

OAK RIDGE SENIOR CENTER

Check out our website at www.oakridgeseniorcenter.com

OCTOBER 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

 No Pickleball on October 1st as well as October 26th – November 8th for Gym Floor Refinishing			1) Bingo Sponsored By Harmony Wellness Home Care	2) 9-12 Anderson County Veterans Services Information 	3)
5) 9:30-11 S.A.B. 1-3 Stay Safe and Confident Online with Tech-Ease 2-4 Cards for a Cause 	6) 10-12 Crazy About Crochet Group 	7)	8) Bingo Sponsored By Edward Jones 12:30-1:30 Coffee and Conversation: Keystone Adult Day Program 2-4 Santa's Workshop 	9) 9-11:30 Flu & Covid-19 Shots with Munsey Pharmacy 12-1 Noontime Knowledge: Forever Memories with Julie Kinder-McMillian 	10)
12) 1-4 Bunco 2-4 Retired Teachers	13) 9-6 Day Trip to Cumberland Gap State Park 	14) 10-2 AARP Drivers Safety Class 	15) 10-2 AARP Drivers Safety Class (No Simply Sewing Class Today!) 12:30-1:15 Bible Trivia in the Lounge with Rochelle 1-3 Fall Crafts with Ohana Bingo Sponsored By Maxim 	16) 12-1 Noontime Knowledge: Recognizing Health Emergency Signs & BINGO with Pharmacy Students 	17)
19) 1:30-3:30 Low Vision Resource Group	20) 9-6 Day Trip to Cumberland Gap State Park 	21) 12-1 Noontime Knowledge: Enrich My Life Financial Wellness Series: Heath Insurance Information with Enrichment FCU 	22) Senior Center Closes at noon today for the Civic Center Children's Halloween Party (No Bingo or Santa's Workshop) 	23) 9-12 Flu & Covid-19 Shots with Munsey Pharmacy 12-1 Noontime Knowledge: Equip and Sip with Buckeye Home Medical 	24)
26) 12-1 Noontime Knowledge: Seller Beware with Realty Executives 1-4 Canasta: Hand and Foot 	27)	28) 12-1 Noontime Knowledge: Scam Defense Workshop with Prosperity Partners Wealth Management 2-3:30 Senior Book Club 	29) 12-1 Free Blood Pressure Check by The Home Option Bingo Sponsored By The Home Option	30) 10-1 Senior Center Halloween Trick or Treat (No Guitar Practice Today) 	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

OCTOBER 2026

OCTOBER CLOSINGS The Senior Center will close at 1 pm on Friday, October 22nd because of the Civic Center Children's Halloween Party which means no Bingo or Santa's Workshop on this day. **No Guitar Practice on October 30th for our Senior Center Halloween Party.** Also, **no Indoor Pickleball on October 1st and October 26th – November 8th.**

TECHNOLOGICAL LITERACY FOR SENIORS One more chance to attend this important program that was offered in August! Lunch for Literacy has partnered with the Oak Ridge Senior Center to help provide technological education for all seniors. On October 5th 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 to 50 participants.** Other workshops will be provided later in the month.

AARP SENIOR DRIVER SAFETY PROGRAM This 8-hour class is held in two four-hour sessions. The first class will be held on Wednesday, October 14th and the second class will be held on Thursday, October 15th. 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!

LOW VISION RESOURCE GROUP Jason Esterhuizen, Assistive Technology Specialist, with the Tennessee Library for Accessible Books and Media, will speak to the Low Vision Resource Group on Oct. 19 via Zoom. In addition to covering recent updates in services from the library, he will share how the Library is now supporting patrons' use of assistive technology through educational sessions.

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

Forever Memories – Do you have a photo mess? Join Dr. Julie Kinder-McMillan on October 9th at noon. She will explain how she can help you to SAVE, ORGANIZE, and SHARE your digital legacy of precious family memories in a safe and secure archive. Learn how your old media such as printed photos, videocassettes, reel-to-reel films, slides, etc. can be scanned/digitized and preserved alongside your current phone photos in a platform you can access and enjoy from your computer, tablet, and phone. Julie uses her 25+ years of experience as a photographer, yearbook adviser, and teacher (at Robertsville Middle School) coaching people to achieve their memory-keeping goals.

Recognizing Health Emergency Signs + BINGO– Join Pharmacy students from South College Pharmacy Program to learn about warning signs associated with stroke, heart attack and other health emergencies as well as play some bingo and win prizes!

Enrich My Life Financial Wellness Series: Health Insurance – Enrichment Federal Credit Union will be here on October 21st at noon to help you learn about health insurance essentials so that you can make informed healthcare decisions in retirement.

Equip and Sip – Buckeye Home Medical Equipment will be here on October 23rd at noon to let you try out new equipment that can make your activities of daily living much easier! They will also be serving some refreshing drinks as well.

Seller Beware! – Melanie Carter with Realty Executives will be here on October 26th at noon to talk about the ins and outs of selling your home. When is the right time? Or to be more exact when is the right time for me? She will also cover some of the many scams that people face when selling their homes in the present market.

Scam Defense Workshop – Prosperity Partners Wealth Management will be here on October 26th at noon to help you learn how today's scammers use technology, emotion, and urgency to deceive their victims. They will also identify the most common financial scams targeting individuals and families along with strategies to prevent them from happening and what to do if you think you have been the target of a scam.

FLU SHOT FRIDAY Get protected from the flu as soon as possible! Munsey Pharmacy will be here on Friday, October 9th from **9:30 a.m. to 11:30 a.m.** and on Friday, October 23rd from **9:30 a.m. to noon** to give both the flu and/or Covid shots. **Call to reserve a spot!** Make sure to bring all insurance cards you have with you on that day.

FALL FOLIAGE DAY TRIP TO CUMBERLAND GAP Join the Senior Center for a day trip to Cumberland Gap State Park to see all the beautiful color changes in the leaves on either October 13th or October 20th. The van will be leaving the Senior Center at 9 a.m. and returning around 6 p.m. Cost for the trip is \$10 and lunch will be on your own at The Old Town Grill.

SENIOR CENTER HALLOWEEN TRICK OR TREAT Come visit us on Friday, October 30th between 10 a.m. to 1 p.m. for a spooky good time! Dress up in your favorite costume and be entered to win an awesome door prize! We will have lots of treats and maybe a few tricks.

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

