OAK RIDGE SENIOR CENTER

NOVEMBER 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
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 12-2 Take Charge of Your Diabetes	**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

2) 2-4 Cards for a Cause	3) Closed for Election 	4)	5) Bingo Sponsored By Harmony Wellness LLC 2-4 Santa's Workshop 	6) 9-12 Anderson County Veterans Services Information  9-12 Flu & Covid-19 Shots with Munsey Pharmacy 	7)
9) 9:30-11 S.A.B. 1-4 Bunco 2-4 Retired Teachers Take Charge of Your Diabetes Class Starts Today! 	10) 10-12 Anatomy of Poetry Part 1 with John C. Mannone 10-12 Crazy About Crochet Group 10-12 Monthly Tech Help from Tech-Ease	11) 10-1 Veterans Day  12-1 MedTalk: Vison and Hearing: Protecting Your Health and Independence with Dr. Seta Ellis	12) Bingo Sponsored By Home Wellcare 2-4 Santa's Workshop 	13) 10-12 Anatomy of Poetry Part 2 with John C. Mannone 12-1 Noontime Knowledge: Getting Long-Term Care Planning Right with Prosperity Wealth Partners 	14)
16) 12-1 Noontime Knowledge: Holiday Shopping and Scam Prevention with Connected Nation  1:30-3:30 Low Vision Resource Group 4-5:30 Public Transportation Listening Session	17)	18) 12-1 Noontime Knowledge: Enrich My Life Financial Wellness Series: Keeping Your Information and Money Safe During the Holidays with Enrichment FCU  2-3:30 Senior Book Club	19) Bingo Sponsored By Cheryl Bjorklund 1-3 Fall Crafts with Ohana	20) 12-1 Noontime Knowledge: Home Equity Gains - Myths and Facts with Realty Executives 	21)
23) 12-1 Noontime Knowledge: Personal Safety with the Anderson County Sherriff's Department  1-4 Canasta: Hand and Foot	24)	25)	26)  Center Closed	27) Center Closed	28) Center Closed
30)	 The Recreation Center Gym will be closed for Floor Refinishing through November 15th. Indoor Pickleball will Re-open on November 16th			 Don't forget to set back your clocks on Saturday night, October 31st and change Batteries in your Smoke Detectors!	

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 NOVEMBER 2026

DAYLIGHT SAVINGS TIME ENDS Daylight savings time ends on Saturday, October 31st. Make sure to set back your clocks before bedtime and check the batteries in your smoke detectors.

NOVEMBER CLOSINGS The Senior Center will also be closed all day for Election Day on November 3rd and for the Thanksgiving Holidays, Thursday, Friday, and Saturday November 26th, 27th & 28th. **NO BINGO on November 26th.** The **Recreation Center Gym will be closed for Floor Refinishing through November 15th**. Indoor Pickleball will Re-open on November 16th. Also, **no Indoor Pickleball on November 19th and 26th.**

FLU SHOT FRIDAY It's your last chance to get protected from the flu at the Senior Center! Munsey Pharmacy will be here on Friday, November 6th from **9:30 a.m. to noon**. They have the Covid vaccination back in stock. **Call to reserve a spot!** Make sure to bring all insurance cards you have with you on that day.

LOW VISION RESOURCE GROUP The Low Vision Resource Group will meet on Monday, November 16th at 1:30p.m. The group will have Table Topics with several of its members sharing assistive tools and resources they have found helpful. An open forum for Q&As will allow everyone to share and learn from each other. The group will also discuss topics for 2027.

TAKE CHARGE OF YOUR DIABETES Patricia Paden with the UT Extension Office for Anderson County will be teaching this fun, skill building class that can help you better manage your diabetes. The class will be held on Mondays from 12 p.m. to 2 p.m. starting on November 9th. Space is limited so sign up soon!

ANATOMY OF POETRY (Part 1 and 2) These two workshops will be held on November 10th and 13th from 10 a.m. to noon each day. Oak Ridge City Poet Laureate, John C. Mannone, will cover the distilled essential elements of poetry, and how they work together lifting the work to another level. It will involve a detailed discussion on LLIMS: Language (and the importance of Literary Depth), all sensory Imagery, the Music of words (which transcends meter and rhyme), and an often overlooked critical element, Structure. There might be generative portions depending on the needs/desires of the attendees. This is a two part class so please plan on attending both days.

VETERANS DAY DROP IN RECOGNITION A drop-in recognition for area Veterans will be held on Wednesday November 11th from 10:00 a.m.-1:00 p.m. Musical entertainment will be provided by the Golden Eagles, and all veterans will receive a goodie bag and will be entered to win door prizes. Light refreshments will be available. Sign up at the front desk or call 425-3999 by **November 6th** so we have an accurate count of veterans attending.

MEDTALK **"Vison and Hearing: Protecting Your Health and Independence"** Your vision and hearing play a vital role in staying safe, active, and connected. Changes in sight or hearing can affect everyday activities, increase the risk of accidents, and impact your overall quality of life. Join Dr. Seta Ellis on Wednesday, November 11th to discuss the warning signs to watch for, why early action matters and how to take charge of your health.

PUBLIC TRANSPORTATION LISTENING SESSION The City of Oak Ridge is inviting citizens to attend a listening session on Monday, November 16th from 4 p.m. to 5:30 p.m. to share feedback about Oak Ridge Transit services. City staff and representatives from the East Tennessee Human Resource Agency (ETHRA) will be available to hear directly from riders and community members about their experiences using Oak Ridge Transit. The session will provide an opportunity for participants to discuss what is working well and identify areas for improvement. There is also a virtual option by going to*:* oakridgetn.gov/transitmeeting

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

Getting Long-Term Care Planning Right – Join Prosperity Wealth Partners on November 13th at noon to learn the basics of long-term care planning and why it's an important part of a financial plan. Also, what long-term care typically covers—and what it doesn't and how life insurance may help play a role in funding future long-term care needs.

Holiday Shopping and Scam Prevention – Paige with Connected Nation will be here on Monday, November 16th at noon to help you learn how to shop safely online this season as well as how to spot holiday scams and what to do if you think you have might have been scammed.

Enrichment Federal Credit Union Financial Wellness Series: Keeping Your Information and Money Safe During the Holidays – Join April with Enrichment Federal Credit Union on November 18th at noon to Learn about keeping yourself and your money safe this holiday season.

Personal Safety – Officer Greg McBroome and Captain Shain Vowel with the Anderson County Sherriff's Department will be joining us again this month on Wednesday, November 4th at noon. This class will discuss how to keep yourself physically safer in everyday life.

Home Equity Gains - Myths and Facts – Melanie Carter with Realty Executives will be here this month on Friday, November 20th at noon. She will be discussing the myths and facts about home equity and what really gives your home value and giving you a better understanding of tax value vs. fair market value.

COMING IN DECEMBER

SENIOR CENTER HOLIDAY RECEPTION Save the date for our Annual Senior Center Holiday Reception on Friday, December 11th. There will be goodie bags for attendees as well as holiday music and door prizes. This is a ticketed event so watch your email or check with the front desk for more information on how to sign up as we get closer!

CENTER HOURS
Tuesday through 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

