

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com

JULY 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
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 1:30-2:30 Tai Chi for Seniors 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

Indoor Pickleball Starts Back in the Civic Center Gym on Monday, August 3 rd . Days and times as well as skill levels will remain the same. Any questions, give us a call at 865-425-3999. 	1) New Tai Chi for Seniors Class Begins Today at 1:30 p.m.! 	2) Bingo Sponsored By Harmony Wellness Home Health LLC 	3) Center Closed 	4) Center Closed 
6) 9:30-11 S.A.B. 2-4 Cards for a Cause 	7) 10-12 Crazy About Crochet Group 	8) 12-1 Noontime Knowledge: Legal Aid Society Overview of Programs and Services 	9) Bingo Sponsored By Edward Jones 2-4 Santa's Workshop 	10) 12-1 Noontime Knowledge: How to Get Affordable Hearing Aids with Life Frequency 1-2 SINGO with Wisdom Insurance 
13) 12-1 Noontime Knowledge: Recognizing Signs of Severe Illness with South College Pharmacy Students 1-4 Bunco 	14) 	15) 11:30 – 5 Senior Citizens' Day at the Anderson County Fair 	16) Bingo Sponsored By Ace Pickleball 12:15-1 Bible Trivia with Rochelle (Bible Miracles) 	17) 9-12 Anderson County Veterans Services Information 9-2 Hearing Screening with Life Frequency 
20) 1-3 Stay Safe and Confident Online with Tech-Ease 1:30-3:30 Low Vision Resource Group 	21) 	22) 12-1 Noontime Knowledge: Empowered By Nature: Simple, natural solutions for everyday wellness with Realty Executives 2-3:30 Senior Book Club 	23) Bingo Sponsored By Bob's Washboard Laundromat 12:30-1:30 Coffee and Conversation: Keystone Adult Day Program 2-4 Santa's Workshop  	24) 11-2 Science Expo with the  Including a Talk by CEO and Director Alan Lowe at Noon
27) 10-12 Tech-Ease Workshop Topic TBA (Must Have Attended "Stay Safe and Confident Online" Class to Sign up) 1-4 Canasta: Hand and Foot	28) 10-12 Tech-Ease Workshop Topic TBA (Must Have Attended "Stay Safe and Confident Online" Class to Sign up)	29) 12-1 Noontime Knowledge: Enrich My Life Financial Wellness Series, Investing with Enrichment FCU 	30) Bingo Sponsored By Anne Backus	31) 8:30-12:30 Senior Trip to Tour DOE facilities and Museums 

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

JULY 2026

CLOSINGS The Senior Center will be closed on Friday and Saturday, July 3rd and 4th, for the Independence Day Holiday and will reopen for normal hours on Monday, July 6th.



TAI CHI FOR SENIORS Tai Chi is an easy to learn movement program designed especially for seniors. Participants choose movements they are comfortable doing and movements they enjoy, creating relaxed and personalized experience. These gentle movement principles help to improve balance, mobility, coordination, posture, flexibility and relaxation. Classes are led by Mel Griggs, retired police chief and lifelong martial artist with over 60 years of martial arts experience. They will be held on Wednesday afternoons at 1:30 p.m. to 2:30 p.m. Call to sign up!

SENIOR CITIZENS DAY AT ANDERSON COUNTY FAIR Wednesday, July 15th, from 11:30 a.m. to 5 p.m. at the Fair Grounds in Clinton, with free admission for those 60+. Refreshments and Musical Entertainment start at 11:30 a.m., the Program at 12:30 p.m., and Ice Cream Party at 1:30 p.m. Free goodie bags while they last as well as door prizes donated by area Senior Service providers.

HEARING SCREENING Luke Amos with Life Frequency PLLC will be here to provide hearing screenings from 9 a.m. to 2 p.m. on July 17th. Please call to reserve a spot!

OAK RIDGE CAMERA CLUB PRESENTATION Join the Oak Ridge Camera Club on July 18th at 9:30 a.m. for a presentation on "The Basics of Night Photography" by Jeff Parlow. Jeff is an excellent photographer and was recently featured on a YouTube podcast with Crossville photographer Ron Durant. His images of the night sky in Joshua Tree National Park are stunning. Check out his work at happyhollowphotography.com. The session is free, but registration is required.

TECHNOLOGICAL LITERACY FOR SENIORS Lunch for Literacy has partnered with the Oak Ridge Senior Center to help provide technological education for all seniors. On July 20th at 1 p.m. The non-profit organization, Tech-Ease, will present an overview entitled "Stay Safe and Confident Online." This presentation will show you how to use technology to benefit your day-to-day life and how to be safe and secure while doing it. **Please sign up for this important session because space is limited.** Other workshops will be provided later in the month depending on which subjects are most requested at this event.

LOW VISION RESOURCE GROUP Celebrate America's 250th Birthday with the Low Vision Resource Group at our July Indoor Picnic on Monday, July 20, from 1:30 to 3:30 p.m. Everyone is welcome to enjoy great food, conversation, activities, and door prizes. If you'd like, bring a souvenir, keepsake, or memory from a special place you've visited in the United States and share your story with the group. We'll also have adaptive aids, tools, and technology on display so everyone can learn about resources that can make everyday tasks easier and support greater independence. If you would like to bring an appetizer or dessert to share, please do—but most importantly, join us whether or not you are able to bring anything.

COFFEE AND CONVERSATION: Keystone Adult Day Program will have a table in the lounge area from 12:30 p.m. To 1:30 p.m. before Bingo on June 23rd. Grab a cup of coffee and stop by the table to find out what the Keystone Program does and how it can help you and your family members who have dementia or other cognitive impairment.

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

Legal Aid Society Overview of Programs and Services – Join the Legal Aid Society on July 8th at noon to get a better understanding of what Legal Aid does for the community and how they may be able to help you and/or your loved ones.

How to Get Affordable Hearing Aids - On Friday July 10th at noon, Luke Amos with Life Frequency will be here to talk about how you can get affordable hearing aids using your insurance. There will also be Krispy Kreme Doughnuts while they last!

Recognizing Signs of Severe Illness- Join the Pharmacy Students of South College on Monday, July 13th at noon to learn the signs of illnesses such as stroke, heart attack, etc. and to also play some fun games as well.

Empowered By Nature: Simple, Natural Solutions for Everyday Wellness – Melanie Carter with Realty Executives will be here on Wednesday, July 22nd at noon to discuss how to use essential oils to improve your overall health and wellness.

Enrich My Life Financial Wellness Series: Investing – Enrichment Federal Credit Union is excited to host its next financial wellness seminar for participants at the Oak Ridge Senior Center at noon on July 29th. Come out and learn more about keeping your finances sound in retirement. This month's focus will be on investing. Sign up to save a spot in this informative session.

SCIENCE EXPO WITH AMSE The American Museum of Science and Energy will be at the Oak Ridge Senior Center on Friday, July 24th 11 a.m. to 2 p.m. with fun science filled activities including a Geiger counter demonstration and a talk about the Oak Ridge Discovery Foundation and the nuclear renaissance that is currently taking place in Oak Ridge by AMSE CEO and Director Alan Lowe at noon. Please call to sign up for this informational talk about the future of our area.

SENIOR DAY TRIP TO TOUR DOE FACILITIES Are you new to the area and want to know more about the "Secret City"? Or did you or a family member work at one of the Department of Energy facilities? Either way this tour is for you! This will be a group tour starting from the American Museum of Science and Energy at 115 East Main Street. Please arrive by 8:15 for a tour start at 8:30 a.m. The tour will include stops at the K-25 History Museum, the Oak Ridge National Lab, and the Y-12 New Hope Visitor Center. Cost of the tour is \$20, and **everyone must bring a valid and non-expired ID.** Participants should wear comfortable shoes and bring your own water (the only refreshment allowed on the bus). You may also want to bring some money for gift shops at the AMSE and K-25 site. Please make sure you **do not bring** recording equipment, large bags, weapons of any kind, and food or beverage other than bottled water. The tour will arrive back at the AMSE at 12:30 p.m. where you will be able to tour the museum. Sign up at the Senior Center front desk before it fills up!

COMING IN AUGUST

SENIOR DAY AT THE OUTDOOR POOL Save the date for Wednesday, August 5th from 10 a.m. to 1 p.m. for our Annual Senior Day at the Outdoor Pool. There is no cost for Seniors 50 and up on this day and you will have the pool all to yourselves! However, please give us a call at 425-3999 by Wednesday, July 29th to be counted for lunch.

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

