

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com

MARCH 2026

Phone: (865) 425-3999

WEEKLY SCHEDULE

MON 9AM-7PM	TUE 9AM-7PM	WED 9AM-7PM	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 2-4 Matter of Balance	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 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 4:30-6 Performance Tap Dance	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 9:30-12 Mahjongg 10-1 Pinochle 10-1 Simply Sewing 1:30-3 Bingo 3-4 Line Dancing 5-6 Ping Pong	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

2) 9:30-11 S.A.B. 2-4 Cards for a Cause 	3) 10-12 Crazy About Crochet Group	4)	5) Bingo Sponsored By Harmony Wellness Home Health LLC	6) 9-12 Anderson County Veterans Services Information  12-2 SINGO with Wisdom Insurance 	7) Don't forget to set your clocks up 1 hour before bed tonight!  11-12 Ukulele Jam Session
9) 1-3 Bunco 2-4 Retired Teachers Start the Matter of Balance Class today at 2 p.m.	10)	11) 10-2 AARP Drivers Training 	12) Bingo Sponsored By Nuclear Care Partners 10-2 AARP Drivers Training 	13) 12-1 Noontime Knowledge: Neora Skincare Sample Event 	14)
16) 1:30-3:30 Low Vision Resource Group No Indoor Pickleball Today! 	17) Happy St. Patrick's Day!  No Indoor Pickleball Today! 	18)	19) Bingo Sponsored By The Washboard No Indoor Pickleball Today! 	20)	21)
23) 1-4 Canasta Hand and Foot	24)	25) 10-5 Riverboat Lunch Cruise on the Star of Knoxville  12-1 Noontime Knowledge: Curb Appeal and Spring Maintenance with Realty Executives  2-3:30 Senior Book Club 	26) Bingo Sponsored By Courtyard Senior Living	27)	28) Center Closed for Children's Egg Hunt in Bissell Park. 
30)	31) 10-2 Chair Massage with Living Water Massage 				

The Senior Center is open Monday through Thursday 9 a.m. – 7 p.m. Friday 9 a.m. - 5 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 2026

Daylight Savings Time starts Sunday, March 8th. Don't forget to move your clocks up one hour!

CLOSINGS Indoor Senior Pickleball will be closed on March 16th, 17th, and 19th. Adult Pickleball will be closed on March 18th as well. The Senior Center will be closed all day on Saturday, March 28th for the Children's Egg Hunt in Bissell Park. 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 Mondays and Wednesdays, beginning on March 9th at 2 p.m. Please call to sign up soon because 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.

Neora Skincare Event – Join Freida Rogers with Neora Skincare for a skincare event featuring sample stations for skincare, haircare, and wellness products. The session will be held on Friday, March 13th at noon and the first 20 participants to sign up will receive a lucky goodie bag.

Curb Appeal and Spring Maintenance with Realty Executives – Join Melanie Carter with Realty Executives on March 25th at noon to find out how you can increase the functioning of your home and the beauty as well, whether or not you are wanting to sell anytime soon.

AARP SENIOR DRIVER SAFETY PROGRAM This 8-hour class is held in two four-hour sessions. The first class will be held on Wednesday, March 11th and the second class will be held on Thursday, March 12th. The classes will be from 10 a.m. until 2 p.m. on 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 865-425-3999 to reserve a spot soon. Take this refresher course and be a safer driver!

LOW VISION RESOURCE GROUP The Low Vision Resource Group will meet on March 16th at 1:30 p.m. Please join us for our special guest, Sara Gardner, a Rehabilitation Instructor for the State of Tennessee's Independent Living Services Program. She will describe the in-home program that provides training and materials to improve safety, independence and quality of life for those experiencing vision loss. She will explain how the program works, who is eligible, have applications and answer your questions. Refreshments and social time will follow.

DAY TRIP FOR A RIVERBOAT LUNCH CRUISE Join us for an adventure on the Star of Knoxville Riverboat on Wednesday, March 25th. We will leave the Senior Center at 10 a.m. and return around 5 p.m. Cost for the trip will be \$55. A buffet style lunch featuring herb-seasoned chicken, chef's choice of special vegetable, pasta salad, homemade biscuits with butter, and a piece of cobbler for dessert. Sign up soon because space is limited.

FREE CHAIR MASSAGE Join Massage Therapist Blake Loy with Living Water Massage this month for a free 15-minute chair massage. Blake will be here between 10 a.m. and 2 p.m. on Tuesday, March 31st. Please call to register soon because 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

Monday - Thursday - 9:00 a.m. to 7:00 p.m.

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

