on Wednesday, April 16<sup>th</sup> and the second class will be held on Thursday, April 17<sup>th</sup>. 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!

**MED TALK WITH MMC Hypertension** – Hypertension, the so-called "silent killer," rarely has any symptoms, but nearly half of Americans have this condition. In this MED Talk on Friday, April 11<sup>th</sup> at noon, Dr. Rusul Alani will cover risk factors, symptoms, and complications associated with high blood pressure, as well as strategies for prevention and management.

**ATTENTION: The deadline for income tax filling for this year is April 15th.** Tax help is available through the **Volunteer Income Tax Assistance Program (VITA)**. VITA is 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.

## 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

