



# The Acorn

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

## Red, White & Blue Picnic - Tuesday, July 2 at 1pm

Join us on **Tuesday, July 2 from 1pm - 3pm** to celebrate the 4th of July with an outdoor picnic. Children, grandchildren and other guests welcome. The Sensations will entertain us so bring your lawn chair and BYOB if you'd like! Cruiser's Pit Beef will be serving lunch from their truck! Purchase your **lunch ticket in advance for \$10** at the front desk, please indicate sandwich type. Lunch includes a sandwich (pit beef, turkey, ham or a burger), a side (loaded potato salad, macaroni salad or cole slaw) and a drink. Come for dancing, great tunes, tattoos by the Perry Hall Library, delicious food and FUN! Ed will have a station set up for kids to make a survival bracelet. If you plan on bringing your grandchildren and they'd like to make one sign up in the free binder so he has a head count. *A lunch ticket is not required to attend.*



## Shrimp Feast - Friday, July 19 at 12:45 pm

Join us on **Friday, July 19 at 12:45 pm** for a fun and tasty afternoon! Menu will include 16/20 Count Steamed Shrimp, Buttered Corn on the Cob, Italian Bread, Cole Slaw, Potato Salad, Dessert, Beer, Wine & Soda. **Cost is \$15 per person.** Buy tickets in advance at the front desk. Entertainment by The Reputations, a 5 piece band. Thank you to Brightviiw of Perry Hall for paying for the band! Also we are in need of outdoor turkey fryers for the event. If you have one we can borrow please see staff. Special thanks to Wayne Knowles for being our onsite chef for the event!



## Summer Needs Collection Drive for MCVET

Through the month of July we will be collecting items for the Maryland Center for Veteran's Education and Training (MCVET). They are a shelter for homeless veterans. There is a box in the lobby for your donations. They are in need of the following: summer socks (all sizes for men and women) and personal hygiene items, such as tooth brushes, tooth paste, razors, shaving cream and deodorant. For women they need body wash, cologne, hand cream, shampoo and conditioner, ladies razors and shaving cream. They also need new or gently used summer clothing for men and women in all sizes. If you have any nice professional clothing, shoes and/or accessories this would be helpful for when the Veterans have a job interview. As always thank you for your generosity!



## Farmer's Market Distribution

Friday, July 12 at 8:30 am at Perry Hall Middle  
See page 4 for more details

### 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!





# July Special Events



**Red, White & Blue Picnic**  
**Tuesday, July 2 from 1:00 - 3:00 pm**  
 See Page 1 for details.

**Center Closed for Independence Day**  
**Thursday, July 4**

**Project Lightbulb**

**Monday, July 8 1:00 pm**  
 Join Civic Works to learn about free energy efficient products for Baltimore County residents. Sign up in advance.

**Preparing to Downsize**

**Tuesday, July 9 10:30 am**  
 Join Buddy Redmer of Redmer Home Group of Keller Williams Gateway to learn about preparation for downsizing to a smaller home, options for securing finances and options/plans on retirement communities. He'll also address questions about the current market and answer questions you may have. No sales, just facts, tested advice and feedback. Sign up in advance.

**Focus Group on Aging & Peer Support**

**Tuesday, July 9 12:00 pm - 2:00 pm**  
 Can older adults benefit from peer support? We want to hear your thoughts! The Mental Health Association of MD has a hunch that the evidence-based practice of peer support can benefit older adults, so they're collecting community feedback on how it can be best implemented in Baltimore County. They're very interested in talking to older adults and people who work with older adults. Pizza and thank you gifts will be provided for all attendees. Limited to 12 people.

**How to Sell on Facebook Marketplace**

**Wednesday, July 10 2:00 pm**  
 Join Kathleen to learn how to list your 'for sale' items on Facebook Marketplace. Sign up in advance and bring your phone or tablet.

**Planning for the Unexpected for Your Pet**

**Thursday, July 11 1:00 pm**  
 This training by the SPCA will help participants consider important questions regarding who can provide care to your pet in an emergency or permanently if needed. Sign up in advance.

**Fresh Conversations Program: Should You Worry About Vitamin D Deficiency?**

**Friday, July 12 12:30 - 2:30 pm**  
 Did you know that vitamin D plays a key role in having strong bones? Learn about where to get it, how much you need, and vitamin D deficiency. Sign up in advance.

**Herbal Pesto, Vinegar, Oils, and Salts**

**Tuesday, July 16 10:00 am**  
 Allison, our high school student working on her Gold Award Project, will demonstrate how to make herbal pesto, vinegar and oils. Make and take a seasoned salt in a provided shaker using herbs from the Seven Oaks herb garden. Pay \$1, in advance at the front desk by July 12.

**Strengthening Our Emotional Safety Net - The Power of Connection**

**Tuesday, July 16 1:00 pm**  
 The Department of Aging's Initiative this year is Social Isolation & Loneliness. Having a network and good relationships helps to prevent social isolation and loneliness. Join SAFE to learn about the power of connection. As we age, our relationships change and we may face losses of many kinds. Learn how to identify and build healthy relationships that can increase our vitality and our security. Sign up in advance.

**TED Talk: How to Turn A Group of Stranger into a Team**

**Thursday, July 18 1:00 pm**  
 Business school professor Amy Edmondson studies "teaming," where people come together quickly to solve new, urgent or unusual problems. Recalling stories of teamwork on the fly, such as the incredible rescue of 33 miners trapped half a mile underground in Chile in 2010, Edmondson shares the elements needed to turn a group of strangers into a quick-thinking team that can nimbly respond to challenges. Join Jim Lightner as he facilitates a lively talk after the video. Sign up in advance.

**Shrimp Feast**  
**Friday, July 19 at 12:45 pm**  
 See Page 1 for details.

**Friday Café**

**Join Us from 9:15 -10:15 am every Friday! 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! If you'd like to host a Café sign up by the coffee station.**

### **Adventure Club: Open Cock Pit**

**Saturday, July 20** 10:00 am

Seven Oaks members and guests are invited to The Glenn L. Martin Maryland Aviation Museum for a tour and visit the museum. They will also have a community flea market that day as well. At 1 pm we'll have lunch at Sunset Cove. Sign up in the free binder for the Museum and for lunch. Members are welcome to park at the center if you'd like to carpool.

### **Perry Hall Library Series**

**Tuesday, July 23** 10:00 am

Meghan, from the Perry Hall Library will be offering a space-themed reminiscing program that involves songs and trivia to coincide with the anniversary of the lunar landing. Sign up in advance.

### **Intergenerational BINGO & Sundaes**

**Tuesday, July 23** 12:45pm

During our regular Bingo time, 12:45pm, bring your kids and grandkids for an intergenerational bingo. Cost is \$7 for Bingo. Adults over 18 will win cash prizes and kids will win non-cash prizes. An Eating Together lunch will be served at noon to seniors. Sign up no later than 2 days in advance for lunch. An ice cream sundae bar will be served to all, at 12:15pm. Sign up in advance.

### **New Member Orientation**

**Thursday, July 25** 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 if you plan to attend.

### **Meet Up: Bowman's Restaurant**

**Thursday, July 25** 4:00 pm - 6:00 pm

Meet up for happy hour at the Bowman located on Harford Rd. Hangout with your friends from Seven Oaks and enjoy happy hour specials.

### **Movie: The Wife**

**Friday, July 26** 12:45 pm

A wife (Glenn Close) questions her life choices as she travels to Stockholm to see her husband receive the Nobel Prize for Literature. Rated R for language and some sexual content. Run time: 99min. 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 7/24.



### **Herbal Sachets and Potpourri**

**Tuesday, July 30** 10:00 am

Join Allison, our high school student working on her Gold Award Project to make and take Lavender and Rosemary sachets and potpourri. No sewing required. She'll talk about other crafts that can be made using herbs from the Seven Oaks herb garden. Pay \$2 in advance at the front desk by 7/19.

### **The Big Four & the Beginning of Philanthropy in Baltimore**

**Tuesday, July 30** 1:00 pm

Join Baltimore historian and educator, Wayne R. Schaumburg for an illustrated talk that will explore philanthropy in 19th century Baltimore. Our focus will be Baltimore's "Big 4": George Peabody, Enoch Pratt, William and Henry Walters, and Johns Hopkins. The program will examine their lives, their business careers, and their gifts to Baltimore. The presentation will also cover 2 significant women: Mary Elizabeth Garrett and Harriet Lane Johnston.

### **Nutrition Myth Busting**

**Wednesday, July 31** 10:30 am

Did you hear about the latest diet fad? It's AMAZING - or is it? Join Mandy, Giant's in-store Nutritionist, during TOPS, for a lively discussion on superfoods & gluten free foods as well as detox & trend diets. Should you go organic? Is agave better than other natural sugars? She'll answer those questions and get you on track. Sign up in advance.

### **Buffet Lunch & Bingo at Brightview**

**Thursday, August 8** 11:30 am

Join Kathleen & Courtney at Brightview for a lunch & 15 games of Bingo. 100% proceeds will go to their Walk Team for the Alz. Association. \$15 in advance at the center starting July 15.

### **Perry Hall Library Events**

On **Thursday, July 11 at 7 pm**, the Perry Hall Library is hosting a program called *Astronomical Images: Galileo to the Hubble Telescope*, held at **the library**. Edward Wollack from NASA discusses Galileo's resources and how they paved the way for technology and modern space systems like the Hubble Telescope.

On **Tuesday, August 27 at 10am** the Library will do a book discussion at the center, as part of their monthly series. If you're interested in joining them they will be discussing the book, *Becoming* by Michelle Obama. Pick up the book from the Perry Hall Library to read before the discussion.



## Volunteer of the Year Award

Congratulations to Gene Laytar who was voted Volunteer of the Year! Gene has served as Treasurer for Seven Oaks for the past 3 years. We are grateful for his dedication and the time he devotes to the board. He spends countless hours at the center every week and usually comes daily to ensure that the money brought into the center is accounted for, recorded and deposited. He served as a fitness center monitor for many years before joining the Board. Gene also lends a hand for special events and picks up and pays for food for the chairperson. He and his wife Natalie have hosted Friday Cafe for our members on several occasions. Gene and Natalie live in Perry Hall right down the street from the center. They are originally from Pennsylvania but moved to Baltimore shortly after Gene graduated, and got a job at Bethlehem Steel, He worked there his entire career. They have 2 sons who Gene loves to spend time with. He will be traveling this summer with one of his sons to Alaska. Besides spending his time at Seven Oaks, Gene enjoys gardening and watching sports. Gene and Natalie have been members of Seven Oaks since it opened; joining shortly after Gene retired. We are very grateful for all the time and care Gene puts into the center. Thank you Gene!

## Farmer's Market Distribution - Friday, July 12

Baltimore County seniors 60 years or older who meet the income eligibility guidelines may receive \$30 worth of farmer's market coupons. We will be distributing the coupons at **Perry Hall Middle School on Friday, July 12 from 9-11 am** (come early as we usually run out of coupons before 11 am). Maximum monthly income for a household of 1 is \$1,926; for 2 people- \$2,607; for 3 people - \$3,288. Pick up a flier in the center for additional locations and income guidelines. If you have questions call 410-887-2594.

## Art Show Submission Wanted!

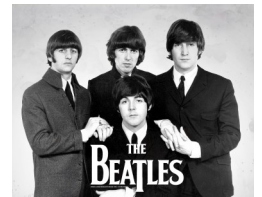


### Art & Craft Contest - Friday, August 16 from 9:15 am - 11 am

Winners of our competition will compete in October at the Baby Boomer /Senior Expo Art/Craft Contest. Entries wanted! Stop by the front desk for an entry form which includes entry rules. Voters are needed the day of the contest so be sure to stop by at the Friday Café and vote for your favorite art pieces! Categories include: Carving/Sculpture, Ceramics, Drawing, Fabric and Fiber, Glass Art, Jewelry, Painting, Photography. Expo will be one day only this year. Save the Date: Wednesday, October 30 from 9am - 8pm.

## The Beatles Invade 7 Oaks - Friday, August 23

Follow "The Long and Winding Road" on Friday, August 23 from 12:45pm - 2:30 pm. We will "Get Back" to the 60's with *Saving Sgt Pepper* who will be playing familiar songs from the Beatles for guests to remember, sing-a-long, and dance. Reminisce "Yesterday" "With a Little Help from My Friends": Paul, John, George and Ringo to recall their music and trivia. "Come Together" to enjoy a British lunch of fish and chips, coleslaw, tea and dessert. **"We Can Work It Out" for you to join us by buying your \$12 ticket at the front desk starting Monday, July 22.** "Let It Be" your August fun time!



## \$1,000 Seven Oaks Scholarship for a Member's Grandchild

The Seven Oaks Senior Center is offering a \$1,000 college scholarship to a grandchild of a Seven Oaks Senior Center member who is an incoming college freshman. The 2019 application deadline is July 1 and is available online at [www.sevenoaksseniors.org/scholarship-application.html](http://www.sevenoaksseniors.org/scholarship-application.html) or in the center.

# 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:	Eddie Dietrich
Sgt. At Arms:	Gary Durendetto
Members at Large:	Walt Wujek & Betty O'Carroll
Past President:	Nancy Bach

## Meeting Schedule

### **Executive Board Meeting:**

Monday, July 15 at 1 pm

### **Membership Meeting:**

Monday, August 26

@ 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](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

Summer Class registration is Tuesday, June 11.  
Most classes will begin the 2nd week in July.



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	12:00 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	\$
10:00 am	1:00 pm	Beginner Pickle Ball	Joe Palmere, CPTP	Perry Hall Middle Sch	
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	\$
<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	\$
9:15 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	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle Sch	
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	\$
<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	
9:30 am	10:15 am	Strength After 60	Instructor at BKC	Balto Kettlebell Club	\$
9:50 am	10:50 am	Int Line Dance	Joanne Alleva, 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	\$
10:00 am	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle Sch	
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	

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

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	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle Sh	
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	
1:00 pm	3:30 pm	Stained Glass	Richard Souders, Vol.	Craft Room	
1:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Reg. Park	
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**

**Tablet/Smart Phone Help** - Monday, July 1, 8, 15 & 22. Sign up for an appt with David Yoon.

**Seated Massages with Doug** - Monday, July 8 & Thursday, July 25 - 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.

**BINGO** - Tuesday, July 9 & 23 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.

**Current Events** - (now meeting twice a month) Wednesday, July 10 at 11:45 am & Wednesday, July 24 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.

**Blood Pressure** - Fri, July 12 at 9:15 am Karen Kansler, RN takes your blood pressure.

**Card Making Workshop** - Friday, July 12 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, July 29 at 10:00 am Let Alvin Miller help you with your device. Bring your device & passwords. Sign up in advance.

## Council Accomplishments

As the fiscal year 2019 comes to a close here is a look back at some of the accomplishments Seven Oaks has achieved. They include helping the community, improving the center with the donations to the Enhancement Fund and implementing ideas from the suggestion box.

- Sponsored the take home folder for Seven Oaks Elementary School
- Sponsored breakfast on Christmas Day for over 125 people at the Eastern Family Shelter
- Bought Christmas presents for 30+ children at the Shelter
- Collected toiletries and towels and scarves, mittens and hats for the children at the Shelter
- Awarded a \$1,000 college scholarship to a center member's grandchild
- Held a Veteran's toiletry and book drive
- Sponsored a shrimp salad lunch for our local Fire and Police Departments
- Held a coat and clothing drive for United Methodist Church
- Purchased a new desk for Travel
- Continued to support our adopted child from the Philippines
- Provided financial support to the COS worker's clients throughout the year and at the holidays
- Held a food drive for COS worker's clients
- Purchased 38 - \$35 Target gift cards for the teachers at Seven Oaks Elementary
- Donated \$500 to the new White Marsh Volunteer Fire Department
- Donated \$250 to the Central MD Council for the Blind
- Made updates to the lobby, council office and classroom
- The Projects for Charity class donated over 500 items to local charities this year
- Laminating services at front desk for members' insurance cards
- Winner of Walk MD, Fittest Senior Center Award

## 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, July 17 & 31 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 July 9, 16, 23, 26 & 30.** 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 Ready! Get Set! Get Fit! Join Our Team! 5k Run/Walk

Save the date for BCDA's 5 K 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](http://www.getreadygetsetgetfit5K.com). Drop the form off in the director's office. year! Sign up today!

## Stepping On Workshop Starts In September

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! Class will be held on Fridays from 10 - 12 pm, September 20 - November 8. Sign up in the free program binder.



## Do You Love A Good Party? We Need You!

We're planning events for the second half of this year and we have some ideas but we're always looking for new ones. Our recent India Culture Event planned by our intern, Jane and a few of our members from India was a huge success! The food was delicious, the information shared about India was great and everyone had a fantastic time. We'd love to do another cultural event but we need your help! If you'd be interested in sharing about your culture and helping us with this event, see staff. We're planning to have this event in September.



Also, we were thinking about having a Talent Show but we need to know, do you have a talent? Would you be interested in competing? If you have an interest please write down your name, number and your talent in the free binder. And remember we could always use your help with planning and executing our events!



## August Adventure Club: CCBC Cockpit in Court

Join us **Sunday, August 4 at 3 pm at CCBC Essex for *The Unexpected Guest* by Agatha Christie. Cost is \$15 for seniors.** Lost in the fog, a stranger seeks refuge in a nearby house only to find a man shot dead and his wife standing over him with a smoking gun. A tangled web of lies reveals family secrets and chilling motives, where the real murdered turns out to be the greatest mystery of all. *The Unexpected Guest* is presented by special arrangement with Samuel French, Inc. **Pay for your ticket in advance at the front desk by July 16.** Transportation on your own to CCBC Essex or you can carpool from Seven Oaks parking lot.



## Adventure Club Outings - Your Opinion is Needed!

We have some great ideas from staff and members for upcoming Adventure Club Outings but we need your feedback! In the free binder, under a tab labeled Adventure Club Ideas please write down your name and number if you think you'd attend any of the outings listed. That way we'll know what to schedule. Please also include any ideas that you may have!



# 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** – July 10, 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.
- ◆ **Ottawa & Thousand Islands, Canada Trip** July 14 - July 18. \$695/double; \$935/single. Includes beautiful guided tour of Ottawa, St. Lawrence river cruise, 4 nights lodging, 4 breakfasts & 3 dinners. *Waitlist*
- ◆ **Crab Feast at Fisherman's Deck** Tuesday, Aug. 20. \$80. Enjoy a crab feast followed by shopping at the Queenstown Outlets.
- ◆ **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!**

- ◆ Wills, Powers of Attorney and Medical Livings Wills/Advance Directives - Friday, August 2
- ◆ Keeping Our Seniors Safe Online - Monday, August 5
- ◆ National Night Out (Seven Oaks Parking Lot)—Tuesday, August 6
- ◆ Prearrangements with Evans Funeral Home - Wednesday, August 7
- ◆ Sound Healing Program - Tuesday, August 13
- ◆ Art Show and Café - Friday, August 16
- ◆ Perry Hall Library Series - Book Discussion - Tuesday, August 27
- ◆ CPR & AED program by the Baltimore County Fire Department - Tuesday, August 27
- ◆ Emergency Preparedness Program - Friday, September 6
- ◆ No Senior Eats Alone Day - Thursday, September 12
- ◆ NARCAN Training - Thursday, September 12
- ◆ Stop the Bleed Program by the Baltimore County Fire Department - Thursday, September 19



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