

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com

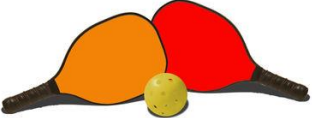












MAY 2025

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 10-12 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

 Last Day for Indoor Pickleball will be May 20th. Play will be moving Outdoors to the ORHS and/or the Jackson Square Tennis Courts for June and July!		1) Bingo Sponsored By Harmony Wellness Home Health LLC		2) 9-12 Anderson County Veterans Services Information 12-1 Noontime Knowledge: Intro to Gardening with Rose Gregory 	3) Center Closed for Remote Area Medical Event 
5) 9:30-11 S.A.B. 2-4 Cards for a Cause 	6)	7) CARFit Helping Mature Drivers Find Their Safest Fit 9-1 CarFit Check Up 	8) Bingo Sponsored By New York Life 2-4 Santa's Workshop 	9) 12-1 MedTalk: Keeping Your Mind Sharp with Dr. Yen Quach 	10)
12) 11:45-12:45 Beginning Crochet 1-4 Bunco	13)	14) 12-1 Noontime Knowledge: Personal Safety with the Anderson County Sheriff's Department	15) Bingo Sponsored By Anne Backus	16)	17)
19) 1:30-3:30 Low Vision Resource Group	20) Last Day for Indoor Pickleball 	21) 12-1 Noontime Knowledge: The Funeral Planning Checklist by Jackson Funeral Home and Cremation (No Exercise for Fun Today!) 	22) Bingo Sponsored By Courtyards Senior Living 2-4 Santa's Workshop 	23) 9-4 Day Trip to the Historic Brushy Mountain State Prison 12-1 Noontime Knowledge: Private Duty Nursing Care With Maxim Healthcare 	24)
26)  Center Closed for Memorial Day	27)	28) 12-1 Noontime Knowledge: Car Maintenance Pitfalls with Realty Executives 2-3:30 Senior Book Club (May 28 th is the Last Day For Exercise for Fun Until September 10 th) 	29) Bingo Sponsored By Comfort Keepers	30)	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

MAY 2025

CLOSINGS The Senior Center will be closed on Saturday, May 3rd for the Remote Area Medical Event being held at the Civic Center. We will also be closed Monday, May 26th for Memorial Day.

ANDERSON COUNTY VETERANS SERVICES INFORMATION Scott Nation, the Anderson County Veterans Services Officer will be here on the first Friday of each month to speak with Veterans, family members of Veterans, and anyone who like to be an advocate for a Veteran. This month Mr. Nation will be here from 9 a.m. to noon on May 2nd. Please stop by with any questions for him.

MED TALK WITH MMC “Keeping Your Mind Sharp” – This MED Talk at noon on Friday, May 9th explores engaging mental stimulation activities to support brain health in seniors. Dr. Yen Quach will share how puzzles, reading, social interactions, creative hobbies, and lifelong learning can enhance memory, focus, and cognitive function. The discussion will offer practical tips and resources to encourage an active, healthy mind. Call to sign up as space is limited.

DAY TRIP TO THE HISTORIC BRUSHY MOUNTAIN STATE PRISON Join us for a trip to the Historic Brushy Mountain State Prison in Petros on Friday, May 23rd. This will be a private guided tour featuring either a retired prison guard or a former non-violent prisoner. Please be at the Senior Center by 8:45 that day because we will leave promptly at 9 a.m. and return around 3 p.m. Cost for the trip will be \$40. Lunch will be on your own at The Warden’s Table Restaurant on the grounds of the prison site. Sign up in the office soon because space is limited.

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

Introduction to Container Gardening – Master Gardener, Rose Gregory will be here on Friday, May 2nd at noon to discuss how to start and maintain your own container gardens. These can be flower gardens as well as fruit and vegetable gardens. Come out and meet others that enjoy gardening as well.

Personal Safety – Greg McBroom with the Anderson County Sheriff’s Department will be here on Wednesday, May 14th at noon to teach you how staying safe in your surroundings can bring down fear and anxiety by helping you learn to be safer in your day to day life.

The Funeral Planning Checklist – Stephen Scarboro with Jackson Funeral Services will be here on Wednesday, May 21st at noon to discuss important issues involving funeral planning and preparation.

Private Duty Nursing Care – Bryce Terry with Maxum Healthcare will be here on Friday, May 23rd at noon to discuss differences in long term in-home care versus Medicare home care coverage. What will Medicare pay for and what will you be responsible for?

Car Maintenance Pitfalls – Melanie Carter with Realty Executives will be here on Wednesday, May 28th at noon to discuss car repair and maintenance issues as well as scams that are currently working in the automotive industry.

CARFIT CHECK The Oak Ridge Senior Center in conjunction with AAA and the AARP will be sponsoring a spring CarFit check on Wednesday, May 15th from 9 a.m. – 1 p.m. This program can help you set your car up to be safer and more comfortable for you to drive. Call the front desk for more information and/or to reserve your spot now!

COMING IN JUNE:

OUTDOOR PICKLEBALL Pickleball will be moving outside and on your own to the ORHS and/or Jackson Square Tennis courts for the months of June and July. Play should restart indoors near the beginning of August when school starts back. Make sure to exchange names and phone numbers with other players before indoor play ends on May 20th.

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

