

## Vocal Group at Seven Oaks

Fridays 10:30 a.m.– 12 p.m. Leader: Henry King

First meeting on July 9 will be at 11:45 am

Cost: No fee, drop in at anytime.

This group meets weekly for the love of music and singing. Take a musical journey of America's most cherished tunes. The group frequently sings at local retirement communities and restaurants in the community. Please call the center to make sure the group is meeting at the center if you plan to stop in.

### Upcoming Special Events

- Summer Skin Care-Thurs, July 8
- Family Search - Tues, July 13 at 1:30 pm
- Friday Sounds of Silence - July 16 at 11 am
- Changes in Medicare—Mon, July 19 at 2 pm
- Welcome Back Party - Thurs, July 22 at 1 pm
- Paint Night—Tuesday, July 27 from 1-3 pm
- New Member Orientation – Thurs, July 29 at 2 pm
- Friday Café Resumes! - Fri, July 30 at 9:30 am
- How to do Part D Research - Fri, July 30 at 1pm
- AARP Safe Driving - Fri, Sept. 3 from 9 am - 1 pm
- Shred-a-Thon—Saturday, September 11 from 9-12
- No Senior Eats Alone Day - Thurs, Sept. 16 at Noon
- Concert in the Park at Oregon Ridge - Tues, Sept. 28



**National Night Out - Save the Date!**  
**Tues, August 3 in our Parking Lot**



### Shred-a-Thon

**Saturday, Sept. 11 from 9 am-12pm**

The Shred-a-thon is co-sponsored by Seven Oaks Senior Center and the Baltimore County Employees Federal Credit Union. Each vehicle can bring up to four standard sized boxes of personal documents (paperclips, staples, folders, credit cards and CDs are acceptable). Items not acceptable: binders, large clasps, plastics, metal objects, newspapers, magazines, books and clothing.) Please note this is not a recycling event, only personal documents will be permitted. The event ends at 12pm or once the trucks fill up. We'll have 3 trucks! **We are in need of volunteers that can lift heavy boxes and bags.**



# Seven Oaks Senior Center

9210 Seven Courts Drive  
Baltimore, MD 21236

## Summer 2021 Course Guide



**Registration Monday, June 21  
at 8:15 am FOR....**

**Strength Training  
Enhanced Fitness  
Yoga & Chair Yoga**

**Online/Zoom Classes registration begins June 7.**

If you are signing up for any other classes come after 9 am or later in the week to register.

**Classes begin the week of July 6**

For more information on classes please call  
Seven Oaks Senior Center at 410-887-5192.



# Welcome Back!!!!

Thank you for your interest in Seven Oaks Senior Center. In order to attend classes or activities at the Center, individuals must first become a member. Membership is open to those 60 years of age and older and there is no fee to join. Membership is renewed on an annual basis, please stop by the front desk to sign up. **You must show your membership card to sign up for a class!**

## SUMMER REGISTRATION PROCESS:

On the MORNING of registration we will sign up those registering for **Enhanced Fitness, Strength Training, Yoga & Seated Yoga only.** **Someone will be in the parking lot in their car giving out numbers. After you get a number you can wait in your car or outside. DO NOT ARRIVE BEFORE 7:30 AM.** The building will open at 8:15 am and after you sign in at the front desk, proceed to the MPR. We will distribute envelopes to those in line for their respective class. If the line is longer then the number of spots in the class you will be put on the wait list. Fill out the envelope and include your payment in it. Return it to the designated basket (don't seal the envelope). You can pick up your receipt later in the week at the front desk if you ask for it. If you are signing up for any other classes other than the 4 mentioned above ask for a number when you enter the room and then you will sign up with one of the registration volunteers AFTER envelopes are distributed. You can not sign up someone else up for the above 4 classes. If you can't come that day please send someone to sign you up who is not in the class you want to register for. It doesn't have to be a member who signs you up. You must have their payment and phone number with you.

***Members registering for any other classes please come after 9 am to sign up. The rest of our classes do not fill on the first day of registration so no need to come early or on the first day.***

All classes require payment at the time of sign up. If you are due a refund from last year please confirm with the volunteer your refund is being applied to your new class. Enhance Fitness is payable to Baltimore County, MD all other classes are payable to Seven Oaks.

The staff at Seven Oaks strives to offer a variety of programs and classes that is of interest to the members of the center. If you would like any new classes, events or programs offered at your center please either put your idea in the suggestion box or stop in the office and visit the Center Director.

**Have a Suggestion for a new class?  
Leave it in the suggestion box in the lobby! We love new ideas!**

## Recreational Activities Cont'd

### **Jokers Wild & Chess (Start Date TBA)**

**Mondays from 12:30 p.m. - 3:30 p.m.**

**No fee,** drop

in anytime. Your choice of game to play. The object of Jokers Wild is to move all your marbles around the board from your "Start," or "Home," to your "Castle."

### **Social Pinochle (Start Date TBA) Tuesdays 12:30-3:45**

**No fee.** Members meet to play Pinochle on a weekly basis, new participants are welcome. The group will teach you how to play if you do not know. Subs are also welcome.

### **Poker (Starts June 8)**

**Tuesdays and Thursdays 12 noon-3 pm**

**No fee.** Members meet to play Poker on a weekly basis. *This group is looking for more players for a second table.*

### **Dominoes Mexican Train (Start Date TBA)**

**Mondays from 12:30 - 3:30 p.m.**

**No fee,** drop in any time. The object of this game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station."

### **Mah Jong (Starts July 7)**

**Wednesdays 12-3 p.m.**

**No fee.** Experienced players meet weekly to play.

### **Pinochle (Starts July 8)**

**Mondays and Thursdays 9:00 am - 12:00 pm. No fee.**

### **Scrabble and More (Starts June 11)**

**Fridays 9a.m.-12:00 p.m. No fee.**

### **Card Game: Hand Foot Canasta (Starts July 7)**

**Wednesdays 12-3 pm. No Fee.**

### **Florida Canasta (Already started)**

**Fridays 12:30-3:45 pm. No Fee.**

**Friday Café - Resumes July 30!**  
New and current center members are invited to get to know one another by enjoying good conversation along with coffee and baked goods. Fridays from 9:30-10:30 am. If you'd like to be a host there is a sign up by the coffee. See staff for more info on being a host.

## For Your Mind and Body

### **TOPS - Take off Pounds Sensibly (Starts July 7)**

This weekly group meets on Wednesdays from 9:45-11:30 a.m.

**Cost: \$32 to join and \$1 per week & \$.25 penalty for weight gain.**

Weigh in weekly and learn about healthy eating, exercise tips, and how to make better food choices. **Leader: Celeste Skruch**

### **Current Events**

**4th Wednesday at 2:30 pm (July 28)**

**This class is offered in person but also on Zoom. Check the google doc for the Zoom link or contact staff for it.**

Join Joy Mays as she leads this monthly lively discussion. Bring a topic to discuss if you would like. Sign up in the program binder if you plan to attend.

### **Great Physio Balls of Fire - July 7**

**1st Wednesday of each Month at 2 pm Instructor: Al Muehlberger**

Drumming accelerates physical healing and boots your immune system.

Drumming reduces tension, anxiety and stress, helps control chronic pain, and releases negative feelings. Come and feel connected with other members and gain a sense of interpersonal support. Sign up in the program binder if you plan to attend. Limited 20 students. **Cost: FREE**

### **Friday Sounds of Silence- July 17, August 20, Sept. 17**

**3rd Friday of each month 11 am- 12pm Moderator: Al Muehlberger  
Cost \$5 in advance**

Peaceful MEDITATION with the sound energy of quartz CRYSTAL BOWLS. A way to purposely regulate our attention and energy and thus possibly transform the quality of our daily life experiences. Leave with a balanced mind, body and spirit!

## Recreational Activities

### **Bingo - (Resumes July 6 with ET Lunch)**

**1st and 3rd Tuesday of each month. 12:30-3:30 p.m.**

Leader: Ann Knoerlein

**Cost: \$10.** Cash prizes provided to winners. The Eating Together Program will serve lunch at 12 noon. Stop by the front desk for the menu and to sign up. Just show up for Bingo.

### **Bridge (Start Date TBA)**

**Wednesdays 9-11:45 a.m. & Thursdays 10 a.m.-Noon**

**No fee, drop in at anytime.**

### **Canasta - (Starts June 10)**

**Thursdays 12:15 -3:30 p.m.**

**No fee, drop in at anytime.** Members meet to play Canasta on a

## Arts & Crafts

### **Crafts and Conversation (Starts July 12)**

**Mondays 9:30-11:30 a.m.**

Instructors: Rosemary & Connie

**Cost: No fee, drop in at anytime.** Ongoing Class.

Learn basic techniques to create beautiful homemade craft projects while enjoying the company of friends. All levels invited.

### **Knitting & Crocheting (Starts June 8)**

**Tuesdays 9:15-11:15 a.m.**

Leader: Carol Trent Walker

**Cost: No fee, drop in at anytime.** Ongoing Class.

If yarn is your passion, you will love this group. Join us as we create beautiful blankets, hats, mittens, scarves and more for charity and for personal use. This is a great opportunity to share ideas and patterns. Beginners are welcome to come and learn.

### **Quilting (Starts June 10)**

**Thursdays 10 a.m. - Noon**

Instructor: Lorraine Wagner

**Cost: No fee, drop in at anytime.** Ongoing Class.

Drop in and learn how to hand quilt. All levels are welcome to share patterns and learn quilting techniques.

### **Handmade Projects for Charity (Start July 12)**

**Mondays 11:45 am - 1:15 pm**

This group works on a variety of projects such as lap robes, baby hats, scarves, prayer shawls, etc. Projects can be knitted, quilted, crochet, sewn, etc. Volunteer hours earned for students in this class. Please join us! Some materials are provided.

## Welcome Back Bash!

### Thursday, July 22 from 1-3 pm

**Tickets are \$5 and go on sale July 1 (members only)**

We are so excited to be welcome our members back and we need to celebrate together!!! This is an outdoor event on our parking lot (you can park at the school and along the street). Menu: Beef Slider Station, Hot Dog Station, Fruit and Cheese Station, Italian Sausage, Peppers and Onions, Baked Beans, Pasta Salad, Coleslaw, Chips, soda, beer, tea, water and peach sangria plus a dessert truck sponsored by Brightview Senior Living. Bring a lawn chair and a canopy if like.

## Arts & Crafts Continued

### Woodcarving (Already started)

Fridays 9-10:30 a.m.

Instructor: Ed Konig

Ongoing Class

Cost: FREE

Students to make a project and learn the basics of woodcarving. Supplies will be provided but if you already have tools or supplies please bring them. New students are welcome to join this class.

### Stained Glass

Instructor: Richard Souders

Fridays 1-3:30 p.m. (Starts June 11) Cost: FREE

Ongoing Class. Volunteer led class. . Try your hand at creating a beautiful piece of stained glass. The class is designed to teach the basics of cutting glass, foiling, soldering, and grinding. All levels welcome. Students must purchase their own supplies.

### Card Making Workshops

Instructor: Claire Blair

Fridays from 10:30 am-12:30 pm: 6/11, 7/9, 8/12, 9/10, 10/8, 11/12,

Offered once a month and you make 3 cards per workshop. Cost: \$12 per workshop and *advance sign up is required*. Cash/check payable to : *Seven Oaks*.

### Watercolor Independent Projects

Mondays 1:30-3:30 pm

Instructor: Karen Ruberry

July 12-Sept. 20, 2021

Cost: \$40

Cash or check payable to *Seven Oaks*.

8 weeks of instructional assistance while working on your own independent watercolor projects. A project can be assigned to you by the instructor if you prefer. Supplies on your own.



## Maine Trip

4 Days – 3 Nights October 11-14, 2021

\$589 Dbl Occ. \$748 Single

Package Includes: 3 nights lodging, 3 breakfasts, 3 full course dinners including a Lobsterbake, Tour of Portland including Portland Head Light, Perkins Cover, Narrated harbor Cruise of Casco Bay, Boothbay Harbor Tour, LL Bean & Dexter Factory Outlets, Nubble Lighthouse, Souvenir Gift. Travel host: Lorrie Erdman.

Half of the amount is due at the time of sign up and balance is due by Aug. 13. Sign up begins on June 14.

## Online Only Classes Continued

### CORE de Force (on Zoom)

Thursdays 9-10 am Instructor: Karen Kansler

July 8-Aug 26, 2021 (8 weeks)

Cost: \$25 Cash/check payable to *Seven Oaks*

Join this 1 hour core class to tone, stretch, and strengthen the entire core area (upper & lower abs, hips, thighs, buttocks and lower back).

A strong core makes everything you do easier! Having a strong core is important for overall body strength, improved posture and balance and will help prevent low back pain. This class is tailored for all levels. *Include your e-mail address when you sign up and we'll e-mail the link which will be used for the 8 week session.*

### Watercolor (on Zoom)

Wednesdays 10:30am-12:30 pm Instructor: Alina Kurbiel

June 23-July 28, 2021 (6 weeks)

Cost: \$25 for 6 week class. Cash/check payable to *Seven Oaks*

During the 6 week, 2-hour watercolor course students paint various subjects: landscape, flowers, buildings, animals and much more. Prior to each class, a photo reference is sent via email so participants have time to study the picture for "values and interest". During the zoom class participants see the some reference photo and teacher's painting process at all times. The class is an interactive session therefore questions and discussion are encouraged. Each class ends with a friendly art critique. *Include your e-mail address when you sign up and we'll e-mail the link which will be used for the 6 week session.*

### Drawing Class (on Zoom)

Thursdays 11 am– 1 pm

Instructor: Alina Kurbiel

June 24-July 29, 2021 (6 weeks)

Cost \$25 Cash/check payable to *Seven Oaks*

In this online 6 week, 2-hour class we draw various animals using charcoal, pencils or ink pens. The class is a great opportunity for artists of all levels to polish their drawing skills. During the zoom class participants see the reference photo of an animal and teacher's painting process at the same time. The class is an interactive session therefore questions and discussion are encouraged. Each class ends with a friendly art critique. *Include your e-mail address when you sign up and we'll e-mail the link which will be used for the 6 week session.*



### Democracy Café (on Zoom)

3rd Monday 1-2:30 pm

Moderator - Al Muehlberger

Explore matters related to our democracy in 2021 by using topics selected by the group from suggestions offered by the moderator. There will be open discussion without argument, debate or efforts to persuade anyone to change their point of view. Participants prepare ahead of time for the topic then come together to discuss it and, if willing, explain any particular position they may have. We listen with an open heart and mind to the views of others to better understand relevant current matters and hopefully develop an informed more complete position about our democracy and its functions. *Check the google doc for the Zoom link.*

## Dance Classes

### Ballroom Dance Class - Fox Trot

**Mondays 2-3 pm**

**Instructor: Mary Jane Hartner**

**July 12-Aug. 30** (8-week class)

**Cost: \$20** for 8 weeks. Cash/check payable to *Seven Oaks*

Beginner and experienced students are welcome to join the class.

### Beginner Line Dance Class

**Wednesdays 12-1 pm**

**Instructor: Mary Thau**

**July 7–Sept. 8, 2021** (10 week class)

**Cost: \$25** for 10 week session cash/check payable to *Seven Oaks*.

This class is for those new to line dance or beginner dancers.

### Intermediate Line Dance (Starts 7/6)

**Tuesdays 10-11 a.m. (Ongoing)** **Instructor: Joanne Alleva**

**Cost: \$1** per week- pay as you go, drop in anytime. Learn the latest line dance steps at our weekly instructional class. This is a way to have fun and exercise at the same time.

## Fitness Center

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

**Saturdays 8 am—2 pm**

**Cost: \$50 for 6 months or \$100 for one full year.**

Improve your physique and enhance your overall well-being at our state of the art fitness center. A Fitness Center application must be filled out and medical clearance received before being scheduled for an orientation. All forms should be turned into the staff office before signing up for an orientation. Stop by the Fitness Center for an application and tour. Upcoming Orientations: Tuesday, June 8, 15 and 29 at 11:30 am. See staff to sign up. *If you had a paid membership as of March 17, 2020 your membership will be extended through Dec. 31.*

## Online Only Classes (on Zoom)

### The Feldenkrais Method

**Wednesdays from 1-2 pm on Zoom**

**July 14, 21, 28, August 4, 11 & 18**

**Instructor: Marika Hicks**

The *Feldenkrais Method*®, a somatic educational system, teaches people to learn how to move the body out of pain, improve balance, posture and increase flexibility. This movement based system explores easy, slow, gentle, non habitual movement patterns combined with focused attention. *Check the google doc for the Zoom link or contact staff. If you sign up with your e-mail we'll send you the link.*

## Fitness Opportunities Off Site

### Pickle Ball

Pickle Ball is a fun sport that combines many elements of tennis, badminton and ping pong. It is played with a paddle and plastic ball. All equipment provided. Please wear sneakers. All players must be current members of Seven Oaks. Please pick up a copy of our Pickle Ball Brochure if you are new to playing with us. Court 1 will be for beginners and Court 2 & 3 for Advanced Play. Enter through the door on the side by the trailers. Do not use the main entrance to the school!

**We will play at Perry Hall Middle School starting on Tuesday, June 29. Schedule is as follows:**

Monday, Tuesday, Thursday & Friday—12:30-2:30 pm—Open Play

Wednesdays—12:30-2:30 pm—Instructional for Beginners

### Barre Fit

**Thursdays 10:30-11:30 am** at Inline Barre 9810

Belair Rd

**July 8-Sept. 9, 2021**

**Cost: \$55** for 10 Weeks

Cash/Check payable to *Seven Oaks*

*Barre Fit* combines Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles. It's the latest trend in fitness that incorporates ballet bar, weights, bands, and medicine balls. We are fortunate to partner with Inline Barre for this unique fitness class. All levels and abilities are welcome. *Minimum of 6 students required to have the class.*



## Design & Paint Your Own Crab

**Tuesday, July 27 from 1-3 pm**

**\$40 per person**



The Painted Mermaid will be at Seven Oaks for a Wood Paint Event and it's open to those 18 years and older. Light refreshments and wine will be served. Please register by July 11 as the crabs are custom cut. Join us for a fun afternoon!

## Exercise Classes

### Enhance Fitness

**Monday, Wednesday & Thurs 9-10 a.m. (3 day a week class)**  
**July 7-Sep. 15, 2021 (10 week class) No class 9/6**  
**25 Student Limit In-Person, 12 Student Limit On-Line**

Instructor: Debbie Jobson

**Cost: \$25** for 10 weeks. Payable to **Baltimore County** or cash accepted  
This class focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises— everything health professionals say is needed to maintain health and function as we grow older. Students have the option of taking it in person or on Zoom from home. *This program is partially funded under Title III-D of the Older Americans Act of 1965. Individuals 60 and over are encouraged to make the suggested donation of \$25 at the time of registration, to ensure the viability of the program.*

### Table Tennis (Starts June 10)

Wednesdays 1:30-3:45 p.m. (Ongoing)  
Fridays 1:00-3:45 p.m. **Cost: FREE**

Members meet to play single and doubles; new participants are welcome to join in. *Table Tennis is occasionally cancelled due to special events scheduled in the MPR on Fridays.*

### Chair Exercise (formerly Senior Rhythms) Starts June 8

**Tuesdays 11 am-Noon & Thursdays 10:30-11:30 am (Ongoing)**  
Leader: Mary Lou Adams **Cost: FREE**, drop in anytime.

This chair based exercise program is designed to enhance participants endurance, as well as cardiovascular health.

### Strength Training

**Tuesdays 8:45-9:30 & Fridays 8:30-9:15 a.m.**  
**July 6– August 27, 2021** Instructor: Karen Kansler

**Cost: \$25** for the 8 week class. Cash/Check payable to *Seven Oaks*  
**30 student limit in person, no student limit on Zoom**

This class focuses on increasing strength and improving balance, coordination, endurance and flexibility. Students have the option to register for in person class or take on Zoom at home.

### Yoga

Instructor: Karen Kansler

**Mondays 10:15-11:15 am**  
**July 12-Aug 23, 2021 (7 weeks)**

**Cost: \$25** Cash or check payable to *Seven Oaks*

This class incorporates a system of breathing practices, physical exercise, posture and meditation intended to integrate the mind, body and spirit. It is a great way to improve health and reduce stress. Please bring a mat or a towel to class.

## Exercise Classes Continued

### Chair Assisted Yoga

**Mondays 11:30 am -12:30 pm** Instructor: Karen Kansler  
**July 12-Aug 23, 2021 (7 weeks)**

**Cost: \$25** for 10 week class -Payable to *Seven Oaks*

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. It is a safe and beneficial way to encourage movement, manage pain and support overall health and wellness. Classes consists of fewer postures held for an extended period and incorporates the use of props such as blocks and straps. This practice is ideal for those seeking deep relaxation, slower pacing or for those new to yoga.

### Tai Chi

**Fridays 9:30-10:10 Beginner Form (no prior experience necessary)**  
**Fridays 10:20-11:00 Advanced Form (experience is required)**  
**July 9-Sept. 10, 2021 (10 weeks)** Instructor: Jeff Harold

**Cost: \$30** Payable to *Seven Oaks*

T'ai Chi Ch'uan is a set series of gentle static postures and slow, rhythmic movements. It encourages contemplative relaxation, helps coordinate the mind-body for strength and grace, and provides challenges both physical and intellectual. *Simplified 37-Posture T'ai Chi Form* is offered.

### Zumba Gold-TONING

**Wednesdays 11 a.m.-12 p.m.** Instructor: Kim Privett  
**July 7-Sept. 8, 2021 (10 week class)**

**Cost: \$25** for the 10 weeks. Cash/check payable to *Seven Oaks*

This class combines spicy Latin dance rhythms with light weights to enhance muscle strength, tone & endurance. This unique combination of cardio & resistance exercise makes this an effective total body workout that can improve balance, posture and coordination. A pair of 1 or 2 pound weights are recommended or purchase maraca-like toning sticks from the instructor.

### Zumba Gold

**Mondays 12:45-1:45 p.m.** Instructor: Loretta Wittomski  
**July 12-Sept. 20, 2021 (10-week class) No Class 9/6**

**Cost: \$25** for the 10 weeks. Cash/check payable to *Seven Oaks*

Zumba Gold fuses the hypnotic Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program. This Latino inspired dance program includes Merengue, Salsa, Cha Cha, Belly Dance, and Flamenco to provide a fun and effective total body workout.

