

Seven Oaks Senior Center

September 2017  
National Senior Center Month



# The Acorn

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



## Grandparents Day Concert at Angel Park

Sunday, September 10 at 3:00 pm

Music by Snowday

High Energy A Cappella Entertainment for all Ages!

**Sponsored By: Seven Oaks Senior Center & Presidio**

Free & Open to the Community! Lawn chairs and blankets are welcome. Pets and alcohol are not permitted. Come a bit early and visit the balloon artist!

**Angel Park - 9685 Honeygo Blvd - Event is Weather Permitting.**

## Fall Harvest & Diamond Legend Review Show

Friday, September 15 at 12:45 pm

Hosts and tribute artists Allan James & Eileen Chaffee will entertain you with your favorite Neil Diamond, Patsy, Barbara & Liza songs. Lunch will be served at 12:45 pm. On the menu: beef stew, biscuit, and apple pie with ice cream, beer & wine. **Tickets are \$12.**

## Indoor Flea Market

Saturday, September 23 from 8 am - Noon

Tables are \$15 in the main room or rent a space in one of the classrooms for \$10.

We will have food for sale plus a \$25 Visa gift card will be raffled off every hour thanks to our sponsor, Brightview Perry Hall. We are still collecting new or gently used items for our White Elephant Table. The event is rain or shine and open to the public so please help us spread the word so we have a great turn out for our vendors.

## Get Ready! Get Set! Get Fit! Join our Team! 5K Run/Walk

Join our team on Sunday, September 17 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 grand prize drawing of \$500 but you must be present to win.** You'll also receive a high quality performance long sleeve T-shirt. Pick up a registration form at the center.

**Bingo Extravaganza**  
Monday, September 25 (See page 3)

### 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!



**Join the Conversation! #REIMAGINEAGING2017**



# September Special Events



## **Center Closed - Labor Day**

**Monday, September 4**

### **Bingo**

**Tuesday, September 5 & 19 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 donation. The menus are posted at the front desk.

### **Fall Class Registration**

**Tuesday, September 5 at 8:30 am**

### **Blood Pressure**

**Friday, September 8 9:15 am**

Karen Kansler, RN takes your blood pressure.

### **Card Making Workshop**

**Friday, September 8 10:30 am-12:30 pm**

Students will make 3 cards to take home.

Samples are available at the front desk.

Advance registration required. Cost is \$12.

### **Flu Shots**

**Friday, September 8 1-3 pm**

High dose (FluAD), Low dose (Quadrivalent) and pneumonia vaccines will be available. You must show your **Medicare B or health insurance card and picture identification** to receive a shot. Medicare Part B: Free flu shots and free pneumonia shots. The cost to all others: \$35 low dose(Quadrivalent) flu shots, \$80 high dose (FluAD) flu shots and \$95 pneumonia shots, cash or checks made payable to Maxim Healthcare Services.

### **Grandparents Day Concert at Angel Park**

**Sunday, September 10 3:00 - 4:45 pm**

See page 1 for details.

### **Chinese Auction & Luncheon**

**Friday, October 20**

**Tickets on sale Monday, September 11**

### **Smart Phone & Tablet Help**

**Monday, September 11 & 18**

Schedule your one-on-one appointment with David Yoon in advance at the front desk. Bring your device with you and your passcodes.

### **Sunflower Cupcakes**

**Monday, September 11**

**1:00 pm**



Join Charlene Myers for this hands on workshop and learn how to make your own sunflower cupcake. Sign up in advance.

### **Decluttering: Learning to Let Go**

**Tuesday, September 12**

**10:00 am**

Join Dr. Elspeth N. Bell, as she helps you identify reasons why it can be difficult to let go of possessions; develop a plan for how to let go of items that are cluttering up your home; and identify professional resources available to provide assistance. Sign up in advance.

### **Frankie & Grace: Season 1 Finale**

**Tuesday, September 12**

**1:00 pm**

Join us for the last three episodes in season 1. Sign up in advance.

### **Walking with Ease - Interest Meeting**

**Wednesday, September 13**

**10:00 am**

Interested in joining our 6 week walking group at Gough Park? Please attend this meeting to complete the paperwork. We will walk 3 times a week starting in October. See page 4 for details.

### **Fall Harvest**

**Friday, September 15 at 12:45 pm**

Tickets \$12 in advance. See page 1.

### **Get Ready! Get Set! Get Fit!**

**5K Run/Walk - September 17**

**9:00 am**

See page 1 for details.

### **Water Aerobics or Warm Water Therapy**

**Registration - September 19**

**10:00 am**

See page 4 for details.

### **Are You at Risk?**

**Tuesday, September 19**

**10:00 am**

Join this Balance & Falls Seminar which will discuss the difference between vertigo and dizziness and the causes, why seniors are more at risk for falls and how to decrease your risk. Also learn what to do if you fall and how physical therapy can help. Following the seminar is a free fall risk assessment screening. Sign up in advance.

### **Friday Café - Join Us at 9:15 -10:15 am!**

**New and current center members are invited to get to know one another by enjoying good conversation along with coffee and baked goods. Please wear a name tag!**

### **Giant: Eating Healthy on a Budget**

**Wednesday, September 20 10:30 am**

Join Giant's in-store Nutritionist during our TOPS group as she discusses how to stretch your dollars to provide nutritious and delicious meals on a budget. She will share tips on meal planning as well as affordable recipes.

### **What is Long Term Care (LTC)?**

**Wednesday, September 20 12:30 pm**

Come and learn about LTC, if it's right for you and how to plan for LTC. Presented by Mutual of Omaha. Sign up if you plan to attend.

### **Ted Talk: How to Live Before You Die**

**Thursday, September 21 1:30 pm**

At his Stanford University commencement speech, Steve Jobs, CEO and co-founder of Apple and Pixar, urges us to pursue our dreams and see the opportunities in life's setbacks -- including death itself. Join Jim Lighter as he facilitates a lively discussion after the video. Sign up in advance.

### **Indoor Flea Market**

**Saturday, September 23 from 8 am-Noon**

See Page 1 for details.

### **Adventure Club: Gertrude's & BMA**

**Sunday, September 24 10:00 am**

Seven Oaks Members & guests are invited to Sunday Brunch (on your own) at Gertrude's followed by a visit to the Baltimore Museum of Art. Transportation on your own. You must sign up by September 15. See FAQ on sign up sheet.

## **BINGO EXTRAVAGANZA**

**Monday, September 25**

**11 am - 3 pm**

Come to Seven Oaks for a full day of bingo and fun! Tickets are \$15 in advance and includes lunch, 21 games and door prizes. There will be 6 cards per game. The first game starts at 11 am however at 10:30 am we will have six early bird games for \$1 per card. We will take a lunch break and on the menu is lasagna by DeSantis, salad, cake and drinks. **Tickets** must be purchased by September 22 unless it sells out in advance. Open to the community ages 18 and over.

### **Computer Troubleshooting**

**Monday, September 25 10:00 am**

Let Alvin Miller help you with your computer, laptop, smart phone or tablet issues. He can help with whatever is making you confused or frustrated! Sign up in advance.

### **Alzheimer's Disease**

**Tuesday, September 26 10:30 am**

Learn how Alzheimer's disease affects the body, how to prevent the disease and community resources for people with the disease and their caregivers. Presented by Chloe Jackson of the Alzheimer's Disease Research Center. Sign up in advance if you plan to attend.

### **New Member Orientation**

**Wednesday, September 27 2:00 pm**

New members of Seven Oaks are invited to learn more about the center and the programs and services offered onsite and through the Department of Aging. Sign up in advance.

### **Meet Up & Step Out: Sizzle Grill**

**Thursday, September 28 4:00 pm**

Meet up for happy hour at the new Sizzle Grill located at 11445 Pulaski Highway. Hangout with your friends from Seven Oaks and enjoy happy hour specials. Sign up in advance.

### **Fall Prevention & Balance**

**Friday, September 29 11:00 am**

Understanding the importance of fall prevention and balance in order to improve independence in the community. There will also be group involvement with typical exercises that can be performed safely at home in order to improve balance. Presented by Bryan Dye, PT with Drayer Physical Therapy Institute. Sign up in advance.

### **Movie: Heaven is for Real**

**Friday, September 29 12:45 pm**

Based on the #1 New York Times best-selling book of the same name, HEAVEN IS FOR REAL brings to the screen the true story of a small-town father who must find the courage and conviction to share his son's extraordinary, life-changing experience with the world. Rated PG.

Hot popcorn and drinks served. An Eating Together lunch will be served at Noon for \$2.50 donation. **On the menu:** cheeseburger, cheddar, lettuce & tomato, hamburger roll, seasoned spinach, fresh coleslaw, pineapples. Sign up for lunch by Sept. 27.



## Chinese Auction & Luncheon - October 20

Join us Friday, October 20 at 12:45 pm for a Chinese lunch followed by a fun auction. We will be serving an authentic Chinese lunch with your choice of General Tso's chicken with broccoli or shrimp and mixed veggies. Both are served with brown rice, a spring roll, won ton soup, and ice cream. Wine will also be served. Following lunch our Master of Ceremonies, Chad, will auction off pre-wrapped items at bargain prices! You never know what you'll win! Tickets are \$10 in advance and they go on sale Monday, September 11. We are still accepting donations! Please bring in a new or nearly new item that can be auctioned off at our event. We appreciate your donation!

## Halloween Party

**Tuesday, October 31 from 1-3 pm**

Costume contest, games, dancing, snacks & drinks and musical entertainment by Jack of All Trades. FREE! Sign up in advance.



## Walk with Ease – New 6 Week Walking Program

The Arthritis Foundation *Walk with Ease* Program is a community-based physical activity and self-management education program. This structured six-week program will meet/walk 3 times a week for **6 weeks at Gough Park. Tuesdays & Wednesdays from 11 am-Noon & Fridays from 9:30-10:30**. While walking is the central activity, *Walk with Ease* is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. Group sessions include socialization time, pre-walk informational lectures, warm up and cool downs and a 10-35 minute walking period. The Class *Walk with Ease* is a fitness program shown to reduce pain and improve your health. Tailor-made for you, the *Arthritis Foundation Walk with Ease Program* provides techniques to build and maintain a successful walking program. *Walk with Ease* will help you: Motivate yourself to get in great shape, walk safely and comfortably, improve your flexibility, strength and stamina, reduce pain and feel great. Attend the informational meeting on Wed, September 13 at 10 am. Class cost is \$15 & payable to Baltimore County.

## Water Aerobics & Warm Water Therapy at Kids First Swim

Seven Oaks Senior Center is partnering with Kids First Swim Schools in Perry Hall to offer Water Aerobics or Warm Water Therapy classes at a discounted rate of \$6 per class. You choose how many days a week you plan to attend classes. You can choose to sign up for the months of October, November and/or December. The Water Aerobics is a low impact, high cardio class and is offered M, T, Th and F from 9:00 am - 9:45 am. The Warm Water Therapy class is a 45 minute no-impact exercise program cosponsored by the American Arthritis Foundation and is offered M, T, Th and F from 9:45 am - 10:30 am. A representative from Kids First Swim Schools will be at the Center on Tuesday, September 19 from 10:00 am - 12:30 pm to answer questions. You may also sign up that day for classes and complete their registration, release and waiver form. Sign up for classes by Friday, September 22.

### Adventure Club Outings

Sun, Sept. 24 - Sunday  
Brunch at Gertrude's  
followed by BMA tour.  
Sat. Oct. 21—Beachmont  
Halloween Hayrides & Maze.  
Sat. Nov. 25  
Festival of Trees

### AARP Driving Course

**Tuesday, October 17**  
**9 am – 1 pm**

\$15 AARP Members  
\$20 Non-Members  
Register in advance at the  
front desk.

### Mo Town Singles Dance

**Friday, October 13**  
**1-3 pm**

Bruce Thomas returns  
singing and spinning classic  
tunes. Free! For singles only!  
Sign up in advance.

# Senior Center Staff & Executive Board



Center Director: Kathleen Young  
Assistant Director: Courtney Gonce  
Community Outreach Specialist: Jessica Pontown  
Center Custodian: Craig Haacke

President: Nancy Bach  
Vice President: Jim Lightner  
Treasurer: Gene Laytar  
1st Asst. Treasurer: Carol Parks  
2nd Asst. Treasurer: Gale Griffin  
Recording Secretary: Edie Dietrich  
Coresp. Secretary: Donna Stachowski  
Sgt. At Arms: Ed Konig  
Past President: Preston Wollett  
Members at Large: Tom Hock & Walt Wujek

## Meeting Schedule

### **Executive Board Meeting:**

Monday, Sept. 18 @ 1:00 pm

### **Membership Meeting:**

Monday, October 23

@ 12:30 pm

Come early for lunch! BBQ  
beef sandwich—\$5.

*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.*

*Minutes from the board and council meetings are posted on the bulletin board in the MPR and also available online at [SevenOaksSeniors.org](http://SevenOaksSeniors.org). The financial report is posted in the MPR.*

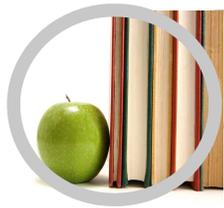
## **Center Membership and Registration**

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 Begins Tuesday, September 5.

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<b><u>Monday</u></b>					
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	Hepding & Shorey, 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	12:15 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	\$
11:45 am	1:15 pm	Projects for Charity	Sue Morocco, Vol	Craft Room	
12:30 pm	3:30 pm	Jokers Wild /Chess	Volunteers	Classroom	
12:30 pm	3:30 pm	Mexican Train	Volunteers	Classroom	
1:30 pm	3:30 pm	Watercolor Techniques	Dottie Bishop, IC	Craft Room	\$
2:15 pm	3:15 pm	Zumba Gold	Loretta Witomski, IC	MPR-extension	\$
<b><u>Tuesday</u></b>					
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR extension	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	11:30 am	Ladies Social Poker (1st & 3rd week)		Game Room	
9:15 am	11:15 am	Knitting & Crocheting	Volunteers	Craft Room	
10:00 am	11:00 am	Int. Line Dance	Trudy Knight, IC	MPR	\$
10:00 am	12:30 pm	Pickle Ball	Volunteers	Honeygo Regional Park	
11:00 am	12:00 pm	Senior Rhythms	Audrey Doemling, Vol	MPR	
11:30 am	1:30 pm	Sewing Your Own Project	Sue Morocco	Craft Room	\$
12:00 pm	3:00 pm	Men's Social Poker	John Tolliver, Vol.	Class Room	
12:30 pm	3:30 pm	Bingo 1st & 3rd week	Ann Knoerlein, Vol.	MPR	\$
<b><u>Wednesday</u></b>					
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	
9:00 am	12:00 pm	Ladies Pinochle	Volunteers	Game Room	
9:50 am	10:50 am	Int. Line Dance	Joanne Alleva, Vol.	MPR	\$
9:45 am	11:30 am	TOPS (Weight Loss)	Mary Geiger, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
11:30 am	1:30 pm	Pickle Ball	Volunteers	Honeygo Regional Park	
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	\$
1:30 pm	3:30 pm	Acrylic Painting	Dottie Bishop, IC	Game Room	\$
12:30 pm	3:30 pm	Mexican Train	Volunteers	Classroom	
2:00 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<b><u>Thursday</u></b>					
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	12:30 pm	Pickle Ball	Volunteers	Honeygo Regional	
10:50 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	Men's Social Poker	Volunteers	Class Room	
1:00 pm	1:45 pm	DrumFit	Gary Lentz - Be Fit	MPR extension	\$
12:30 pm	3:30 pm	Mexican Train	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	Tod & Lisa Waterman 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 extension	
12:00 pm	3:00 pm	Intermediate Pinochle	Volunteers	Game Room	
1:00 pm	3:00 pm	Stained Glass	Volunteers	Craft Room	
1:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

**Sunday**

1:00 pm	2:30 pm	Outdoor Walking	Volunteers	Gough Park	
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*(Look for the member with the lime green arm band/ scarf)*

**Please Note...**

- ◆ If you see a \$ symbol, there is a fee associated with that particular 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.

**Class Registration Information**

Download the current class course guide at [www.SevenOaksSeniors.org](http://www.SevenOaksSeniors.org) or pick up a copy at the center.

**Fall class registration begins Tuesday, September 5 at 8:30 am. Most classes begin the week of October 2.**

Drawing & Tap Dance will resume in the fall.

**Pickle Ball** resumes at Honeygo Regional Park on Tuesday, September 5. No experience needed and all equipment is provided. Stop by and watch or join in!



## Discover the Power of Age Expo



Discover the Power of Age Expo, formerly the Baby Boomer and Senior Expo, on **Wednesday, October 4, from 9 a.m. to 6 p.m. and Thursday October 5, from 9 a.m. to 4 p.m.**, at the Maryland State Fairgrounds in Timonium. The Baltimore County Department of Aging's two-day extravaganza showcases the latest in information, resources, products and services to approximately 11,000 attendees. This is the regional event to discover ways to REIMAGINE AGING!

## National Senior Center Month: Masters of Aging

This year's theme highlights the many ways senior centers lead their communities and inspire individuals to master this phase of life. Individuals search to understand their own needs amidst competing demands and responsibilities. At their senior center, they find programs and resources that inspire them to make the most of their time. You are encouraged to celebrate the many ways Seven Oaks cultivates masters of aging. Please use the suggestion box if you have ideas or suggestions on how we can continue to improve and meet the needs of our members.

## 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. \*Please note the fitness centers will be closed if there is no monitor available to supervise the room.

**GET YOUR BLOOD PRESSURE TAKEN FOR FREE!**

**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 the office.

**The next new member orientation for the fitness center:**

Wednesday, September 13 & 27 at 11:15 am

**The next fitness monitor training/refreshers class: TBA.** See Shirley or Kathleen if you're interested in becoming a volunteer fitness monitor.

## Dine With Us!



Are you tired of eating at home alone? Come and dine with us! A catered lunch is occasionally offered at the center. Individuals interested in attending the meal must **sign up at the front desk at least 48 hours in advance** and 4-5 days in advance if a deli, box or super special lunch is offered. 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 \$4.29 cost of each meal (super special meals \$5.69). If you cannot contribute the full amount, a voluntary minimum contribution of at least \$2.50 is recommended to keep this program strong. \*Notice: When the center is hosting a special event with food included, the catered meal will be canceled.

## Help Needed with Renewing Membership

Beginning October 2, members at Seven Oaks will be asked to renew their membership to the center. We have over 1,600 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 Thursday, Sept. 21 at 10 am or Tuesday, September 26 at 2 pm or** You must come to one of these trainings. There are two shifts available to help with re-registration: 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 October 2nd. Stop in to renew and pick up your free gift!**

## Reading Buddies Volunteer Program

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 Thursday mornings at 10:15 am at the school but the day/time will not be confirmed until mid 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 in the fall (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.



## Get 25% off at Boscov's on October 17

Mark your calendar for some serious shopping on Tuesday, October 17! 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!



### **Did you know Seven Oaks has Wi-Fi & iPads Available for Use?**

You can bring your mobile devices to the center and access the internet to surf the web, check your e-mail, play games and much more! Ask the front desk for the secure password. We also have two Apple iPads available for your use in the lobby.

## Coming Up Next Month...

- ◆ Center Closed for Senior Expo - October 4 & 5
- ◆ Mo Town Singles Dance with Bruce Thomas - Friday, October 13 from 1-3 pm
- ◆ Boscov's Friends Helping Friends Shopping Day - Tues. Oct. 17
- ◆ AARP Safe Driving Course - Tuesday, Oct. 17
- ◆ Chinese Auction - Friday, October 20 at 12:45 pm
- ◆ Adventure Club: Beachmont Maze & Hay Ride - Sat. Oct. 21
- ◆ Hearing Screening - Tuesday, Oct. 24
- ◆ Halloween Party - Tuesday, Oct. 31 from 1-3 pm





# Travel Opportunities

Come along for the ride!

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.



## 2017 Day And Overnight Trips

- ◆ **Bi-Monthly Delaware Park Trips**—Wednesdays 9/13, 11/15 (please note the new dates). \$25 with \$30 casino rebate. Bus departs at 9:30 a.m 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.*
- ◆ **Odyssey DC Monument Cruise & Lunch on the Potomac** - Wed, Aug 16. **WAIT LIST**
- ◆ **Rainbow Comedy Theatre: Sex Please, We're 60!** Thurs, Sept. 7. Cost \$75. **WAIT LIST**
- ◆ **Suicide Bridge Crab Feast & Paddlewheel Cruise on Choptank** - Wed, Sept. 27. **WAIT LIST**
- ◆ **Autumn Glory Train Rides** - Wed, Oct. 11-Thurs, Oct. 12. Cost \$275 dbl, \$325 single. Ride Potomac Eagle and Western MD Scenic Railway. Includes 1 dinner, 1 breakfast, 1 lunch and lodging at Best Western Braddock Hgts. **WAIT LIST**
- ◆ **Hillwood Estate Museum & Garden Tour** - Wed, Nov. 1. Cost \$75. Tour the home of the Merriweather Post family. Lunch included.
- ◆ **Pennsylvania Christmas & Gift Show** - Wed, Nov. 29. Cost \$35. Over 750 vendor booths!
- ◆ **American Music Theatre: Home for the Holidays & Lunch at Shady Maple** - Wed, Dec. 6. Cost \$90. Beautiful Christmas show with lots of music and dancing. **SECOND BUS ADDED!**

**Save the date for our 2018 Travel Fair! Friday, November 17**

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

- ◆ 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

- ◆ Line Dance Party - Friday, November 3
- ◆ Veteran's Lunch - Tuesday, November 7
- ◆ Travel Fair—Friday, November 17
- ◆ Adventure Club: Festival of Trees - Sat. Nov. 25
- ◆ Trim the Tree - Friday, December 1
- ◆ Holiday Party at Columbus Gardens - Thursday, December 14
- ◆ Holiday Karaoke - Tuesday, December 19



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