

OAK RIDGE SENIOR CENTER

JUNE 2026













Check out our website at www.oakridgeseniorcenter.com

Phone: (865) 425-3999

WEEKLY SCHEDULE

MON 9AM-7PM	TUE 9AM-7PM	WED 9AM-7PM	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	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 4:30-6 Performance Tap Dance	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 9:30-12 Mahjongg

This Month's Non-Weekly Events

1) 9:30-11 S.A.B. 2-4 Cards for a Cause 	2) 10-12 Crazy About Crochet Group	3)	4) Bingo Sponsored By Harmony Wellness Home Health LLC	5) 9-12 Anderson County Veterans Services Information  12-1 MedTalk: Basic First Aid with Dr. Elaine Bunick 	6)
8) 1-4 Bunco	9)	10) 12-2 SINGO with Wisdom Insurance 	11) Bingo Sponsored By Wisdom Insurance	12) 12-1 MedTalk: Completing Your Personal Medical Record with Dr. Elaine Buncik 	13) 9:30-12:30 Oak Ridge Camera Club: Cellphone Photography  11-12 Ukulele Jam Session
15) 1:30-3:30 Low Vision Resource Group	16)	17) 10-2 AARP Drivers Safety Class  1-4 Summer Craft Day	18) 10-2 AARP Drivers Safety Class  Bingo Sponsored By Maxium Health 12:15-1 Bible Trivia with Rochelle (Complete the Book of Ruth)	19)	20)
22) 1-4 Canasta: Hand and Foot	23) 9-7 Day Trip to Rock City 	24) 12-1 Noontime Knowledge: Built to Last with KOA and Melanie Carter  2-3:30 Senior Book Club 	25) Bingo Sponsored By Courtyards Senior Living	26)	27)
29)	30)	 Don't Forget Pickleball is Outside for the Months of June and July!			

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

JUNE 2026

OAK RIDGE CAMERA CLUB “Cell Phone Photography” Join the Oak Ridge Camera Club on Saturday, June 13th at 9:30 a.m. to learn how to take professional type pictures with your cell phone. Call to sign up for this class as soon as possible.

DAY TRIP TO ROCK CITY Join us on June 23rd 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 of the trip is \$35 with the cost of lunch on your own. Sign up in the office soon because space is limited.

LOW VISION RESOURCE GROUP The Oak Ridge Low Vision Resource Group will host a special program on Monday, June 15, from 1:30 PM to 3:30 PM featuring Julie Palmer from Signal Centers in Chattanooga. Signal Centers provides a wide range of services for people in East Tennessee with vision loss and other disabilities, including assistive technology training, device demonstrations, orientation and mobility support, independent living skills, and device loan programs. Julie will discuss available resources and services for individuals with low vision and blindness and will also bring adaptive technology devices for attendees to see and try firsthand. This will be an excellent opportunity to learn about tools and services that can help increase independence and quality of life.

AARP SENIOR DRIVER SAFETY PROGRAM This 8-hour class is held in two four-hour sessions. The first class will be held on Wednesday, June 17th and the second class will be held on Thursday, June 18th. 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!

SUMMER CRAFT “Surprise” Join Senior Center Staff on June 17th 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.

MEDTALK There are several MedTalks this month. Check out the programs below and make sure to call to sign up.

Basic First Aid– Join Dr. Elaine Bunick on Friday, June 5th at noon to learn the basics of first aid that everyone should know.

Personal Health Information–Can remember how many medications you are taking when you go to a new doctor? When did you actually have your last surgery? As we age, it can be hard to remember this information. Join Dr. Elaine Bunick at noon on Friday, June 12th and get the tools to help keep all this information in one place and have it ready when needed.

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

Built to Last with the KOA Program– Melanie Carter with Realty Executives and KOA Strength and Fitness Owner Kelley Rubish will be here on June 24th 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 15th, 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

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

