

Vocal Group at Seven Oaks

Fridays 10:30 a.m.– 12 p.m.

Leader: Henry King

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.

Adventure Club

Bring a friend or come alone either way you'll have a good time meeting new people and doing something fun and different! Sign up at the front desk if you plan to attend. Carpool is on your own. Full details about each adventure is in The Acorn.

September 9 –Hike and Sunday Brunch at Gunpowder. Meet at 10 am. Bruch on your own after the hike.

Sat. October 13- Get a Clue (Escape Room) & Lunch at Texas Roadhouse. \$18 per person and lunch on your own.

November - Thanksgiving Candy Making at Cake & Wedding Cottage on Belair Rd followed by lunch at Carrabba's.

Sat. December 8-Christmas Tea at Tea By Two Tea Room located in Belair. Purchase \$35 ticket at the front desk by Oct. 25.

Upcoming Special Events

- Flu Shots—Tuesday, Sept. 11
- Country Roads Show & Luncheon—Friday, September 21
- AARP Driving Class—Friday, October 5
- Fall Fashion Show - Friday, October 26
- Halloween Party - Tuesday, October 30
- Veteran's Luncheon—Friday, November 9
- Veteran's Breakfast—Wed, November 14
- Bingo Extravaganza - Tuesday, November 27
- Travel Fair—Friday, November 30
- Trim the Tree - Friday, December 7
- CRASE Training—Tuesday, December 11
- Holiday Dance—Tuesday, December 18



Seven Oaks Senior Center

9210 Seven Courts Drive
Baltimore, MD 21236

Fall 2018 Class Offerings



SEE PAGE 2 FOR SIGN UP PROCEDURE

**Registration for Enhance Fitness,
Core N' More, & Strength Training
Begins Tuesday, Sept. 4 at 8:15 am**
Gary Lentz is back for Core N' More!

**Registration for ALL OTHER Classes begins
Tuesdays, Sept. 4 at 10 am**

Drawing & Sewing Returns for the Fall

Most Classes begin the week of Oct. 1

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



Welcome!

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.

REGISTRATION PROCESS:

On the first day of registration beginning at 8:15 am we will sign up those registering for **Core N' More, Enhanced Fitness, and Strength Training**. After you sign in at the front desk, proceed to the MPR and get in line for the one class of your choice. We will distribute envelopes to those in line for their respective class. Once you get an envelope you can move to another line. 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 please go to the MPR, you'll receive a number when you enter the room and then you will sign up with one of the registration volunteers. In addition, you can no longer sign up someone else up for the above 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. **This change is only for the five classes mentioned above.** You must have their payment and phone number with you.

Members registering for any other classes please come after 10 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. Please note who checks are payable to under the class description. Checks payable to CCBC are REQUIRED for SPANISH classes only.

Cash is accepted for all other classes.

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.

Call the Travel Office with any questions about our upcoming trips. 443-608-0613 (leave a message)

Recreational Activities Cont'd

Jokers Wild & Chess

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."

Ladies Pinochle

Tuesdays 12:30-3:45 *New Day/Time (New players wanted!)*

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.

Men's Poker

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.*

Mah Jongg

Wednesdays 12-3 p.m.

Instructor: Thelma Neifeld

No fee. Members meet to learn how to play Mah Jongg on a weekly basis, new participants are welcome.

Pinochle

Mondays and Thursdays 9:00 am - 12:30 pm

No fee. Members meet to play Pinochle on a weekly basis, new participants are welcome.

Scrabble and More

Fridays 10 a.m.-12:00 p.m.

No fee. Members meet to play scrabble or other board games.

Card Game: Hand Foot

Wednesdays 12-3 pm

No Fee.

Travel with Us!

Newseum in Washington, DC - Wed, Sept. 12. Cost \$50

Crab Feast at Fisherman's Inn - Thurs. Oct. 4. Cost \$80

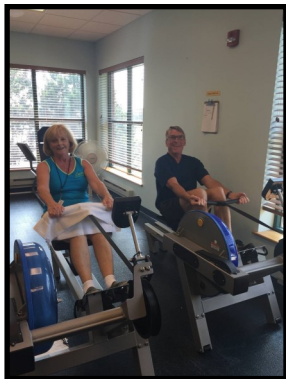
American Treasures Museum - Wed. Nov. 14. Cost \$75

Fitness Center

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

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. Orientations are usually held on the 2nd & 4th Wednesday of the month from 11:15 am - 1 pm.



Recreational Activities

Bingo

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

Leader: Ann Knoerlein

Cost: \$7. 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

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

No fee, drop in at anytime.

Canasta

Thursdays 12 noon-3:30 p.m.

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

Dominoes Mexican Train

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."

Arts & Crafts

Crafts and Conversation

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

Instructors: Bonnie & 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

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

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

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

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.

Sew Your Own Project (s) - *Returning!*

Tuesdays 11:30 am– 1:30 pm in the Craft Room

Cost: \$45 for 10 week class. Instructor Barb McCrea.

October 2-Dec. 6, 2018

Projects are subject to instructor approval in advance. We must have at least 5 students enrolled before the start of the class in order for this class to run.

Travel with Us!

Delaware Park - September 19 & November 7.

Cost is \$25 with a \$30 rebate.

Arts & Crafts Continued

The following 2 art classes are taught by Dottie Bishop. Classes are 10 weeks and students are to bring their own supplies.

Watercolor Techniques for Beg-Advanced

Mondays 1:30-3:30 pm

Oct 1-Dec. 17, 2018 (No class 10/8, 11/12)

Cost: \$35 for 10 weeks. Cash or Check to Seven Oaks Council

Acrylic Class

Wednesday 1:30-3:30 pm

Oct. 10-Dec. 12, 2018

Cost: \$35 for 10 weeks. Cash or Check to Seven Oaks Council

Woodcarving

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.

No fee for this volunteer led class. Ongoing 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: 9/14, 10/12, 11/9, 12/14

Offered once a month and you make 3 cards per workshop. Cost is \$12 per workshop and advance sign up is required.

Drawing Class

Thursdays 12:30 – 2:30 pm

Instructor: Alina Kurbiel

Cost: \$35 for 10 week class. Payable to Seven Oaks Council

September 20-Dec. 6 (No class 10/ 4, 11/22)

This drawing workshop is suited to all levels from complete beginners to more experienced artists. The program helps to develop an understanding of value, composition, perspective, measuring and proportion while working from still life setups. For this class the participant will need the following supplies: drawing pad, graphite pencils (one soft and one hard), eraser, smudging stump, ink pen, charcoal (optional). The list of necessary props will be given on the first meeting.

Dance Classes

Ballroom Dance Class

Mondays 1 - 2:00 pm Instructor: Mary Jane Hartner

October 1– Dec. 3, 2018 (8-week class)

Cost: \$20 for 8 weeks. Payable to Seven Oaks Council

Beginner and experienced students are welcome to join the class.

Beginner Line Dance Class

Wednesdays 12-1 pm Instructor: Mary Thau

Oct. 10-Dec. 12, 2018 (10 weeks)

Cost: \$25 for 10 week session payable to Seven Oaks Council. This class is for those new to line dance or beginner dancers.

Intermediate Line Dance

Wednesdays 9:50-10:50 a.m. (Ongoing)

Volunteer Instructor: Joanne Alleva

Cost: \$1 per week, pay as you go, drop in anytime. This is a great way to have fun and exercise at the same time.

Intermediate Line Dance

Tuesdays 10-11 a.m. (Ongoing)

Instructor: Trudy Knight

Cost: \$2 per week, pay as you go, drop in anytime. Ongoing Class.

Learn the latest line dance steps at our weekly instructional class.

This is a great way to have fun and exercise at the same time.

Health & Nutrition

TOPS - Take off Pounds Sensibly

This weekly group meets on Wednesdays from 9:45-11:30 a.m. The fee is \$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**

Friday Café - Join Us!

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 9:15-10:15 am.

Exercise Classes Continued

Zumba Gold-TONING

Wednesdays 11 a.m.-12 p.m. Instructor: Kim Privett

Oct. 10-Dec. 12, 2018 (10-week class)

Cost: \$25 for the 10 weeks. Payable to Seven Oaks Senior Center

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 2:15-3:15 p.m. Instructor: Loretta Wittomski

Oct. 1– Dec. 17, 2018 (10-week class) **No Class 10/8, 11/12**

Cost: \$25 for the 10 weeks. Payable to Seven Oaks Senior Center

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.

Tai Chi

Fridays 9:30-10:15am Beginners & 10:15-11am Adv. Students

Instructors: Jeff Herold Assisted by Tod & Lisa Waterman

October 5-Dec. 7, 2018 (10 weeks) for \$30

Payable to Seven Oaks Council

Slow, rhythmic movements based on Chinese philosophic principles that present intellectual puzzles to stimulate the cerebral processes, meditations to relax the mind-body and exercises to strengthen the legs and improve balance. All levels welcome especially beginners. Wear loose, comfortable clothing. Students can come to both classes if they want to.

Water Aerobics & Warm Water Therapy

Classes are held at Kids First Swim on Belair Road.

Classes are \$6 each and you choose how many days in the month you want to swim. **Classes begin the first Monday of the month and you sign up and are charged by the month.** No refunds given.

Water Aerobics: M, T, Th and F: 9 – 9:45 am & also offered in the Evenings on M, W, Th 7:45-8:30pm

Warm Water Therapy: M, T, Th and F 9:45 – 10:30am.

Cost is \$6 per class or \$45 for unlimited for the month. Check payable to Seven Oaks Council. There is open swim class on Monday & Wednesdays 2-3 pm (free with unlimited plan, \$5 for all others) but schedule is subject to change. **Sign up at Seven Oaks to receive the discounted pricing at Kids First Swim .**

Continuing Education

Spanish Conversation Continuing

Mondays 10:30a.m. - 12:15 p.m.

October 1– Dec. 24 (9 weeks) No Class 10/8, 11/12, 12/3

Instructor: Ronald Browning, CCBC. Cost \$35 payable by check to CCBC. This course is designed to enable the student to acquire continuing communication skills in Spanish. Some basic Spanish knowledge is required. Book required: See It and Say It in Spanish by Margarita Madrigal which you can buy online.

Fitness Opportunities Off Site

Pickle Ball at Honeygo at Regional Park

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. We play indoors. Sept. 4-June 14. Tuesdays 10-12:30, Wednesday 11-1, Thursdays 10-12:30 pm, Fridays 12-3 pm

Beginner Pickle Ball Instructional Play at Honeygo

Instruction provided by Joe Palmere and other experienced players.

Mondays 11:30 am– 1:00 pm

Walking Group - 4th Saturday of the month at Honeygo Park from 9-10 am. 9/22, 10/27, 11/24. Led by the Perry Hall Library.

Hiking - To receive information on upcoming hikes please join our e-mail/text service. To receive information by text: text this message - @sevenoakss to 81010. To receive e-mail messages - send a message to sevenoakss@mail.remind.com. Beginner and experienced hikers welcome! **If you would like to lead a hike please see Kathleen in the office; we are in need of more leaders.**

Sign up for Weather Alerts such as Delays and Closings!

Sign up at the front desk with your cell phone number to receive text messages or your e-mail address to receive e-mail notifications.

Exercise Classes

Barre Fit

Thursdays 10:30-11:30 am at Inline Barre 9810 Belair Rd
October 4-Nov. 29 (No class 11/22) Cost: \$45 for 8 Weeks
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. *A minimum of 10 students must be enrolled for this class or it will be cancelled.*

Enhance Fitness

Mondays 9-10 a.m., Wednesdays 8:45-9:45 a.m. & Thurs 9-10 a.m.
October 10-Dec. 24, 2018 (10 week class)
No class 11/12, 11/22, 12/13
Instructor: Carole Gittings
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. A maximum of 25 students may enroll in the class.

Table Tennis

Wednesdays 1:30-3:45 p.m. (Ongoing)
Fridays 1:00-3:45 p.m. Cost: No fee
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.*

Senior Rhythms

Tuesdays 11 am-Noon & Thursdays 10:45-11:40 am (Ongoing)
Leader: Audrey Doemling Cost: No fee, drop in anytime.
This chair based exercise program is designed to enhance participants endurance, as well as cardiovascular health.

Strength Training *(Limited to 25 students)*

Tuesdays & Fridays 8:30-9:15 a.m. Instructor: Karen Kansler
Oct. 2-Nov. 23, 2018 Cost is \$25 for the 8 week class.
This class focuses on increasing strength and improving balance, coordination, endurance and flexibility. Cash or check payable to Seven Oaks Council. This is an 8 week class with the instructor and then it is led by volunteer Marlyn during the break without cost to the students.

Exercise Classes Continued

Core N' More

Mondays from 10:30-11:30 am Instructor: Gary Lentz
Oct. 1– Dec. 17, 2018 (10-week class) No Class 10/8, 11/12
\$25 for the 10 week class Payable to Seven Oaks

Thursdays 11:45 am –12:45 pm Instructor: Gary Lentz
Oct 11-Dec. 20 (10 week class) No class 11/22
\$25 for the 10 week class. Payable to Seven Oaks

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 one hour class will focus on the muscles of the abdominals, torso, back and glutes. Plus, there will be some other key all body exercises. This class is tailored for all levels. If you have a yoga mat please bring it.

Chair Assisted Yoga

Wednesdays, 1:15-2:15pm
Oct. 10-December 19, 2018. No class 10/24

Cost: \$25 for 10 week class. Payable to Seven Oaks Senior Center
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. *Please fill out a CCBC registration form.*

Yoga

Thursdays 2-3:15 p.m. Instructor: Jana Long
Oct 11-Dec. 27(10 week class) No class 10/25, 11/22

Cost: \$35 for 10 week class. Payable to Seven Oaks Council
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 fill out a CCBC registration form.



Calling All Members! Attend a Membership Meeting!
Aug. 27, Oct. 22 & Dec. 17—lunch at Noon, Meeting 12:30