

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com

AUGUST 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
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	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 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 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 on Monday August 3rd!			 Line Dancing taking a break until September		1)
3) 9:30-11 S.A.B. 1-3 Stay Safe and Confident Online with Tech-Ease 2-4 Cards for a Cause <u>Indoor Pickleball Is Back Today!</u> 	4) 10-12 Crazy About Crochet Group	5) 10-1 Senior Day at the Outdoor Pool (Senior Center Building Opens at 1 p.m. Today) <u>No Bible Study Today!</u> 	6) Closed for Election Day 	7) 9-12 Anderson County Veterans Services Information 12-1 Noontime Knowledge: Legal Aid Power of Attorney Clinic 	8) 11-12 Ukulele Jam Session
10) 1-4 Bunco	11)	12) 12-1 Noontime Knowledge: RECA Benefits 	13) Bingo Sponsored By Buckeye Medical 12:30-1:30 Coffee and Conversation: Keystone Adult Day Program 2-4 Santa's Workshop 	14) 12-1 Noontime Knowledge: Fall Classes at ORICL 1:30-2:30 SINGO with Wisdom Insurance 	15)
17) 9-10 Nature Poetry Workshop with Oak Ridge Poet Laureate John C. Mannone -Day 1 at UT Arboretum 1:30-3:30 Low Vision Resource Group 	18) 10-12 Nature Poetry Workshop with Oak Ridge Poet Laureate John C. Mannone – Day 2 at Senior Center 	19) 12-1 Noontime Knowledge: Spotting Fraud with Enrichment FCU 	20) Bingo Sponsored By Enrichment FCU 12:15-1 Bible Trivia with Rochelle	21)	22)
24) 1-4 Canasta: Hand and Foot	25)10-6 Day Trip to Cumberland County Playhouse for “Heartbreak Hotel” 	26) 12-1 Noontime Knowledge: Creating a Life Notebook for Peace of Mind with Realty Executives 2-3:30 Senior Book Club 	27) Bingo Sponsored By The Home Option 2-4 Santa's Workshop 	28) 12-1 Noontime Knowledge: What about dementia and dementia care with Keystone Adult Day Program 	29)
31)					

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

AUGUST 2026

CLOSINGS The Senior Center will be closed on Wednesday, August 5th until 1 p.m. for Senior Day at the Outdoor Pool and will also be closed on Thursday August 6th for Election Day.

TECHNOLOGICAL LITERACY FOR SENIORS One more chance to attend this important program that was offered last month! Lunch for Literacy has partnered with the Oak Ridge Senior Center to help provide technological education for all seniors. On August 3rd 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.



SENIOR DAY AT THE OUTDOOR POOL Join us at the Oak Ridge Outdoor Pool at 172 Providence Road on Wednesday, August 5th from 10 a.m. to 1 p.m. for our Annual Senior Day at the Outdoor Pool. There will be fun games, door prizes and a light lunch at 11:30 a.m. while it lasts! There is no cost for Seniors 50 and up and you will have the pool all to yourselves!

OAK RIDGE LOW VISION RESOURCE GROUP Board-certified ophthalmologist and glaucoma specialist Dr. Eric Speckner of The Eye Center of Oak Ridge will give a presentation on eye health as well as vision conditions and answer audience questions at the Low Vision Resource Group meeting on Monday, August 17, from 1:30 to 3:30 p.m. Individuals with vision concerns, as well as family members, caregivers, and anyone interested in learning more about eye health, are welcome to attend. Please call to sign up.

2-DAY NATURE POETRY WORKSHOP Join the City of Oak Ridge's official Poet Laureate, John Mannone for a workshop on writing nature themed poetry. On Monday, August 17th participants will meet at the UT Arboretum, located at 901 S Illinois Ave, Oak Ridge, TN at 9 a.m. to tour the arboretum and get inspired by nature. Then on Tuesday, August 18th participants will meet at the Senior Center from 10 a.m. to noon to discuss and write poetry.

DAY TRIP TO CUMBERLAND COUNTY PLAYHOUSE Join us for a trip to see "Heartbreak Hotel" at the Cumberland County Playhouse on Tuesday, August 25th. This musical will cover the life and times of the King himself. We will leave the Senior Center at 10 a.m. and return around 6 p.m. Cost for the trip will be \$45. Lunch will be on your own. Sign up in the office soon because space is limited.

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

Power of Attorney Clinic – Legal Aid will be here on August 7th at noon to discuss the different types of Power of Attorney, how each works and important issues to consider when choosing of person to be your Power of Attorney.

RECA Benefits – What is RECA (Radiation Exposure Compensation Act) and can it benefit me or someone I care about? Join Taylor York with Quality Private Duty Care on August 12th at noon to learn more about this government program that can provide a cash payment for people living in the Oak Ridge area who have suffered various illnesses. Taylor will discuss who qualifies for the program, what illnesses are covered and how to file claims.

ORICL Fall Classes – Join Pat Bryan with ORICL (Oak Ridge Institute for Continued Learning) on August 14th to learn about ORICL and find out what interesting classes will be offered in the fall semester.

Fraud Awareness – Join Enrichment Federal Credit Union on August 19th at noon to learn more about how to keep your information safe and secure and prevent fraud at every turn.

Creating a Book of Life – Join Melanie Carter with Realty Executives on August 26th to learn how to help your loved ones be prepared when the unexpected happens. This class will help you to organize the important parts of your life to make this much easier.

What about dementia and dementia care? – Join Phylis Spangler, Executive Director of Keystone Adult Day Program on August 28th to talk about the many options for dementia care and the ways we can take care of those we love the most.

COMING IN SEPTEMBER:

GRANDPARENTS DAY Save the date and plan to join us for Grandparent's Day at the Senior Center from 9 a.m. to 1 p.m. on Saturday, September 5th. Bring your kids and grandkids to see how much fun you are having at the Senior Center!

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

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