



The Acorn

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

Senior Centers The Place to Be in '23!

Celebrating National Nutrition Month and the Senior Nutrition Program

2023 Theme: Cooking Up Community

Wednesday, March 8 ~ 10:30 am

Build A Better Bowl Cooking Demo with Giant Nutritionist Melanie Berdyck

Celebrate the joys of home cooking with Giant's registered dietitian nutritionist who will highlight how to put together a balanced, budget-friendly meal in no time!

Thursday, March 16 ~ 10:00 am

Power Up Greens Juicing Demo with Director Beckie Ebert

Who would think drinking kale could taste so good?

Director Beckie teaches about juicing with fresh fruits and vegetables.

Tuesday, March 21 ~ 12 Noon

Super Special Eating Together Lunch

Stuffed Cabbage, Whole Grain White Wheat Bread, Cherry Crisp, Orange/Pineapple Juice, Milk. **Sign up in ET binder by 3/14.**



**Celebrate the
Senior Nutrition Program**
2023 · COOKING UP COMMUNITY



St. Patrick's Day Party

Friday, March 17 ~ 12 Noon-3:00 pm

Wear your **green** as we celebrate St. Patrick's Day at Seven Oaks. The menu includes corned beef, cabbage, potatoes, carrots, Irish soda bread, green beer, wine, soda and dessert.

Entertainment by The Reputations and Teelin Irish Dancers

Cost: \$20 ~ Tickets go on sale Wednesday, March 1 at 12 Noon.

Travel Fair
Saturday, March 11
1:00 pm-3:00 pm



Karaoke Party
Tuesday, March 28
1:00 pm-3:00 pm

Seven Oaks Senior Center

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

Travel: Call Trip Hostess
sevenoakssc@baltimorecountymd.gov
www.SevenOaksSeniors.org

Hours Of Operation

Monday – Friday
8:30 a.m. to 4 p.m.

**Everyone must show
his/her membership
card at the front desk.**

Look inside!





March Special Events



St. Patrick's Day Party
Tickets On Sale Today
Wednesday, March 1 ~ 12 Noon

Great Physioballs of Fire

Wednesday, March 1 2:00 pm

Led by Al Muehlberger. This fun, feel good, therapeutic music experience involves music, exercise balls, drum sticks and movement. Free program **limited to 20 students**. Note: This is not an exercise class but more of a meditative type class. Sign up in the free binder.

Diamond Art Drop-In

Every Thursday 10:00 am-12 Noon

Bring your Diamond Art project and supplies from home to work on with other Diamond Art enthusiasts.

TED Talk: Why Having Fun Is the Secret To A Healthier Life

Thursday, March 2 1:00 pm

Have you had your daily dose of fun? It's not just enjoyable, it's also essential for your health and happiness, says science journalist Catherine Price. She proposes a new definition of fun -- what she calls "true fun" -- and shares easy, evidence-backed ways to weave playfulness, flow and connection into your everyday life. Join Jim Lightner as he facilitates a lively talk after the video. Sign up in the free binder.

Friday Café

Every Friday ~ 9:30 am-10:30 am

Socialize with other Seven Oaks members as you enjoy a complimentary breakfast.

Survey of the NIV Bible with Friends

Monday, March 6, 13 and 27 1:00 pm

An educational class about the NIV Bible. Different aspects of the Bible will be discussed each class. Sign up in the free binder.

Spring Class Registration

Tuesday, March 7 beginning at 8:30 am
for EnhanceFitness and Strength Training
Come later for all other classes.

BUNCO

Tuesday, March 7 and 21 9:30 am

Join in this fun, easy-to-learn dice game every other Tuesday. No experience necessary.

Bingo & Eating Together Lunch

Tuesday, March 7 and 21 12:30 pm

Mary & helpers call out the lucky numbers for afternoon Bingo with cash prizes. **Cost: \$10.00**. An **Eating Together lunch** will be served at **12 Noon** for the recommended \$3.00 donation. Sign up for lunch in the Eating Together binder.

Build A Better Bowl Cooking Demo with Giant Nutritionist Melanie Berdyck

Wednesday, March 8 ~ 10:30 am

See front cover for details.

Huh? What Did You Say?

Wednesday, March 8 12:30 pm-2:00 pm

Ever ask someone to repeat themselves? Ever catch yourself reading lips? Are restaurants just too noisy to go to? Why are your ears ringing? Are your hearing aids covered in earwax? Do you want to use Q-tips? What are OTC hearing aids? Come meet Dr. Sofia Roller, an audiologist who was born with hearing loss herself, and attend her comprehensive educational lecture on everything about ears, hearing loss, tinnitus, hearing aids and OTCs! Bring your hearing aids with you for a **FREE** deep cleaning. There will also be **refreshments, goodie bags and prizes**. Sign up in the free binder.

Register of Wills

Thursday, March 9 11:00 am

Join Alexis Burrell-Rohde, the Register of Wills for Baltimore County, as well as a judge from the Orphans' Court and Legal Aid for a lively discussion on the importance of estate planning for all individuals regardless of age or wealth. Following the presentation on wills, probate, elder financial abuse and more, Legal Aid will provide pro bono estate planning services to those who qualify. Sign up in the free binder.

Blood Pressure Screenings

Three opportunities to have your blood pressure taken by qualified nurses. Just show up.

Friday, March 10 ~ 9:30 am

Wednesday, March 15 ~ 9:30 am

Monday, March 27 ~ 9:30 am

Card Making Workshop

Friday, March 10 10:30 am-12:30 pm

Students will make 3 greeting cards to take home. All supplies provided. **Cost: \$12** in advance.

Technology: Facebook

Friday, March 10 10:30 am

Curious about Facebook but concerned about privacy? Interested in learning how to set up a profile or a page? Want to learn more about Facebook live? This lecture offers an overview of Facebook's evolution, its most popular features and tips for getting in on the action. Sign up in the free binder.

Travel Fair

Saturday, March 11 ~1:00 pm-3:00 pm

Light refreshments will be served.

Laminating

Monday, March 13 1:30 pm-3:30 pm

Visit Seven Oaks to have your medical and other cards laminated.

Adventure Club Monthly Meeting

Tuesday, March 14 11:00 am

Monthly meeting to plan adventures for this fun social group. All are invited and welcome. Sign up in the free binder.

Movie: Where the Crawdads Sing & Eating Together Lunch

Tuesday, March 14 12:45 pm

The story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. PG-13 [Sexual Content|A Sexual Assault|Some Violence]

Run Time: 2 Hours 5 Mins. Sign up in the free binder. **Eating Together lunch at 12 Noon.**

Sign up in the Eating Together binder.

Seated Massages

Thursday, March 16 9:00 am-2:30 pm

Doug Wittich, Licensed Massage Therapist, offers chair massages once a month. **\$20 for 30**

minutes. Pay in advance at the front desk. You must fill out a brief health questionnaire before your first massage. Call in advance to cancel. No refunds if you are a no show or cancel the same day.

Power Up Greens Juicing Demo with Director Beckie Ebert

Thursday, March 16 ~ 10:00 am

See front cover for details.

St. Patrick's Day Party

Friday, March 17 ~ 12 Noon-3:00 pm

See front cover for details.

Current Events

Wednesday, March 22 2:30 pm

Joy Mays facilitates this group's lively discussions on local, national and international current events. We welcome new participants with varying viewpoints and suggestions for topics to discuss. Sign up in the free binder.

Decluttering Lunch and Learn

Thursday, March 23 12:30 pm

If you've put off moving and upgrading to a senior lifestyle because you dread the thought of downsizing, this workshop is for you! Get tips to help you start sorting your belongings and selling your home. Lunch will be served. Presented by The Hofmann Home Group. Sign up in the free binder.

New Member Orientation

Thursday, March 23 2:00 pm

New members of the center are invited to learn more about Seven Oaks and the services offered by Baltimore County Department of Aging. Sign up in the free binder.

Happy Hour

Thursday, March 23 ~ 4:00 pm-6:00 pm

Gunpowder Lodge

10092 Belair Road ~ Kingsville 21087

Please sign up in the free binder
so we have a head count.

Senior Box Office Information Table

Friday, March 24 10:00 am-1:00 pm

Senior Box Office volunteers will be here to explain how you may enjoy theatre, concerts, museums, lectures and other events with two-for-one, reduced price or complimentary tickets and more with a Senior Box Office membership. Take advantage of their special 40th Anniversary membership price of \$25.

Learn About Tax Free Income

Tuesday, March 28 11:00 am

It's not about what you make, but what you keep that matters. Presented by Mike Crabb of SFG Wealth Management. Sign up in the free binder.

Karaoke Party

Tuesday, March 28 ~ 1:00 pm-3:00 pm

Come sing with us. No experience necessary. Light Refreshments. Sign up in the free binder.

BC-PASS is Coming Soon

Be on the lookout for the new touch screen kiosks (they look like computer screens) which will replace sign-in sheets at the Senior Centers. The kiosk will allow you to check into daily activities, Eating Together meals, and log volunteer hours. The system is easy to use and staff will be available to assist if you're having any difficulties. In the weeks to come, your green paper Senior Center card will be voided and plastic key tags will be distributed. You can place your key tag on your key ring, in your wallet, or even on a necklace. It is important that you don't misplace your key tag, so it could be helpful to keep a picture of the barcode in your smartphone as a backup.

More information coming soon!



12 Months of Kindness

In 2023, Seven Oaks Senior Center will be giving to many different organizations in and around our community. We are calling this initiative **12 Months of Kindness** because each month we will focus on spreading kindness to a different group. You may pick up a flyer on the side wall to see what organization will be the focus each month along with requested donations. In **March**, we will be donating **Easter Baskets** to two different organizations. **The goal is 200 baskets.** There will be a collection box in the Seven Oaks lobby. The Dollar Store is a good source for the needed items.

Family Crisis Center (serves abused women and children)

Eastern Family Resource Center (serves homeless men, women and children)

Donations needed include: baskets (including reusable decorative bags, sand buckets, etc.), candy, decorative Easter grass, small items such as toys, games, socks, books, etc. and clear bags or netting to contain the baskets. Completed and assembled baskets with the above items will also be appreciated.

All individual items and assembled baskets are needed by the end of March.


Thank you for your generosity.



Prehistoric Art History Class (on Zoom)

Tuesdays at 1:00 pm ~ April 18 - May 23, 2023

Seven Oaks is offering a **Prehistoric Art History Class (on Zoom) Tuesdays at 1:00 p.m.** from **April 18 through May 23** (6 weeks). Cost is **\$40**. **Checks made payable to CCBC.**

What can we determine from surviving objects and monuments about the societies that created them? Explore recent research on this visual culture of prehistory. Learn how new discoveries and reassessments of long-standing evidence are changing our understanding of art and architecture from the Upper Paleolithic and Neolithic eras. The class will focus on Africa, Europe, the Near East and include a brief discussion about developments and history in parts of Asia.

After registration and payment for the class is complete, the Zoom link will be emailed to participants one day prior to the start of class (April 17).

Senior Center Staff & Executive Board



Center Director: Beckie Ebert
Assistant Director: Karen McDonough
Activity Specialist: Vacant
COS: Jessica Pontown
Home Team: Barbara Wilt 410-887-4141
Center Custodian: John Bruce

President: Jim Lightner
Vice President: Ed Konig
Treasurer: Rob Ermer
1st Asst. Treasurer: Gail Smith
2nd Asst. Treasurer: Wayne Knowles
Recording Secretary: Edie Dietrich
Corresp. Secretary: Penny Brown
Sgt. At Arms: Betty O'Carroll
Members at Large: Gina Wheeler & Bob Somers
Past President: Nancy Bach

Meeting Schedule

Executive Board Meeting
Monday, March 20 @ 1:00 pm

Membership Meeting
Monday, April 24 @ 12:30 pm
Lunch at 12 Noon
Buy your **\$5** lunch ticket
in advance.

Menu
**American or Italian Cold Cut Sub
Chips, Drink, Cake**

*Everyone who attends has a chance
to win 2 tickets to an upcoming
Seven Oaks special event or a gift card.*

The Seven Oaks Executive Board consists of 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 senior individuals and their families.

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 spouses (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. You can join multiple senior centers when you join Seven Oaks. Membership is valid for 1 year from date of sign up.

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 council/membership meeting to discuss the business of the center and vote on financial matters. A lunch is usually 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.

We give away 2 tickets to a Seven Oaks special event or a gift card at each meeting!

Have an idea or suggestion?

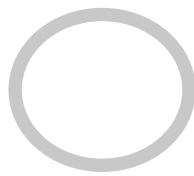
Please use the suggestion box located behind the front desk.

Schedule of Classes



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Monday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:30 am	EnhanceFitness*	Debbie Jobson, CT	MPR & Zoom	\$
9:00 am	12:00 pm	Pinochle	Tom & Sylvia Sordillo, Vol	Game Room	
9:30 am	11:30 am	Craft Projects	Sachs & Weber, Vol	Craft Room	
10:15 am	11:15 am	Yoga	Karen Kansler, IC	MPR Extension	\$
11:30 am	12:30 pm	Seated Yoga	Karen Kansler, IC	MPR Extension	\$
11:45 am	1:15 pm	Projects for Charity	Barbara Goldsmith	Craft Room	
12:00 pm	3:00 pm	Pickleball	Volunteers	Honeygo Reg Pk	\$
12:30 pm	2:30 pm	Mexican Train Dominoes	Volunteers	Game Room	
12:45 pm	1:45 pm	Zumba Gold	Kathy Lally, IC	MPR Extension	\$
1:00 pm	2:00 pm	Survey of Bible (Select Mon)	Nelda Murphy, Vol	Classroom	
1:30 pm	3:30 pm	Watercolor Painting	CCBC Karen Ruberry	Craft Room	\$
2:00 pm	3:00 pm	Ballroom Dance	Mary Jane Hartner, IC	MPR Extension	\$
<u>Tuesday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR & Zoom	\$
9:15 am	11:15 am	Knitting & Crocheting	Volunteers	Craft Room	
9:30 am	11:30 am	BUNCO (Every Other)	Linda Linley, Vol	Game Room	
9:45 am	10:45 am	Int. Line Dance	Fore/Alleva, Vols	MPR	\$
10:00 am	11:00 am	Meditation	Dr. Mickey Fenzel, Vol	Classroom & Zoom	
11:00 am	12:00 pm	Chair Exercise	Mary Ann Benner, Vol	MPR	
12:00 pm	3:00 pm	Pickleball	Volunteers	Honeygo Reg Pk	\$
12:15 pm	3:15 pm	Social Poker	Volunteers	Class Room	
12:30 pm	3:45 pm	Social Pinochle	Caryl Fletcher, Vol	Craft Room	
12:30 pm	3:30 pm	Bingo (1st & 3rd Tue)	Mary Kulishek, Vol	MPR	\$
1:00 pm	3:00 pm	Bridge	Volunteers	Game Room	
<u>Wednesday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:30 am	EnhanceFitness*	Debbie Jobson, CT	MPR & Zoom	\$
10:00 am	11:30 am	TOPS (Weight Loss)	Claudia Maher, Vol	Craft Room	\$
10:00 am	11:00 am	Yoga	Karen Kansler	MRP Extension	\$
10:00 am	11:30 am	Beginner Spanish	Maria Luque	Classroom	
10:30 am	12:30 pm	Zoom: Watercolor	Alina Kurbiel, IC	Zoom - Online	\$
12:00 pm	3:00 pm	Pickleball	Volunteers	Honeygo Reg Pk	\$
12:00 pm	3:00 pm	Hand & Foot Canasta	Rita Pulaski, Vol	Craft Room	
12:00 pm	1:00 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
12:15 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol	Classroom	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR Extension	
2:00 pm	3:00 pm	Physioballs (1st Wed)	Al Muehlberger, Vol	MPR Extension	
2:30 pm	3:45 pm	Current Events (4th Wed)	Joy Mays, Vol	Game Room	

*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 registration to ensure viability of program.



Schedule of Classes



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
Thursday					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:30 am	EnhanceFitness*	Debbie Jobson, CT	MPR Ext & Zoom	\$
8:30 am	9:45 am	Woodcarving	Ed Konig, Vol	Craft Room	
9:00 am	10:00 am	Zoom: CORE de Force	Karen Kansler, IC	Zoom - Online	\$
9:00 am	12:00 pm	Pinochle	Tom & Sylvia Sordillo, Vol	Classroom	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol	Craft Room	
10:00 am	12:00 pm	Diamond Art Drop-In	Caryl Fletcher, Vol	Game Room	
10:30 am	11:30 am	Chair Exercise	Mary Ann Benner, Vol	MPR Extension	
10:30 am	12:30 pm	Zoom: Drawing	Alina Kurbiel, IC	Zoom - Online	\$
11:30 am	12:30 pm	Geri-Fit	Libby Bryant, Vol	MPR Extension	
12:00 pm	3:00 pm	Pickleball	Volunteers	Honeygo Reg Pk	\$
12:15 pm	3:15 pm	Social Poker	Volunteers	Classroom	
12:15 pm	3:45 pm	Canasta	Volunteers	Craft Room	
1:00 pm	3:00 pm	Bridge	Volunteers	Game Room	
Friday					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR & Zoom	\$
9:00 am	12:00 pm	Scrabble	Volunteers	Game Room	
10:00 am	3:45 pm	Florida Canasta (Last Fri)	Caryl Fletcher, Vol	Classroom	
10:15 am	11:00 am	Intro to Tap Dance	Kathy Lally, IC	MPR 2	\$
11:15 am	12:00 pm	Intro to Tap Dance	Kathy Lally, IC	MPR 2	\$
10:30 am	12:30 pm	Card Making (2nd Fri)	Claire Blair, Vol	Craft Room	\$
11:00 am	12:30 pm	Vocal Group	Cal Goeller, Vol	MPR 1/Classroom	
12:00 pm	3:00 pm	Pickleball	Volunteers	Honeygo Reg Pk	\$
12:30 pm	3:45 pm	Florida Canasta	Caryl Fletcher, Vol	Classroom	
1:00 pm	3:30 pm	Stained Glass	Jim Gochenour, 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 a 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.

Pickleball

Honeygo Regional Park

Monday - Friday 12 Noon-3:00 pm * January 2 through June 23

\$5 per person for the fall semester

Come to Seven Oaks to register and purchase your Pickle Play Pass.

You must show your pass EACH time you play.

Download the **TeamReach** app for locations and up-to-date information.

NOTE: Pickleball follows the Baltimore County Senior Centers schedule.

If the Center is closed for Weather, COVID or a Holiday, Pickleball is canceled.

Seven Oaks Adventure Club March 2023 Event

Friday, March 10 at 12:30 pm

Guinness Open Gate Brewery Tasting Tour (Limited to 20 Participants)

5001 Washington Boulevard * Halethorpe, MD 21227

Cost: \$18 in advance includes 75-Minute Tour of the Brewery with Samples

Tickets are available at the front desk until Monday, March 6 or when event sells out.

We will be having a late lunch at the Brewery's restaurant after the tour. Each participant will be responsible for her/his lunch expense.

2023 College Scholarship Application due July 1



Seven Oaks Senior Center is offering a \$1,000 college scholarship to a grandchild of a Seven Oaks Senior Center member who will be an incoming college freshman in 2023. Pick up an application at the front desk which contains the requirements and other information. All required documents may

be submitted, in one email, to sevenoakssc@baltimorecountymd.gov or dropped off, in one package, at Seven Oaks Senior Center.

Fitness Center: See Flyer for April & May Promotion

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 am-3:30 pm

Cost: \$50.00 for 6 months or \$100.00 for one full year

Stop in to pick up your application! Individuals must be a current senior center member and have signed the exercise release form. A medical clearance form is no longer required.

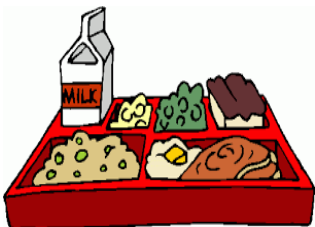
All paperwork should be turned into staff.

Once we receive your paperwork, we will sign you up for a required fitness orientation.

**The next Fitness Center Orientations for New Members are scheduled for:
Wednesday, March 1 at 10:30 am & Wednesday, March 15 at 10:30 am.**

Dine With Us!

Don't eat at home alone! Come and dine with your friends at Seven Oaks. A catered lunch is usually offered on Bingo and Movie Tuesdays. In **March**, Eating Together lunch will be offered on **March 7, 14 and 21**. Individuals interested in attending the meal must **sign up in the binder at the front desk by the meal deadline**. A minimum of 10 participants is required in order for the center to have the lunch. **Cost:** Please contribute as much as you can towards the \$5.79 cost of each meal (super special meals \$7.64). If you cannot contribute the full amount, a voluntary minimum contribution of **\$3.00** is recommended to keep this program going. Please arrive on the day of the lunch by 11:45 am to check in at the front desk. If you do not arrive by then, your lunch envelope may be given to someone who is on the standby list. If you're running late call the front desk to have them hold your spot. **If you will not be attending lunch, please call to cancel your meal before 11:45 am.**



Casey Cares PJ Collection Drive Coming in April

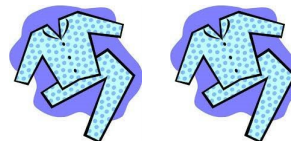
It's never too early to start gathering **new** pajamas (sizes infant to adult) for our annual **April** pajamas collection for the Casey Cares Foundation. Casey Cares Foundation gives the pajamas to ill children as part of a movie night kit and to children with extended hospital stays. Adult pajamas are given to our Baltimore County COS clients. For each pair of pajamas donated, you will receive a chance to win a gift card. Multiple pairs of pajamas means multiple chances to win!

Mark your calendars for our Friday, April 7 PJs in the Park event and Friday, April 14 Wear your PJs to Seven Oaks Senior Center Day. Events scheduled for **Friday, April 7** at **Angel Park** (next to the Perry Hall Library) include:

11 a.m.-11:30 a.m. Children's Book Reading

11:30 a.m.-12 Noon Airbrushed Tattoos

12 Noon- 1 p.m. Magician



Looking for Executive Board Members for the July 2023 - June 2024 Term

What makes a good board member? Members who care about this center, work well with others, promote and serve the center in a positive way and can make a regular commitment to being here and involved in our activities make the best candidates.

The board meets the third Monday of every month as well as six times per year on the 4th Monday every other month to present to the general membership (council).

ALL board positions are open to any member whose membership is in good standing.

If you have questions as to what more is required for any of the positions, please see Beckie or a current board member.



Mark Your Calendar!

- ♦ Tue April 4 & 18 Bingo and Eating Together Lunch
- ♦ Wed April 5 Fitness Center Orientation; Great Physioballs of Fire
- ♦ Thu April 6 Intergenerational Soap Carving; Medication Check-Up; TED Talk
- ♦ Thu April 6, 13, 20 & 27 Chicken Hatching Program
- ♦ Fri April 7 Casey Cares PJs in the Park
- ♦ Tue April 11 Movie: Maverick: Top Gun and Eating Together Lunch
- ♦ Thu April 13 Medicare 101 Workshop
- ♦ Fri April 14 Wear PJs to Seven Oaks; Card Making Workshop; Senior Craft Gallery; Realtor Presentation "When Is It Time to Move" and "More"
- ♦ Mon April 17-Thu April 20 Volunteer Appreciation Week
- ♦ Wed April 19 Fitness Center Orientation
- ♦ Thu April 20 Seated Massages
- ♦ Fri April 21 Center Closed for Staff Learning Day
- ♦ Sat April 22 Shred-A-Thon
- ♦ Mon April 24 Membership Meeting and Lunch



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



Travel Opportunities

Phone number for the trip hostess is listed on the trip flier. Save this number in your phone contacts in case you need to reach the hostess during the trip.

Come along for the ride!



Travel Fair

Saturday, March 11 ~ 1:00 pm-3:00 pm

Come learn about the center's 2023 trips. Light refreshments will be served.



Delaware Park Casino

March 22 * May 3 * June 21 * August 9 * September 20 * November 1

Cost: \$35 with \$20 Cash Rebate

Full payment due at sign-up.

Trip Hostess: Cindy Mabus 410-375-2422

Bus departs 10:00 am from Weis and boards at casino at 3:30 pm. Sign up no earlier than the day after the prior trip. Please use a **green envelope** at the travel desk to sign up for Delaware Park Casino trips. **NOTE:** When signing up for the trip, please fill out the chart with your date-of-birth (DOB) and address if you are traveling for the first time with Seven Oaks.

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 are 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. Fill out an envelope with your information, put your payment inside the envelope, seal and place the envelope in the black lock box on the wall near the travel desk.
- ◆ 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 Road, unless otherwise noted.
- ◆ Travel insurance is recommended for overnight trips.

2023 Upcoming Special Events at Seven Oaks

April

Charitable Cause: Casey Cares Pajamas Drive
 All Month ~ Fitness Center Promotion (See flyer.)
 Thursday 4/6 ~ Intergenerational Soap Carving
 Friday 4/7 ~ PJs in the Park
 Friday 4/14 ~ Wear PJs to Seven Oaks
 Monday 4/17- Thursday 4/20 ~ Volunteer Week
 Saturday 4/22 ~ Shred-A-Thon

May

Charitable Cause: Perry Hall United Methodist Church Food Drive
 All Month ~ Fitness Center Promotion (See flyer.)
 Monday 5/1 ~ Law Day
 Friday 5/12 ~ Mothers' Day Tea Party
 Friday 5/26 ~ Celebration of Life Butterfly Release