

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com












JUNE 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
9:30-10:30 Chair Yoga 10-3 Pinochle 10:30-11:30 S.A.I.L. Exercise 1-2 Self Defense Class (Begins June 16 th)	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	9-10 Energizing Exercise 10-12 Mahjonn 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 Mahjonn

This Month's Non-Weekly Events

2) 9:30-11 S.A.B. 2-4 Cards for a Cause 	3)	4) 12-1 Noontime Knowledge: Forever Memories with Julie Kinder-McMillian (No Bible Study Today) 	5) Bingo Sponsored By Harmony Wellness Home Health LLC	6) 9-12 Anderson County Veterans Services Information 10-11 Flatwater Tales Storyteller 12-1 Noontime Knowledge: New Programs for Veterans and DIC (No Guitar Practice Today)  	7)
9) Chair Yoga Starts Back with Live Instructor Today at 9:30 a.m. Crochet and Bunco Moved to June 12 th 	10)	11) 12-1 Noontime Knowledge: Self Defense Class Overview (No Bible Study Today) 	12) Bingo Sponsored By New York Life 11:45-12:45 Beginning Crochet 1-4 Bunco	13) 12-1 Noontime Knowledge: Humana Medicare Plan Information with Kenneth Lefevre 	14)
16) Self Defense Class Begins Today at 1 p.m. 1-3 Low Vision Resource Group 	17) 9-7 Day Trip to Rock City 	18) 12-1 Noontime Knowledge: Neora-Age Defying Skincare, Haircare and Wellness with Freida Rogers 1-4 Summer Craft 	19) Bingo Sponsored By Cornerstone Caregiving	20)	21)
23) 11:45-12:45 Beginning Crochet 1-4 Canasta-Hand and Foot National Hydration Day! (Drink Lots of Water Today and Every Day!) 	24)	25) 12-1 Noontime Knowledge: Health and Fitness Using the Koa Program with Realty Executives 2-3:30 Senior Book Club  	26) Bingo Sponsored By Courtyards Senior Living	27)	28)
30)	 Ballroom Dancing Restarts on July 3 rd !				

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

JUNE 2025

FLATWATER TALES The Flatwater Tales Festival has been a part of Oak Ridge since 2018. This storytelling festival brings the art of storytelling to all ages, young and old alike. The Senior Center will be hosting a "Taste of the Tales" with a short free show with Bil Lepp on June 6th at 10 a.m. **tickets are free but space is limited.** Please sign up at the front desk while spaces last! (Guitar Practice on Friday, June 6th will be preempted on this day.)

CHAIR YOGA CLASS Patricia Paden with the UT Extension Office of Anderson County will be back teaching this class in person. It can help you to improve flexibility, get stronger, sleep better and much more. Class will be from 9:30 a.m. to 10:30 a.m. on Mondays and Wednesdays. Please call to sign up as space is limited.

DAY TRIP TO ROCK CITY Join us on June 17th for a trip to Rock City which includes a view of 7 states at one time along with many different gardens and rock formations. Rock City is located atop Lookout Mountain just 10 minutes from Downtown Chattanooga TN. The trip will leave at 9 a.m. and return around 7 p.m. Cost for the trip is \$37 with the cost of lunch on your own. Sign up in the office soon because space is limited.

SUMMER CRAFT "Surprise" Join Senior Center Staff on June 18th from 1 p.m. to 4 p.m. to make something both decorative and functional for summer fun. There is no cost but space is limited. Call to sign up for this fun and creative craft.

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

Forever Memories – Do you have a photo mess? Join Dr. Julie Kinder-McMillan on June 4th at noon. She will explain how to SAVE, ORGANIZE, and SHARE your digital legacy of precious family memories in a safe and secure archive. Learn how your old media such as printed photos, videocassettes, reel-to-reel films, slides, etc. can be scanned/digitized and preserved alongside your current phone photos in a platform you can access and enjoy from your computer, tablet, and phone. Julie uses her 25+ years of experience as a photographer, yearbook adviser, and teacher (at Robertsville Middle School) coaching people to achieve their memory-keeping goals.

New Programs for Veterans and DIC (Dependency and Indemnity Compensation) – Anderson County Veterans Services Officer Scott Nation will be here on Friday, June 6th at noon to do a presentation on some new programs available to veterans and also to talk about the Dependency and Indemnity Compensation program. He will answer questions such as who is eligible, how is the amount determined and how is it different from a survivor's pension.

Self Defense Class Interest Meeting and Overview – Melanie Collins will be here on Wednesday, June 11th to talk about her self-defense class that will be starting on Monday, June 16th at 1 p.m. The class will last for 6 Monday sessions and will help the participant feel safer when getting out in the public. The class will be free but space is limited to the first 30 participants. Interested participants must sign up and attend this overview.

Humana Medicare Plan Information – Kenneth Lefevre, with Humana will be here on Friday, June 13th at noon to conduct a sales seminar on one of Humana's more popular Medicare Plan H4461-041-000. He will be reviewing plan specific information such as the summary of benefits. Attendees will be able to learn more about the coverage benefits of the plan encompassing hospitalization, medical, prescription, dental, vision, hearing, and other additional benefit coverages.

Neora Age Defying Skincare, Haircare, and Wellness – Freida Rogers will be here on Wednesday, June 18th to explain how Neora offers products with clean, holistic ingredients to help people look and feel their best. The newest product "the Filler" requires no injections. Join them for a demonstration. Sign up at the front desk to reserve your spot.

Health and Fitness Using the KOA Program– Melanie Carter with Realty Executives and KOA Strength and Fitness Owner Kelley Rubish will be here on June 25th at noon to discuss how this program can keep you healthy. Learn the importance of strength and mobility as we age. Take away a new knowledge and appreciation for a healthy mindset.

COMING IN JULY ANDERSON COUNTY FAIR ACTIVITIES TO REMEMBER!

CONTESTANTS NEEDED The Anderson County Fair needs you! They need you to submit your crafts, recipes, photographs, etc. to be judged. There are tons of categories so check out Andersoncountyfairtn.com, look under the heading "Catalog" and submit your unique creations for prizes!

SENIOR CITIZENS DAY Save the date for Wednesday, July 16th, from 11:30 a.m. to 5 p.m. at the Fair Grounds in Clinton. Free admission and goodie bags for 60+ while they last!

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**

