

# OAK RIDGE SENIOR CENTER

Check out our website at [www.oakridgeseniorcenter.com](http://www.oakridgeseniorcenter.com)













# MAY 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
<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 12-2 Living Well with Chronic Conditions	<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 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 (Last Day May 20 <sup>th</sup> . Restart in September) 4:30-6 Performance Tap Dance	<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 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

 No Pickleball on May 7 <sup>th</sup> and the Last Day for Indoor Pickleball will be May 28 <sup>th</sup> . Play will be moving Outdoors to the ORHS and/or the Jackson Square Tennis Courts for June and July!			1) 9-12 Anderson County Veterans Services Information  2) 12-2 SINGO with Wisdom Insurance		
4) 9:30-11 S.A.B. 2-4 Cards for a Cause 	5) Closed for Election Day 	6) 12-1 Noontime Knowledge: Diabetic Shoes with Buckeye Medical 	7) Bingo Sponsored By Harmony Wellness Home Health LLC  No Indoor Pickleball Today!	8)	9) 11-12 Ukulele Jam Session
11)	12) 10-12 Acuity Hearing Center Ear Canel Screening	13) 9-1 CarFit Check Up 	14) Bingo Sponsored By Edward Jones	15)	16)
18) 1:30-3:30 Low Vision Resources Group	19) 10-5 Lost Sea Day Trip 	20) 12-1 Noontime Knowledge: The Benefits of a Home Inspection with Realty Executives  1-5 Chair Massage with Living Water Massage	21) Bingo Sponsored By Ann Backus 12:15-1 Bible Trivia with Rochelle (Complete the Book of Ruth)	22)	23)
25) Center Closed for Memorial Day 	26)	27) 12-1 Noontime Knowledge: Enrich My Life Financial Wellness Series #2 with Enrichment FCU  2-3:30 Book Club	28) Bingo Sponsored By Harmony at Home  Last Day for Indoor Pickleball!	29)	30)

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      MAY 2026

**CLOSINGS** The Senior Center will be closed on Tuesday, May 5<sup>th</sup> for Election Day. We will also be closed on May 25<sup>th</sup> for Memorial Day. Indoor Pickleball will be closed on May 7<sup>th</sup>.

**DAY TRIP TO THE LOST SEA** Join us for a trip to discover the Lost Sea in Sweetwater, TN on Tuesday, May 19<sup>th</sup>. The tour is a three-quarter mile round-trip that lasts about 1 hour and 15 minutes. During your visit, you will gain insights into the caverns' captivating history and observe remnants of its past use by Cherokee Indians, Confederate soldiers, and a colossal prehistoric Jaguar from over 20,000 years ago. Cost for the trip is \$35 and lunch will be on your own at Michaels's Restaurant in Athens, TN. Sign up at the main office as soon as possible because space is very limited. Be at the Senior Center by 9:45 that day because we will leave promptly at 10 a.m. and return around 5 p.m. **Be aware: This trip requires a lot of walking.** If you have more specific questions, please check with the front office.

**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 spot.

**Diabetic Shoes** – Buckeye Medical Supply will be here on Wednesday, May 6<sup>th</sup> at noon to discuss the differences of diabetic shoes verses regular shoes. They will also talk about how these shoes can be covered as an insurance benefit in many cases.

**The Benefits of a Home Inspection (Even If You Aren't Selling)** – Melanie Carter will be here on Wednesday, May 20<sup>th</sup> at noon to discuss why getting a home inspection on a regular basis can benefit you whether or not you are thinking about selling your home.

**Enrich My Life Financial Wellness Series # 2**– Enrichment Federal Credit Union is excited to host its second financial wellness seminar for participants at the Oak Ridge Senior Center at noon on May 27<sup>th</sup>. Come out and learn more about keeping your finances sound in retirement. This month's focus will be on budgeting better. Sign up to save a spot in this informative session.

**EAR CANAL SCREENING** Acuity Hearing Services will be here between 10 a.m. and 12 p.m. on May 12<sup>th</sup> to check your ear canal for blockages or other issues that may be affecting your hearing. Please call or stop by the front desk to reserve a spot!

**CARFIT CHECK** The Oak Ridge Senior Center in conjunction with AAA and the AARP will be sponsoring a spring CarFit check on Wednesday, May 13<sup>th</sup> 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!

**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, May 20<sup>th</sup>. Please call to register soon because spots will fill up fast!

## 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 28<sup>th</sup>**.

### 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**

