

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com

SEPTEMBER 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
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 1:30-2:30 Tai Chi for Seniors 3-4 Exercise for Fun 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 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) 10-12 Crazy About Crochet Group	2) Tai Chi for Seniors Starts Today! (Must already be signed up from July) 	3) Bingo Sponsored By Harmony Wellness LLC Line Dancing Restarts Today at 3 p.m. 	4)	5) 9-1 Grandparents Day 
7) Senior Center Closed for Labor Day Holiday 	8)	9) 12-1 Noontime Knowledge: Scams in Our Area with the Anderson County Sherriff's Department 	10) Senior Center Closing at 1 p.m. for Atomic Fall Fest 	11) Senior Center Closing All Day for Atomic Fall Fest 	12) Senior Center Closing All Day for Atomic Fall Fest 
14) 9:30-11 S.A.B. 12-1 Noontime Knowledge: Healthy Smiles, Healthy Lives: Caring For Your Teeth at Any Age with Mountain Dental 1-4 Bunco 2-4 Cards for a Cause 2-4 Retired Teachers 	15) 10-12 Ear Canal Screening with Acuity Hearing 	16) Exercise for Fun Class Restarts at 3 p.m. Today!	17) Bingo Sponsored By Edward Jones 12:30-1:15 Bible Trivia in the Lounge with Rochelle 1-3 Water Color with Ohana	18) 12-1 Noontime Knowledge: Personal Safety with the Anderson County Sherriff's Department 	19)
21) 1:30-3:30 Low Vision Resources Group	22)	23) 12-1 Noontime Knowledge: Elder Law Essentials with Enrichment FCU 2-3:30 Senior Book Club 	24) 10-11 Jefferson Middle School Orchestra and Chorus Concert (Energizing Exercise Cancelled Today) Bingo Sponsored By Courtyards Oak Ridge 2-4 Santa's Workshop 	25)	26)
28) 1-4 Canasta-Hand and Foot	29) National Coffee Day (Come by the Office for Fancy Coffee!) 	30)	 No Indoor Pickleball on September 7 th , 9 th , 10 th , 15 th , 16 th , 17 th , 21 st , 22 nd , and 28 th through October 1 st . Outdoor play is available at the Jackson Square and ORHS Tennis Courts.		

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

SEPTEMBER 2026

CLOSINGS The Senior Center will be closed for the Labor Day Holiday on Monday, September 7th. **The S.A.B. meeting has been moved to Monday, September 14th at 9:30 a.m. because of the holiday.** The Senior Center will also be closed on September 10th starting at 1 p.m. and continuing the 11th and 12th for the Atomic Fall Festival. Come and check out this fun fall festival! The Civic Center Gym has several days that will be closed in the month of September. No Pickleball on September 7th, 9th, 10th, 15th, 16th, 17th, 21st, 22nd, and September 28th through October 1st.

SEVERAL CLASSES RESTARTING THIS MONTH After taking a break for a couple of months, the **Exercise for Fun** Class will be back and ready to go on Wednesday, September 16th at 3 p.m. All ability levels are welcome and most exercises can be done seated if needed. Call the front desk at (865) 425-3999 to reserve a spot as soon as possible! **Line Dancing** will restart on Thursdays from 3 p.m. to 4 p.m. beginning on September 3rd. **Tai Chi for Seniors** will also begin on Wednesday, September 2nd. The class is currently full but call the front desk to be put on the waiting list if interested.

GRANDPARENTS DAY Come celebrate Grandparents Day with us on Saturday, September 5th from 9 a.m. to 1 p.m. Bring your children, grandchildren, family and/or friends to the Senior Center to see the fun activities going on every day. We will have games, crafts, and snacks for adults and kids alike. There will also be some door prize drawings as well.

EAR CANAL SCREENING Acuity Hearing Services will be here between 10 a.m. and 12 p.m. on September 15th 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!

WATERCOLOR WITH OHANA Join Brandy with Ohana Home Care to do watercolor painting on September 17th at 1 p.m. The class is free, but you must sign up because space is limited.

OAK RIDGE LOW VISION RESOURCE GROUP The Low Vision Resource Group will host guest speaker Pam Harris via Zoom, author of "Learning to Live with Vision Loss." Ms. Harris will share her journey since becoming legally blind in 2020. As a retired educator she is now devoting her love of learning and teaching to help others with vision loss. She will share the strategies, aids, technology, and devices that have helped her, as well as ways she is sharing that knowledge in her local community and beyond. She continues to research and learn about issues related to navigating life with low or no vision, and a second book will be published this fall. Guests are welcome to attend the meeting on September 21st from 1:30 to 3:30 pm and enjoy refreshments and conversation with the Low Vision Resource Group.

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

Scams in Our Area – Officer Greg McBroome and Captain Shain Vowel with the Anderson County Sheriff's Department will be here on Wednesday, September 9th at noon to discuss area scams and how to not be taken advantage of. Join us to learn what to watch out for!

Healthy Smiles, Healthy Lives: Caring For Your Teeth at Any Age – Join us for Donuts with the Dentist as Dr. Amber and her team share simple, practical tips for keeping your teeth and gums healthy at every age. Enjoy a donut, ask questions, and discover how caring for your oral health can support your overall health and well-being. We hope to meet you, share some smiles, and see you on Monday, September 14th at noon.

Personal Safety – Officer Greg McBroome and Captain Shain Vowel with the Anderson County Sheriff's Department will be joining us again this month on Friday, September 18th at noon. This class will discuss how to keep yourself physically safer in everyday life.

Enrich My Life Financial Wellness Series: Elder Law Essentials– Join Enrichment Federal Credit Union at noon on September 23rd for this class to help you better understand essential elder law topics such as banking, powers of attorney, wills, and estate planning.

JEFFERSON MIDDLE SCHOOL ORCHESTRA & CHORUS CONCERT Come in and enjoy the beautiful sounds of the Jefferson Middle School Orchestra and Chorus on Thursday, September 24th at 10 a.m. in the AB Room of the Senior Center. (Energizing Exercise will not be held on this day.)

CENTER HOURS

Tuesday and Thursday 9:00 a.m. to 7:00 p.m.
Monday, Wednesday, 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

