



The Acorn

"A great oak is a little nut that held its ground."

No Senior Eats Alone Day **Thursday, September 12 - Meals All Day!**

As part of the Department of Aging's Initiative this year to combat Social Isolation and Loneliness, we are trying to connect people to programs and services. Consider inviting a friend or neighbor and joining us at Seven Oaks for *No Senior Eats Alone Day*! We will have a free pancake breakfast at the center at 8:30 am. Our TOPS group is sponsoring the fruit trays and turkey bacon for some healthier options. Sign up in advance in the free binder so we have a headcount. We will be serving a free Eating Together Lunch at



Noon. On the menu: Chicken Cordon Blue, Orange Pineapple Juice, Yellow Rice Pilaf, Buttered Broccoli Florets, White Wheat Roll, Milk and Blueberry Crisp. Sign up on the Eating together clipboard in advance. Later that evening, members will meet for our monthly Meet-up/ happy hour from 4 pm - 6 pm at Liberatore's. All seniors will receive 10% off their meal.

Get Ready! Get Set! Get Fit! Join Our Team! 5k Run/Walk

Save the date for BCDA's 5K Run/ walk which benefits programs for seniors as well as the fitness centers. It will be held on **Sunday, September 22 at 8 am** at the CCBC Essex Campus. Please consider joining our team!!! Even if you're unable to participate that day we still want you to be part of our team! Entry fees are \$20 for seniors, \$35 for adults & \$20 for children. The first 200 that show up at the run will receive a swag bag.



There will be a (5) \$100 drawings but you must be present to win. You'll also receive a high quality performance long sleeve T-shirt and be entered in a drawing to win a 6 month fitness center membership to Seven Oaks. Pick up a registration form at the center or register online at www.getreadygetsetgetfit5K.com. Drop the form off in the director's office.

History Alive! - Tuesday, September 24 at 1 pm

Mary Ann Jung of History Alive will present her show *Sally Ride - Reach for the Stars*. In 1983, aboard the space shuttle Challenger, Sally Ride became America's first female astronaut and its youngest. What was it like to be our first woman in space? How did they have to modify the space shuttle? How do you eat, sleep and work in zero gravity? Dr. Sally Ride will delight and surprise you with her unique and challenging adventures. Everyone loves trivia and game shows so get ready to blast off in an exciting competition, "Who Wants to be an Astronaut?" An ET lunch will be served at noon. Sign up in advance for each.



The 2019 National Senior Center Month theme is:
Senior Centers: The Key to Aging Well

- see page 4

Seven Oaks Senior Center

9210 Seven Courts Drive
Baltimore, MD 21236
Phone: 410-887-5192
Fax: 410-887-5140

Travel Office: 443-608-0613
sevenoakssc@baltimorecountymd.gov
www.SevenOaksSeniors.org

Hours Of Operation
Monday - Friday
8:30 a.m. to 4 p.m.

Look inside!






September Special Events



Center Closed for Labor Day
Monday, September 2

Balance Blood Sugars and Enjoy Eating

Tuesday, September 3 10:00 am

Join Dietitian, Courtney Ferreira of Active Life Physical Therapy for a workshop on managing diabetes while still enjoying your meals. This workshop is for those with prediabetes, diabetes, or a desire to decrease inflammation. 

Fall Class Registration Begins
Wednesday, September 4

Fresh Conversations Program:


Ancient Grains Make A Comeback

Thursday, September 5 12:30 - 2:30 pm

Learn about the difference between whole grains and refined grains. Identify sources of whole grains and how much to include in your daily diet. Learn how whole grains can help to prevent constipation and other common problems.


Doug Burgess Transition Speakers Series

Friday, September 6 10:15 am

The Transition Speaker Series will have Melissa Barnickel of Baygroup Insurance educate on health insurance after group insurance is not available, including individual health insurance, Medicare Supplement, Part D and long term care planning options. Sign up ahead. 


Finding Hope & Meaning After Loss

Tuesday, September 10 10:00 am

Join Gilchrist and Seven Oaks members for the third program in this four part series. Even if you haven't attended the other parts still feel free to join in this one. Sign up ahead. 


Ice Cream Social Hosted by Kaiser

Tuesday, September 10 1:00 pm

There will be a brief chat about Medicare and a free ice cream social. An Eating Together lunch will be served at noon. Sign up in advance. 

How To Use Facebook

Wednesday, September 11 2:00 pm

Join Kathleen and Courtney to learn how to use Facebook. Bring your device with you. 

No Senior Eats Alone Day

Thursday, September 12 - All Day!

See Page 1 for details.


NARCAN Training

Thursday, September 12 1:00 - 3:00 pm

Participants will learn the following: what is an opioid? How to recognize, respond to and prevent an opioid overdose. How to administer intra-nasal naloxone to reverse an overdose. You will receive a completion certificate and a kit containing the medication. **Register Online** at www.baltimorecountymd.gov/odresponse *Pre-registration is required.* No Internet access? Call 410-887-3828. Open to the community.

Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age

Friday, September 13 1:00 pm

Jo Ann Jenkins, CEO of AARP, challenges the stereotypes of aging, showing that our later years can be just as productive, meaningful and gratifying as our primary work years. She encourages seniors to embrace opportunities and change the way we look at getting older. In the dedication of her book she captures her philosophy: 'to my (children) who inspire me to disrupt aging so they will be able to choose how they want to live and age as they grow older'. Please sign up in advance. 

Adventure Club:

Mid-Atlantic Nostalgia Convention


Saturday, September 14 10:00 am

Seven Oaks members and guests are invited to the Convention for a discounted ticket of \$10 in advance. The Convention provides attendees an opportunity to meet Hollywood celebrities, get autographs, view various collectables, check out vintage cars and more! Purchase at our front desk by 9/6. Held at the Hunt Valley Delta Hotel - 245 Shawan Road.

www.midatlanticnostalgiaconvention.com

Coping Strategies

Tuesday, September 17 10:00 am

Learn about reducing negative life events, maintaining a positive self-image, maintaining emotional balance and developing satisfying relationships with others. This is an interactive class and active participation will be encouraged. 

Friday Café

Join Us from 9:15 -10:15 am every Friday!
Chat with members and enjoy breakfast.

Please sign up in advance, for programs, in the free binder so we can plan for set-up and provide presenters with a headcount.

Healing Through Diet

Wednesday, September 18 10:30 am

During our TOPS group members will listen to this TED Talk where Dean Ornish talks about simple, low-tech and low-cost ways to take advantage of the body's natural desire to heal.



Giant Store Tour - 8905 Belair Rd.

Wednesday, September 18 11:30 am

Join Mandy Katz, a registered dietitian and Giant's in-store nutritionist, for a free "Healthy Eating" store tour. Learn how to find the healthiest items in every aisle and convenient short cuts that will make eating healthy quick and easy. Space is limited to 12.



Brain Games with Alexa

Thursday, September 19 10:15 am

Join Leslie as she has Alexa tax your brain.



Stop the Bleed

Thursday, September 19 1:00 pm

Stop the Bleed is a national awareness campaign and call-to-action. It is intended to cultivate efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Prepare yourself to assist in a bleeding emergency. This program is being offered by the Baltimore County Fire Department.



Pioneers of Education

Friday, September 20 1:00 pm

The Oblate Sisters of Providence, founded in Balto. in 1829, was the first order of African American nuns in the US. Four pious, brave women vowed to educate girls of color during a period of heightened racial restrictions. Their pioneering efforts in Catholic education grew and remained unstoppable. The Oblate Sisters have rendered 190 years of community service in the Baltimore Metropolitan region and various parts of the world. Today, their Baltimore school is known as Saint Frances Academy.

Get Ready! Get Set! Get Fit! 5k

Sunday, September 22 at 8 am

See Page 1 for details.

TED Talk: Let's End Ageism

Monday, September 23 1:00 pm

It's not the passage of time that makes it so hard to get older. It's ageism, a prejudice that pits us against our future selves. Ashton Applewhite urges us to dismantle the dread and mobilize against the last socially acceptable prejudice. Aging is not a problem to be fixed, "its a natural, powerful, lifelong process that unites us all".



Perry Hall Library Series

Tuesday, September 24 10:00 am

Join library staff at Seven Oaks for space themed brain games.

Sally Ride - Reach for the Stars

Tuesday, September 24 at 1 pm

See Page 1 for details.

All Day Bingo Extravaganza

Wednesday, September 25

Tickets are \$15 in advance and include games, door prizes, snacks and lunch. The early bird games will start at 10 am for \$1 each (arrive by 9:30 am). If you want to skip the early bird arrive around 10:30, Bingo starts at 11 am. We will take a break for lunch. On the menu: Rigatoni Bolognese from Liberatore's, salad, bread/butter, dessert and drinks. Open to the Community ages 18+. Brightview of Perry Hall is a sponsor & we'll have some game specials with a \$50 pay out!

The Benefits of Massage

Thursday, September 26 1:00 pm

Learn the benefits of seated massage, including how it can improve your mood, reduce stress and give a better sense of well being, in addition to the expected relaxation of sore and tight muscles. Experience with seniors even includes increased hand agility and reduced pain and discomfort. Demonstrations will show that this is a treatment that is easy to receive. The client is asked about the pressure, and the therapist is in tune with the client's wishes.



New Member Orientation

Thursday, September 26 2:00 pm

New members are invited to learn more about the center and the programs and services offered onsite and through the Dept of Aging.

Movie: Poms

Friday, September 27

12:45 pm

POMS is a comedy about a group of women who form a cheerleading squad at their retirement community, proving that you're never too old to 'bring it!' Rated PG13 for some language and sexual references. 1 hr. 41 min. Hot popcorn and drinks served. An ET lunch will be served at Noon for \$2.50 donation. Menus located at the front desk. Sign up for lunch by 9/25.



Outliving Your Money

Monday, September 30 1:00 pm

If the thought of outliving your money keeps you up at night, there may be options out there to extend your resources.



Senior Centers: The Key to Aging Well

September is National Senior Center Month. The 2019 theme this year is **Senior Centers: The Key to Aging Well**. This September the National Institute of Senior Centers (NISC) encourages us to show how senior centers are integral parts of aging well. They stated on their website that senior centers are the key for individuals to age healthily and also for communities to properly support older adults. Our members at Seven Oaks tell us often how the center has changed their views on aging, helped them become physically stronger with exercise classes and the use of the Fitness Center, helped them to meet others, be more social and for our many volunteers it helps give them purpose.

Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging. This month and moving forward, we challenge you to think about what the key to aging well means for YOU? Consider trying a new class or program at Seven Oaks or at one of our other 19 centers throughout Baltimore County. Check out a few of the programs on pages 2 - 3 that have a key symbol. These are programs that we feel can help you age well. As always we welcome your suggestions for classes, programs, events, etc. If you have some new idea on how we can help you age well put a suggestion in our Suggestion Box or see a staff or board member.



Stepping On Workshop Starts Friday, September 20

Stepping On is a multifaceted falls-prevention program (guest experts are invited: vision expert, pharmacist, pedestrian safety expert, PT/OT, etc.) Stepping On aims to break that cycle, engaging people in a range of relevant fall preventive strategies. Stepping On content draws on current evidence for falls prevention. The program has been proven to reduce falls. This is a **FREE 8 week class!** Please try to make all classes. **Class will be held on Fridays from 10 - 12 pm, September 20 - November 8. Sign up in the free program binder if you plan to attend.**



OctoBeerFest - Tuesday, October 22

Our Mother's Day Wine tasting event was such a big hit we decided to try it again but with Beer! Join us **Tuesday, October 22 at 12:45 pm** to sample 5 local brews paired with a 5 course meal: Beer & Cheese Dip with Soft Pretzels, Sweet & Sour Meatballs, BBQ Pulled Pork Slider, Pasta Salad and Dessert. Tickets are \$15 in advance and go on sale Sept. 16.



Please Consider Signing Up to Help Renew Membership

Beginning October 1, members at Seven Oaks will be asked to renew their membership to the center. We have over 1,900 members who need to renew their membership and it takes a village to get this done! Will you consider helping during the month of October? **Training will be offered on Tuesday, September 17 at 10am and Wednesday, September 18 at 2pm.** You must come to one of these trainings if you are going to help with registration. There are two shifts available to help with re-registration in October: 8:30 am - 12 and 12 pm - 3:30 pm and you can choose the days and times that work for your schedule. Stop by the front desk to register for a training and to select your days/times to volunteer. **Re-registration begins in October. Stop in then to renew & pick up your free gift!**

Senior Center Staff & Executive Board



Center Director: Kathleen Young
Assistant Director: Courtney Gonce
Community Outreach Specialist: Jessica Pontown
Center Custodian: Mary Bingamon
Home Team Coordinator: Barb Wilt

President:	Jim Lightner
Vice President:	Ed Konig
Treasurer:	Carol Parks
1st Asst. Treasurer:	Gene Laytar
2nd Asst. Treasurer:	Gale Griffin
Recording Secretary:	Janet Hess
Coresp. Secretary:	Edie Dietrich
Sgt. At Arms:	Gary Durandetto
Members at Large:	Walt Wujek & Betty O'Carroll
Past President:	Nancy Bach

Meeting Schedule

Executive Board Meeting:

Monday, September 16 at 1 pm

Membership Meeting:

Monday, October 28

@ 12:30 pm

Come early for lunch at noon!

\$5 in advance

Win a \$50 restaurant gift just by attending the meeting.

The Seven Oaks Executive Board are center members who are elected by the center council/ membership to hold office and make decisions on behalf of the membership. The center council and executive board work to assist staff in accomplishing the center's mission.

Seven Oaks Mission

The purpose and mission of Seven Oaks Senior Center is to provide a progressive and safe environment where seniors can find the opportunity to maintain healthy, active living. Services and assistance are available to the Perry Hall, White Marsh & surrounding communities, meeting the needs of the senior individual and their family.

BCDA Mission

The Baltimore County Department of Aging strengthens lives by providing services, programs and connections to resources.

It is the policy of the Baltimore County Department of Aging that all people who attend classes or programs at the senior center must register as a member each year.

Baltimore County Department of Aging is an equal opportunity service agency.

Minutes from the board and council meetings are posted on the bulletin board in the MPR and also available online at SevenOaksSeniors.org. The financial report is posted in the MPR.

Center Membership and Registration

Senior Center membership is free and granted to Baltimore County residents 60 years of age and older and their spouse (spouse can be under 60 years of age). Non-county residents are also eligible to register as members of the center. Members must be able to function in the center without one-on-one assistance from staff and be able to move independently (with or without assistive devices) within the center. Individuals participating in more than one center must register at each center independently. See staff for a full list of rules of participation.

Bi-Monthly Council/Membership Meetings

If you're a member of Seven Oaks then you're a member of the Council! Every other month we hold a membership meeting to discuss the business of the center and vote on financial matters. A lunch is served at noon and the meeting starts at 12:30 p.m. Members are highly encouraged to attend these meetings and to help shape the future of the center and we give away a \$50 gift card at each meeting! Have an idea or suggestion?

Please use the suggestion box located behind the front desk.



Schedule of Classes

Fall Class registration is Wednesday, September 4.
Most classes will start the week of September 30.



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Monday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:30 am	11:30 am	Craft Projects	Ward & Hepding, Vol.	Craft Room	
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo,	Vol MPR	
10:00 am	12:00 pm	Tablet/Smart Phone Help	David Yoon, Vol	Game Room	
10:30 am	12:00 pm	Spanish Continuing	Ron Browning, CCBC	Classroom	\$
10:30 am	11:30 am	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
11:45 am	12:45 am	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
11:30 am	1:00 pm	Beginner Pickle Ball	Joe Palmere, CPTP	Honeygo Regional Pk	
11:45 am	1:15 pm	Projects for Charity	Barbara Goldsmith	Craft Room	
12:30 pm	3:30 pm	Jokers Wild /*Chess	Volunteers	Classroom	
12:30 pm	3:30 pm	Mexican Train	Volunteers	Classroom	
1:00 pm	2:00 pm	Ballroom Dance	Mary Jane	MPR extension	\$
1:30 pm	3:30 pm	Watercolor Projects	Karen Ruberry, CCBC	Craft Room	\$
2:15 pm	3:15 pm	Zumba Gold	Loretta Witomski, IC	MPR-extension	\$
<u>Tuesday</u>					
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR extension	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:15 am	11:15 am	Knitting & Crocheting	Volunteers	Craft Room	
9:15 am	10:00am	Outdoor Walking	Staff	Meet at Front Desk	
10:00 am	11:00 am	Int. Line Dance	Trudy Knight, IC	MPR	\$
10:00 am	3:30 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
11:00 am	12:00 pm	Senior Rhythms	Audrey Doemling, Vol	MPR	
12:00 pm	3:00 pm	*Social Poker	Volunteers	Game Room	
12:30 pm	3:45 pm	*Social Pinochle	Volunteers	Game Room	
12:30 pm	3:30 pm	Bingo 1st & 3rd week	Ann Knoerlein, Vol.	MPR	\$
<u>Wednesday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:45 am	9:45 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:00 am	11:45 am	Bridge	Volunteers	Classroom	
9:30 am	10:15 am	Strength After 60	Instructor at BKC	Balto Kettlebell Club	\$
9:50 am	10:50 am	Int Line Dance	Joanne Allewa, Vol.	MPR	\$
9:45 am	11:30 am	TOPS (Weight Loss)	Celeste Skruch, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
11:00 am	1:00 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
12:00 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol.	Classroom	
12:00 pm	1:00 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
1:15 pm	2:15 pm	Chair Assisted Yoga	Jana Long	MPR- extension	\$
12:00 pm	3:00 pm	Hand & Foot Canasta	Volunteers	Game Room	
1:30 pm	3:45 pm	Table Tennis	Free Play	MPR ext	
1:30 pm	3:30 pm	Open Art Studio	Volunteers	Craft Room	

* Indicates that these classes are looking for new players to join their group!

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Thursday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR extension	\$
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo, Vol	MPR	
10:00 am	12:00 pm	Bridge	Volunteers	Class Room	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol.	Craft Room	
10:00 am	3:30 pm	Pickle Ball	Volunteers	Honeygo Reg Pk	
10:30 am	11:30 am	Barre Fit	Instructor at Inline	Inline Barre	\$
10:45 am	11:40 am	Senior Rhythms	Audrey Doemling, Vol	MPR-extension	
11:45pm	12:45 pm	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
12:00 pm	3:30 pm	Canasta	Volunteer	Craft Room	
12:00 pm	3:00 pm	*Social Poker	Volunteers	Game Room	
2:00 pm	3:15 pm	Yoga	Jana Long, CCBC	MPR-extension	\$

Friday

8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:30 am	Woodcarving	Ed Konig, Volunteer	Craft Room	
9:15 am	10:15 am	Friday Café	Hazel Ashworth, Vol	MPR	
9:30 am	11:00 am	Tai Chi	Jeff Herrod, IC	MPR extension	\$
10:00 am	12:00 pm	Scrabble and Other Games		Craft Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR	
12:00 pm	3:00 pm	Pickle Ball	Volunteers	Honeygo Reg. Park	
1:00 pm	3:30 pm	Stained Glass	Richard Souders, Vol.	Craft Room	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

Please Note...

- ♦ If you see a \$ symbol, there is a fee associated with that class. Generally, fee-based classes run on 10-week semester system with fees that vary depending on the specific class.
- ♦ The Baltimore County Department of Aging recommends that you check with your physician before participating in any physically demanding activity.
- ♦ See the Quarterly Course Guide for further details on class descriptions, dates and fees.

Ongoing Monthly Events & Workshops

BINGO - Tuesday, September 3 & 17 at 12:30 pm Ann Knoerlein calls out the lucky numbers for afternoon Bingo with cash prizes; cost \$7.00. An Eating Together lunch will be served at Noon for \$2.50 recommended donation. Menus are posted at the front desk. Sign up in advance for lunch.

Tablet/Smart Phone Help - Monday, September 9 & 30. Sign up for an appt with David Yoon.

Current Events - (now meeting twice a month) Wednesday, September 11 at 11:45 am & Wednesday, September 25 at 2:00 pm - Join volunteer, Joy Mays and other members to discuss current news and politics. If you'd like, bring a newspaper article to share.

Seated Massages with Doug - Thursday, Sept. 12 & Thursday, Sept. 26 - Doug Wittich, Licensed Massage Therapist is offering 10 min. chair massages in the Fitness Center 3x per month. You must fill out a brief health questionnaire before your first massage. It's only \$5 for a 10 min. massage or book back to back sessions for a longer massage for \$12. No refunds if you are a no show.

Blood Pressure - Fri, September 13 at 9:15 am Karen Kansler, RN takes your blood pressure.

Card Making Workshop - Friday, September 13 from 10:30 am-12:30 pm Students will make 3 cards to take home. Samples are available at the front desk. Cost is \$12 in advance.

Computer Troubleshooting - Monday, September 23 at 10:00 am Let Alvin Miller help you with your device. Bring your device & passwords. Sign up in advance.

Flu Shots - Friday, October 4 from 1 - 3 pm

Baltimore County Department of Aging in partnership with Pleasant Health Services, Inc. is offering: Flu shots (**Quadrivalent**) \$30, Flu shots (**FluAD**) Senior Shot \$65, Pneumonia shots (**Pneumovax23**) \$125 and Flu shot and Pneumonia shots no cost to Medicare B beneficiaries. **Other insurances accepted: Atena, Anthem, Blue Cross/Blue Shield, Care First, Cigna and United Health.** Fees may apply so please call your insurance company in advance to find out. Information about online registration forthcoming. Check or credit card payable to Pleasant Health Services, Inc. **No cash for shots will accepted at the clinics.**



Fall Pickle Ball Schedule

Play will resume at Honeygo Regional Park on Tuesday, September 3. The Fall Schedule is as follows: Mondays 11:30am - 1pm for Beginners, Tuesdays from 10am - 12:30pm Open Play & 12:30pm - 3pm for Advanced, Wednesdays 11am - 1pm Open Play, Thursdays 10 - 12:30pm Open Play & 12:30pm - 3pm Beginner Play, Fridays 12pm - 3pm for Open Play.



Congratulations to Joseph Schlee, our \$1,000 Scholarship recipient! His grandparents are Paul and Beverly Binder. We presented him with his check at Friday Cafe on 8/23.

Fitness Center

Improve your physique and enhance your overall well-being at our state-of-the-art fitness center. Great low cost of \$100 per year can't be beat. The fitness center also provides free blood pressure screenings to all center members. Receive a personalized exercise program that addresses your fitness needs for an added fee with a certified personal trainer. Personal training packages range from \$25 to \$130; see personal training pamphlet for more information. Free fitness equipment orientations are available to fitness members each month.

Fitness Center Hours: Monday-Friday 8:30 a.m. - 3:30 p.m.

Cost: \$50.00 for 6 months or \$100 for one full year

Stop in to pick up your application! Individuals must be a current senior center member and receive medical clearance in order to participate. All paperwork should be turned into staff. Once we receive your medical clearance we will sign you up for a required fitness orientation.

The next fitness center orientation for new members is:

Wednesday, September 11 & 25 at 11:15 am

Dine With Us!

Are you tired of eating at home alone? Come and dine with us! A catered lunch is offered most Tuesdays and on Friday movie days. **This month lunch is offered on September 3, 10, 17, 24 and 27.** Individuals interested in attending the meal must **sign up at the front desk at least 48 hours in advance.** A minimum of 10 participants is required in order for the center to have the lunch. Stop by the front desk to pick up a menu. Cost: Please contribute as much as you can towards the \$4.48 cost of each meal (super special meals \$5.95). If you cannot contribute the full amount, a voluntary minimum contribution of at least \$2.50 is recommended to keep this program strong. To reduce leftovers **please cancel your meal if you decide you cannot make it to the lunch.**



Get 25% off at Boscov's on Wednesday, October 16

Mark your calendar for some serious shopping on Wednesday, October 16! We'll be selling shopping passes at the front desk until the day of the event and they are valid for 25% off store wide. Please help support Seven Oaks by purchasing a shopping pass for \$5. Boscov's will have sales, prizes, food and more! Seven Oaks keeps the \$5 per shopping pass! Tell your friends, family and neighbors!



Walk MD! Join Us for a 1-2 Mile Walk in the Community

The State's Annual Walk MD event takes place from August 1 to October 15. Our Senior Center will compete with others throughout the State by logging our the physical activity which includes classes and fitness center attendance that takes place during this period. We are using a spreadsheet provided by MDOA that will turn our activities into "miles walked". Last year Seven Oaks won and was named the "Fittest Regional Senior Center". We were honored with a trophy and free lunch through the Eating Together Program. We finished up the contest with a walk around our neighborhood. Join us again this year on **Walk MD Day, October 2 at 10 am to participate in a 1-2 mile walk in our Community** led by Kathleen and Courtney! We'll start from Seven Oaks!



Consider Volunteering with Reading Buddies

Seven Oaks Senior Center partners with Seven Oaks Elementary School for a reading program with the 1st and 2nd grade classes. New volunteers are welcome to join the program. Last year the group met on Wednesday mornings at 10:15 am at the school but the day/time will not be confirmed until late September. The students read to the volunteer and the senior volunteer also reads to the children. A book from the library can be selected. A mandatory volunteer training at the school will be held mid October (or you can take it online at home if you are computer savvy). If you are interested in volunteering with the Reading Buddies program sign up at the front desk with your contact information and you'll be notified of the training and the schedule once it's confirmed with the school.

AARP Safe Driving Course

Save the date for the next Safe Driving Class offered on

**Tuesday, October 1
from 9:00am - 1:00pm**

Sign up at the front desk and make payments to
\$15 - AARP members
\$20 - Non-members



Interested in a Free Sewing Class?

One of our talented members, Chris Mikros has offered to teach a free sewing class. If you'd be interested in joining the class please put your name and number on the interest sheet in the free binder. This class would be offered on Tuesdays from 11:30 - 1:30 pm. The center has a few sewing machines that the group can share or if you own one you can bring your own. Once we see if there's an interest we will decide on a start date.

Power of Age Expo

Save the date for the largest 50+ event in MD. This year's Expo will be one day only,

**Wednesday, October 30
from 9:00am - 8:00pm**

There will be 300+ exhibitors, art exhibit, Senior Centerville—including a booth for Seven Oaks, silent auction, free health screenings and more! This event is held at the Timonium Fairgrounds.



Travel Opportunities

Travel Cell Phone: 443-608-0613

This cell phone will also be brought on trips.
Save this number in your contacts and if you need to reach the hostess during a trip call this number.

Come along for the ride!



- ♦ **Bi-Monthly Delaware Park Trips** – Sept 4 and Nov. 13. Cost \$25 with \$30 casino rebate. Bus departs at 9:30 am at Weis and boards at 3:45 pm. Sign up no earlier than the day after the prior trip. Delaware Park Trip Reminders: When signing up for the trip please fill out the chart with your DOB and player card number. On the day of the trip bring your player card and photo id.
- ♦ **Villa Roma Resorts** in the Catskill, NY. Monday, Sept. 23 - Friday, Sept. 27. Four nights, five days of fantastic food, nightly theater shows, daily activities all with a dirty dancing theme. Bring your costumes and join the fun. \$699/ double; \$835/ single. *Waitlist*
- ♦ **Dover Downs 4 x 4 Tribute** Thurs, Oct. 24 - Fri, Oct. 25. Trip includes Beatles, BeeGees, Beach Boys and Motown Tribute show, hotel stay, \$50 slot bonus, breakfast buffet. Stop at Delaware Park on return with \$30 slot bonus. \$170/ double; \$210/ single. *Waitlist*
- ♦ **American Music Theatre & Shady Maples Smorgasbord** Fri, Dec. 6. \$90. *Waitlist*

For up to date information about how many seats are left on a trip or if a trip is filled please check out the travel bulletin board by the front door.

Travel Information & Policies

- ♦ Trips are open to the public 18 years and older. All travelers over 60 years must be a member or register to be a member to travel with us. The first two weeks that a trip is advertised is reserved for center members to sign up.
- ♦ Request for special ADA accommodations must be made when you sign up for a trip.
- ♦ All checks must be made out to Seven Oaks Senior Center Council. One check per trip.
- ♦ Travelers will only receive a refund if a replacement can be found.
- ♦ A liability waiver must be signed by each traveler for each trip.
- ♦ All trips depart from the Weis Shopping Center on Joppa Rd., unless otherwise noted.



Mark Your Calendar!

- ♦ Walk MD Day & Seven Oaks Community Walk - Wednesday, October 2
- ♦ Digital Privacy - Thursday, October 3
- ♦ Trivia with Gloria - Friday, October 4
- ♦ Emergency Preparedness (this was rescheduled) - Tuesday, October 8
- ♦ Caregiver's Session - Wednesday, October 9
- ♦ Matters of the Heart - Friday, October 11
- ♦ Letters to the Queen - Friday, October 11
- ♦ Bingo and ET Lunch - Tuesday, October 15
- ♦ Residential Security - Thursday, October 17
- ♦ Movie Matinee - Friday, October 18
- ♦ TED Talk: Why Governments Should Prioritize Well Being - Thursday, October 24
- ♦ Meet-Up/ Happy Hour at Bar Louie - Thursday, October 24
- ♦ Line Dance Party - Friday, October 25
- ♦ Medicare Open Enrollment - Tuesday, October 29
- ♦ Halloween Party - Friday, November 1
- ♦ How to Make Secure Online Payments - Monday, November 4



Seven Oaks Senior Center Council is a non-profit 501(c)(3) organization.
All contributions to the center are tax deductible.