

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com









APRIL 2026

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)</p> <p>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)</p> <p>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</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 4:30-6 Performance Tap Dance</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)</p> <p>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</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

		1)	2) Bingo Sponsored By Harmony Wellness Home Health LLC	3) Center Closed for Easter Holiday 	4) Center Closed for Easter Holiday 
6) 9:30-11 S.A.B. 2-4 Cards for a Cause Living Well with Chronic Conditions Begins Today! 	7) 10-12 Crazy About Crochet Group	8) 12-1 Noontime Knowledge: Longevity Health Workshop with Nutrition Coach Nick Gavrilov 	9) Bingo Sponsored By Ann Backus	10) MedTalk: Relax, Relate, Release: Exercising Safely with Dr. Gabrielle Brumfield 	11) 11-12 Ukulele Jam Session
13) 1-3 Bunco 2-4 Retired Teachers	14)	15) 12-1 Noontime Knowledge: New Scams in the Area with the Anderson County Sheriff's Department  <u>Don't Forget, Income Taxes are due Today!</u> 	16) Bingo Sponsored By Cheryl Bjorklund 12:15-1 Bible Trivia with Rochelle (Continue with Book of Ruth)	17) 9-12 Anderson County Veterans Services Information  12-1 Noontime Knowledge: Edward Jones Financial Wellness Workshop Part 1 	18)
20) 1:30-3:30 Low Vision Resource Group	21) 10-5 Day trip to Bush Beans Factory in Dandridge 	22) 12-1 Noontime Knowledge: Aging in Place, Making your Home Safer and More Comfortable with Realty Executives  1-5 Chair Massage with Living Water Massage  2-3:30 Senior Book Club 	23) Bingo Sponsored By ORFACE (Oak Ridge Fund For Achieving Community Excellence)	24) 12-1 Noontime Knowledge: Edward Jones Financial Wellness Workshop Part 2 	25)
27) 1-4 Canasta Hand and Foot	28)	29) 12-1 Noontime Knowledge: Enrich My Life Financial Wellness Series with Enrichment FCU 	30) Bingo Sponsored By Cornerstone Caregiving		

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

APRIL 2026

CLOSINGS The Senior Center will be closed all day on April 3rd & 4th 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.

LIVING WELL WITH CHRONIC CONDITIONS PROGRAM Patricia Paden with the UT Extension Office in Anderson County along with the Anderson County Health Department will be teaching this important class to help people living with chronic conditions (such as diabetes, high blood pressure, obesity, etc.) function better in taking care of their respective conditions and help them to live better lives. Classes will be held on Mondays from noon to 2 p.m. from April 6th through May 11th.

DAY TRIP TO BUSH BEANS FACTORY Join us for a trip to the Bush Beans Factory and then lunch at the Taste of Dandridge Restaurant on Tuesday, April 21st. We will leave the Senior Center at 10 a.m. and return around 5 p.m. Cost for transportation will be \$10 with the cost of lunch on your own. Sign up in the office soon because space is limited.

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

Longevity Health Workshop – Nutrition Coach Nick Gavrilov will be here on Wednesday, April 8th at noon to give an overview of how having healthy habits can help you be healthier and live longer. Please sign up at the front desk.

Senior Scams – Officer Greg McBroom with the Anderson County Sheriff's Department will be here Wednesday, April 15th at noon to discuss the different types of fraud that is showing up in our area as what might be coming our way and how you can keep yourself as safe as possible.

Aging in Place, Making your Home Safer and More Comfortable – Melanie Carter with Realty Executives will be here on Wednesday, April 22nd at noon to discuss steps you can take now and, in the future, to be able to stay in your own home as long as it is safely possible.

2-Part Financial Wellness Seminar – Join Brandon Newman with Edward Jones for a more in depth look at your financial situation on both Friday, April 17th and 24th at noon. Please note that you are committed to attend both sessions when you sign up.

Enrich My Life Financial Wellness Series – Enrichment Federal Credit Union is excited to host its first financial wellness seminar for participants at the Oak Ridge Senior Center at noon on April 29th. Come out and learn more about keeping your finances sound in retirement. Sign up to save a spot in this informative session.

MED TALK WITH MMC Relax, Relate, Release: Exercising Safely – Regular exercise is an important way to keep yourself healthy as you age. However, due to illnesses such as arthritis, diabetes, and hypertension, in many cases we can't move the same way as we used to move. In this MED Talk on Friday, April 10th at noon, Dr. Gabrielle Brumfield will teach participants chair exercises and ways to safely move their body at home and become healthier in the process.

LOW VISION RESOURCE GROUP The Low Vision Resource Group will meet on April 20th at 1:30 p.m. The topic will be "How and when can a white cane help you with your vision loss." Using a white cane can reduce your stress and increase your safety and should be seen as a tool in your toolbox. It's not a symbol of dependence, failure, or weakness, just the opposite, and you can use one when you need it and when it serves you. Come to our program on the different ways our members use canes, different types of canes, and different programs for learning how to use canes to travel and get around safely and with confidence. Leader dogs for the blind will be our guest speaker virtually from Michigan, telling us about their Orientation and Mobility program teaching people how to navigate and travel safely with a white cane. Refreshments will be served with social time at the end of the meeting.

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 1 p.m. and 5 p.m. on Wednesday, April 22nd. Please call to register soon because spots will fill up fast!

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

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

