

Seven Oaks Senior Center

October 2017



The Acorn

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

Renew Your Membership in October

This year's registration gift is an insulated grocery bag and we're giving them away to the first 1,000 members who renew their membership or join Seven Oaks. As always, it's free to join but we ask for a donation towards our Enhancement Fund. Any amount is appreciated but if you donate \$15 or more you'll receive a free subscription to BCDA's Senior Digest.

Registration begins October 2.



Discover the Power of Age Senior Expo

Wednesday, October 4, from 9 am to 6 pm and Thursday, October 5, from 9 am to 4 pm at the Maryland State Fairgrounds in Timonium. The Baltimore County Department of



Aging's two-day extravaganza showcases the latest in information, resources, products and services to approximately 11,000 attendees. This is the regional event to discover ways to REIMAGINE AGING! CountyRide will provide transportation to Senior Expo from select senior centers and Park & Ride's. Please note that all senior centers will be closed, on Oct. 4 & 5. If you need a ride to Senior Expo call County Ride at 410-887-2040.

Chinese Auction

Join us **Friday, October 20 at 12:45 pm** for an authentic Chinese lunch and Auction. New Han Dynasty will be providing lunch: your choice of General Tso's chicken with broccoli or shrimp and mixed vegetables. Both are served with brown rice, a spring roll, won ton soup, and ice cream.

Wine will also be served. Following lunch our Master of Ceremonies, Chad, will auction off pre-wrapped items at a bargain price. You never know what you'll win.

Tickets are \$10 in advance.



Halloween Party - Tuesday, October 31

Paint Night - Thursday, November 2

Line Dance Party - Friday, November 3

Seven Oaks Senior Center

9210 Seven Courts Drive

Baltimore, MD 21236

Phone: 410-887-5192

Fax: 410-887-5140

Travel Office: 443-608-0613

sevenoakssc@baltimorecountymd.gov

www.SevenOaksSeniors.org

Hours Of Operation

Monday - Friday

8:30 a.m. to 4 p.m.

Look inside!





October Special Events



Smart Phone & Tablet Help

Monday, October 2, 16, 23

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

Bingo

Tuesday, October 3 & 17 12:30 pm

Ann Knoerlein calls out the lucky numbers for afternoon Bingo with cash prizes; cost \$7.00. An Eating Together lunch will be served at Noon for \$2.50 donation. Menus are posted at the front desk. Sign up in advance for lunch.

Center Closed for the Power of Age Expo
Wednesday, Oct. 4 & Thursday, Oct. 5

Protect Your Assets and Family

Friday, October 6 10:15 am

Join Burgess Law, LLC as they discuss the importance of keeping your Will, POA and Health Care Directive up-to-date. Sign up in advance. The attorneys will also review your legal documents after the presentation. Schedule your 15 minute FREE appointment at the desk and make sure all your documents are up to date and valid.

Center Closed Columbus Day
Monday, October 9

Tax Free Income

Tuesday, October 10 11:00 am

Join Michael Crabb as he discusses tax free income. Sign up in advance.

Learn about Medicare Plans

Tuesday, October 10 2:00 pm

The annual election period is coming! Join Henita Schiff as she returns to review Medicare, Medicare Supplements and Medicare Advantage Plans and reviews how you can make changes to your plans. Sign up ahead.

Blood Pressure

Friday, October 13 9:15 am

Karen Kansler, RN takes your blood pressure.

Card Making Workshop

Friday, October 13 10:30 am-12:30 pm

Students will make 3 cards to take home. Samples are available at the front desk. Advance registration required. Cost of the class is \$12.

Mo Town Singles Dance

Friday, October 13 from 1:00 pm - 3:00 pm

Event sponsored by Bright View Senior Living White Marsh



Join us for an afternoon of music by Bruce Thomas along with dancing, beer, wine, sodas and snacks. This is a free event but we are asking for donations for the Loch Raven VA Community Living and Rehab Center. Items needed are: after shave lotion, deodorant, body wash, razors, mouth wash and shaving cream (alcohol free items please). Sign up at the front desk if you plan to attend. This event is open to other Senior Centers and the community.

Brain Fitness

Monday, October 16 12:30 pm

Join Robin Zahor, RN for a fun filled hour of games to keep your mind active. Sign up in advance.

Boscov's Fundraiser

Tuesday, Oct. 17

Come shop for a good cause. Purchase your \$5 shopping pass and get 25% off storewide. There will be door prizes, refreshments, giveaways and of course great sales. Purchase your pass at our front desk. Proceeds go to Seven Oaks. Anyone can buy one so help spread the word.



AARP Smart Driver Class

Tuesday, October 17 9:00 am - 1:00 pm

Cost is \$15 for AARP members and \$20 for non-members. Advance registration is required. Make checks payable to AARP.

Alzheimer's and Diet

Wednesday, October 18 10:30 am

Join Chloe Jackson during our TOPS group as she discusses how Alzheimer's disease can be prevented through everyday activities. You will learn how Alzheimer's affects the body and the various ways you can prevent it through nutrition. Sign up in advance.

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

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

Women of a Certain Age

Wednesday, October 18 1:00 pm

Join Teri Majewski, PhD, RN (retired) as she holds a casual, open discussion of "are you a woman of a certain age?" Find out when and where the phrase originated and talk with Teri and others about its meaning and how it has or hasn't affected you.

Scams are Real

Thursday, October 19 2:00 pm

Join SAFE for a presentation on how to empower yourself, take a stand and fight back. They will provide tips for protecting yourself from con artists and scammers. Sign up in advance.

Avon Fundraiser

Friday, October 20 9:00 am - 2:00 pm

Come shop for your favorite Avon products and do some early Christmas shopping. There will be cash and carry items as well as catalogs to order from. If you can't make it in that day you can place your order at the front desk in advance. This is a fundraiser and proceeds are donated to the center.

Chinese Auction
Friday, October 20 at 12:45 pm
See Page 1 for details.

Adventure Club: Beachmont Maze

Saturday, October 21 2:00 pm

Seven Oaks members and guests are invited to Beachmont for hayrides, corn maze, snacks and more. Cost is \$11 but \$10 for seniors (paid at Beachmont). If you're interested in carpooling meet in the Seven Oaks parking lot at 1:30 pm. If you're meeting at Beachmont, meet by the flag pole after you pay. Sign up in advance.

Membership Meeting & Lunch

Monday, October 23 12:30 pm

All members of Seven Oaks are asked to attend our bi-monthly Council meeting where members are asked to vote on proposed purchases, policy changes, etc. Refreshments served. Lunch is served at noon. BBQ sandwiches will be \$5. Purchase your lunch ticket in advance. Everyone that attends the meeting will be entered in a drawing for a \$50 gift card that we'll give away at the end.

Facebook Lesson with Kathleen

Tuesday, October 24 10:00 am

Join Kathleen as she gives a lesson on how to use Facebook. Sign up in advance.

Hearing Assessments

Tuesday, October 24 1:00 pm - 3:00 pm

The Hearing Assessment Center, LLC will be doing hearing screenings. Sign up in advance for your 10 minute slot.

Food Safety 101 Thanksgiving

Wednesday, October 25 2:30 pm

This program is designed to educate older adults about the basics of food safety and to empower older adults to follow the steps needed to prevent foodborne illness in their home. Sign up in advance.

REMIND & Electronic Newsletter Lesson

Thursday, October 26 2:00 pm

Bring your device and join Kathleen as she shows you how to set-up to receive alerts from our REMIND system and she'll show you how to sign-up for our electronic newsletter.

Meet Up: Valley View Inn

Thursday, October 26 4:00 pm

Meet your friends at Valley View Inn located on Satyr Hill in Parkville for drinks, food and a good time! Sign up in advance.

SLN: 50th Anniversary of The Beatles

Friday, October 27 10:30 am

The Senior Learning Network presents the 50th Anniversary of The Beatles at Shea Stadium: The Beginning of Stadium Rock. We are sharing this Virtual program with Victory Villa Senior Center. Sign up in advance.

Computer Troubleshooting

Monday, October 30 10:00 am

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

Kitchen Training

Monday, October 30 2:00 pm

Learn about Successful Community Meals.

Halloween Party

Tuesday, October 31

from 1:00 - 3:00 pm

Come join us for an afternoon of fun!

Costume contest, games, dancing, snacks and drinks! Musical entertainment by Jack of All Trades.



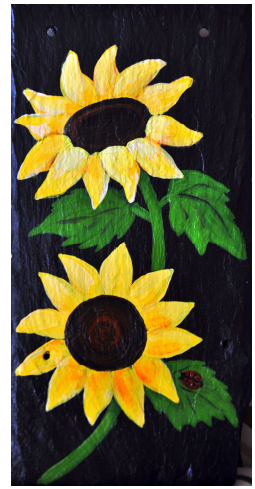
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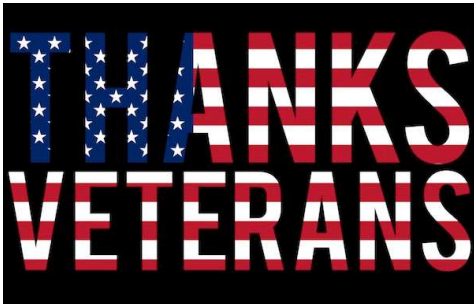
Sign up in advance.

Paint Night - Nov. 2 from 5:30 - 7:30 pm

Seven Oaks is mixing painting, wine and snacks for an evening of fun! Join us on **Thursday, November 2 from 5:30 - 7:30 pm** for a new twist on our paint night. At this event you will paint sunflowers on slate. A great addition to your garden, front door or inside your home. It would also make a great gift for the holidays. The Cost is \$30. Advance registration is required. We provide all the supplies, wine and snacks. This event is open to the public and all ages are welcome to join us.



Events Planned to Celebrate Veterans



Veteran's Day Lunch and Entertainment

Tuesday, November 7 at 12:45 pm

Lunch is from Mission BBQ and musical entertainment is by Eileen Chaffee. Cost is \$10 and Veterans are FREE! On the Menu: pulled pork sandwich, baked cheesy potatoes, green beans w/ bacon & onion, apple pie & drinks. This event is open to Seven Oaks members only. Tickets on sale Oct. 10.

Veteran's Day Breakfast and Movie - Wednesday, November 15 at 8:30 am

Enjoy a free chipped beef breakfast by Ed Konig followed by a movie screening of Hacksaw Ridge at 9:15 am. Hacksaw Ridge is about a WWII American Army Medic Desmond T. Doss, who served during the Battle of Okinawa, refuses to kill people, and becomes the first man in American history to receive the Medal of Honor without firing a shot. Sign up in the free binder.

Save Money on your Medicare Part D

Did you know between October 15 and December 7 is considered Open Enrollment and it is when you should search for the best and least expensive Prescription Drug Plan for 2018? Baltimore County State Health Insurance Program (SHIP) has trained counselors to assist you with evaluating your Part D plan choices. **Seven Oaks will be offering individual appointments on Wednesday, November 29.** Call the SHIP office at 410-887-2059 to schedule your appointment. You'll need to bring the following to your appointment: list of your prescriptions (dosage and frequency), your Medicare card and other health insurance cards and knowledge of your gross income and assets so the counselors can determine if you're eligible for any benefits. Don't assume that the plan you had last year is still the best plan for you this year. Plans change year to year so take the time to meet with a counselor who might be able to save you money in 2018.



Veteran's Toiletry Drive

We are asking for donations for the Loch Raven VA Center during October. Items needed are: after shave lotion, deodorant, body wash, razors, mouth wash and shaving cream (alcohol free items please). Thank you!

Travel Fair

**Friday, November 17
1 pm**

Come hear all the exciting trips planned for 2018!
Refreshments and door prizes
Sponsored by Genesis
SelectCare.

New and Gently Used Coat Drive

During **October & November**
Seven Oak's is collecting coats of all sizes which will be donated to the Perry Hall United Methodist Church. Look for the donation bin.

Senior Center Staff & Executive Board



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

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

Meeting Schedule

Executive Board Meeting:

Monday, Oct. 16 @ 1:00 pm

Membership Meeting:

Monday, October 23

@ 12:30 pm

Come early for lunch!

BBQ beef sandwich—\$5.

Win a \$50 restaurant gift just by attending the meeting.

The Seven Oaks Executive Board are center members who are elected by the center council/membership to hold office and make decisions on behalf of the membership. The center council and executive board work to assist staff in accomplishing the center's mission.

Seven Oaks Mission

The purpose and mission of Seven Oaks Senior Center is to provide a progressive and safe environment where seniors can find the opportunity to maintain healthy, active living. Services and assistance are available to the Perry Hall, White Marsh & surrounding communities, meeting the needs of the senior individual and their family.

BCDA Mission

The Baltimore County Department of Aging strengthens lives by providing services, programs and connections to resources.

It is the policy of the Baltimore County Department of Aging that all people who attend classes or programs at the senior center must register as a member each year.

Minutes from the board and council meetings are posted on the bulletin board in the MPR and also available online at SevenOaksSeniors.org. 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



Most classes begin the week of October 2.

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Monday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:30 am	11:30 am	Craft Projects	Hepding & Shorey, Vol.	Craft Room	
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo,	Vol MPR	
10:00 am	12:00 pm	Tablet/Smart Phone Help	David Yoon, Vol	Game Room	
10:30 am	12:15 pm	Spanish Continuing	Ron Browning, CCBC	Classroom	\$
10:30 am	11:30 am	Core N' More	Gary Lentz - Be Fit	MPR extension	\$
11:45 am	12:45 am	Core N' More	Gary Lentz - Be Fit	MPR extension	\$
11:45 am	1:15 pm	Projects for Charity	Volunteers	Craft Room	
12:15 pm	2:00 pm	Beginner Spanish	Ron Browning, CCBC	Classroom	\$
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	Tap Dance	Maura McFarland	MPR extension	\$
1:30 pm	3:30 pm	Watercolor Techniques	Dottie Bishop, IC	Craft Room	\$
2:15 pm	3:15 pm	Zumba Gold	Loretta Witomski, IC	MPR-extension	\$
<u>Tuesday</u>					
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR extension	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	11:30 am	Ladies Social Poker (1st & 3rd week)		Game Room	
9:15 am	11:15 am	Knitting & Crocheting	Volunteers	Craft Room	
10:00 am	11:00 am	Int. Line Dance	Trudy Knight, IC	MPR	\$
10:00 am	12:30 pm	Pickle Ball	Volunteers	Honeygo Regional Park	
11:00 am	12:00 pm	Senior Rhythms	Audrey Doemling, Vol	MPR	
11:30 am	1:30 pm	Sewing Your Own Project	Sue Morocco	Craft Room	\$
12:00 pm	3:00 pm	*Men's Social Poker	John Tolliver, Vol.	Class Room	
12:30 pm	3:30 pm	Bingo 1st & 3rd week	Ann Knoerlein, Vol.	MPR	\$
<u>Wednesday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:45 am	9:45 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:00 am	11:45 am	Bridge	Volunteers	Classroom	
9:00 am	12:00 pm	*Ladies Pinochle	Volunteers	Game Room	
9:50 am	10:50 am	Int. Line Dance	Joanne Alleva, Vol.	MPR	\$
9:45 am	11:30 am	TOPS (Weight Loss)	Judy Coleman, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
10:00 am	12:30 pm	Pickle Ball	Volunteers	Honeygo Regional Park	
12:00 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol.	Classroom	
12:00 pm	1:00 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
1:30 pm	3:30 pm	Acrylic Painting	Dottie Bishop, IC	Game Room	\$
12:30 pm	3:30 pm	Mexican Train	Volunteers	Classroom	
2:00 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

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

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Thursday</u>					
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	Drawing Class	Alina Kurbiel	Game Room	\$
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo, Vol	MPR	
10:00 am	12:00 pm	Bridge	Volunteers	Class Room	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol.	Craft Room	
10:00 am	12:30 pm	Pickle Ball	Volunteers	Honeygo Regional	
10:45 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	*Men's Social Poker	Volunteers	Class Room	
1:00 pm	1:45 pm	DrumFit	Gary Lentz - Be Fit	MPR extension	\$
12:30 pm	3:30 pm	Mexican Train	Volunteers	Game Room	
2:00 pm	3:15 pm	Yoga	Jana Long, CCBC	MPR-extension	\$

Friday

8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:30 am	Woodcarving	Ed Konig, Volunteer	Craft Room	
9:15 am	10:15 am	Friday Café	Hazel Ashworth, Vol	MPR	
9:30 am	11:00 am	Tai Chi	Tod & Lisa Waterman IC	MPR extension	\$
10:00 am	12:00 pm	Scrabble and Other Games		Craft Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR extension	
1:00 pm	3:30 pm	Stained Glass	Volunteers	Craft Room	
1:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

Sunday

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

Please Note...

- ♦ If you see a \$ symbol, there is a fee associated with that particular class. Generally, fee-based classes run on 10-week semester system with fees that vary depending on the specific class.
- ♦ The Baltimore County Department of Aging recommends that you check with your physician before participating in any physically demanding activity.
- ♦ See the Quarterly Course Guide for further details on class descriptions, dates and fees.

Class Registration Information

Download the current class course guide at www.SevenOaksSeniors.org or pick up a copy at the center.

Most fall classes begin the week of October 2.

Late registrations are accepted on a space available basis.



Pickle Ball Schedule at Honeygo Regional Park
 Tuesday, Wed & Thursday from 10 am-12:30 pm &
 Friday from 1-4 pm. All levels welcome! You must be
 a member of Seven Oaks to play.



OTB at the Fair Grounds

You are invited to a day at the OTB (Off Track Betting) at the Maryland State Fairgrounds on **Thursday, October 19 at noon**. Reserved seating is available in the Grandstand Grille with special happy hour menu pricing, free non-Alcoholic beverage w/food purchase as well as assistance from their staff with betting needs. Please RSVP by October 16th to 410-887-3517. Location: Maryland State Fairgrounds 2200 York Rd. 2nd Level Concourse Grandstand FREE Admission and parking. Use Fairground's Timonium Road Entrance.

Save these Dates for Some Holiday Fun in December

Trim the Tree - Join your fellow members and help us decorate the center and tree. Friday, December 1 at 12:30. Ron Kutscher will be here for a Holiday Sing-a-long to get us in the spirit.

Annual Holiday Party at Columbus Gardens will be held on Thursday, December 14 from 12:00 pm - 4:00 pm with music by Josh and the Goodstuff. Tickets are \$38 and they go on sale Wednesday, November 1.



Fitness Center



Improve your physique and enhance your overall well-being at our state-of-the-art fitness center. Great low cost of \$100 per year can't be beat. The fitness center also provides free blood pressure screenings to all center members. Receive a personalized exercise program that addresses your fitness needs for an added fee with a certified personal trainer. Personal training packages range from \$25 to \$130; see personal training pamphlet for more information. Free fitness equipment orientations are available to fitness members each month. *Please note the fitness centers will be closed if there is no monitor available to supervise the room.

GET YOUR BLOOD PRESSURE TAKEN FOR FREE!

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

Cost: \$50.00 for 6 months or \$100 for one full year

Stop in to pick up your application! Individuals must be a current senior center member and receive medical clearance in order to participate. All paperwork should be turned into the office.

The next new member orientation for the fitness center:

Wednesday, October 11 & 25 at 11:15 am

Fitness Coach Jonathan Toussaint Visits:

Monday, October 16 & Wednesday October 25 from 9:00 am - 1:00 pm

Dine With Us!



Are you tired of eating at home alone? Come and dine with us! A catered lunch is occasionally offered at the center. Individuals interested in attending the meal must **sign up at the front desk at least 48 hours in advance** and 4-5 days in advance if a deli, box or super special lunch is offered. A minimum of 10 participants is required in order for the center to have the lunch. Stop by the front desk to pick up a menu. Cost: Please contribute as much as you can towards the \$4.29 cost of each meal (super special meals \$5.69). If you cannot contribute the full amount, a voluntary minimum contribution of at least \$2.50 is recommended to keep this program strong. *Notice: When the center is hosting a special event with food included, the catered meal will be canceled.

Free 6 Week Healthy Eating Workshop

A free healthy eating workshop presented by Baltimore County Department of Aging will be offered on Tuesdays for 6 weeks. This workshop will teach you goal setting, problem solving, nutrition, education, and management of dietary patterns. This class is limited to 18 participants. Sign up in advance in the binder. The workshop agenda is below.

November 7 - December 12 from 10:00 am - 12:00 pm

Session 1: MyPlate, Label Reading, Portion Control and Exercise,

Session 2: Grains, Vegetables, Fruits, Water and Exercise,

Session 3: Protein, Eggs, Legumes, Dairy and Exercise,

Session 4: Fats, Sweets and Exercise,

Session 5: Virtual Grocery Outing and

Session 6: Meal Preparation



Reading Buddies Volunteer Program

Seven Oaks Senior Center partners with Seven Oaks Elementary School for a reading program with the 1st and 2nd grade classes. New volunteers are welcome to join the program. The students read to the volunteer and the senior volunteer also reads to the children. A book from the library can be selected. A mandatory volunteer training at the school will be held in the fall (or you can take it online at home). If you are interested in volunteering with the Reading Buddies program sign up at the front desk with your contact information and you'll be notified of the training and the schedule once it's confirmed with the school.

BCDA Event Photos Now Online with Flickr

Have you ever wanted to see the pictures that are taken at BCDA events or senior centers? Now you can! They are now being loaded onto the department's Flickr page which can be found at <https://www.flickr.com/photos/baltimorecountygaging/albums> or by going to www.baltimorecountymd.gov and clicking on the camera in the circle at the top middle of the page. When you click on the Albums tab, you'll be able to see all the pictures that were taken for various BCDA events, as well as pictures from the senior center activities. With Flickr, you can share the photos, download them to your computer, and make a comment about the picture. You can also follow us on Flickr so you are notified whenever a new picture is posted.

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

You can bring your mobile devices to the center and access the internet to surf the web, check your e-mail, play games and much more! Ask the front desk for the secure password.

We also have two Apple iPads available for your use in the lobby.

Coming Up Next Month

- ♦ Paint Night - Thursday, November 2 from 5:30 pm - 7:30 pm
- ♦ Line Dance Party - Friday, November 3 from 1:00 pm - 3:00 pm
- ♦ Veterans Lunch and Entertainment - Tuesday, November 7 at 12:45 pm
- ♦ Center closed for Veterans Day - Friday, November 10
- ♦ Veterans Breakfast & Movie - Wednesday, November 15 at 8:30 am
- ♦ Travel Fair - Friday, November 17
- ♦ Medication Check-ups - Friday, November 17 from 9:00 am - noon
- ♦ Center Closed for Thanksgiving - Thursday, November 23
- ♦ Adventure Club: Festival of Trees - Saturday, November 25
- ♦ Winter Class Registration Begins - Tuesday, November 28
- ♦ Medicare Open Enrollment help with SHIP - Wednesday, Nov. 29





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!



2018 Travel Fair

Friday, November 17 at 1 pm

We'll be announcing our 2018 trip line up! Wine & refreshments served & door prizes.

Learn more about the trips scheduled for 2018 through Seven Oaks Travel Office. Each of the trip coordinators will present details of their trips and they will answer your questions.

Sign up on 11/17 for any 2018 trip and you'll be entered in a drawing for a \$50 credit on a future trip or receive a refund of \$50. **You Could Win \$50! Special thank you to our sponsor Genesis SelectCare for donating the refreshments and door prizes!**

2017 Day And Overnight Trips

- ♦ **Bi-Monthly Delaware Park Trips**—Wednesdays 11/15 (please note the new dates). \$25 with \$30 casino rebate. Bus departs at 9:30 a.m at Weis and boards at 3:45 pm. *Sign up no earlier than the day after the prior trip. Delaware Park Trip Reminders: When signing up for the trip please fill out the chart with your DOB and player card number. On the day of the trip bring your player card and photo id.*
- ♦ **Autumn Glory Train Rides** - Wed, Oct. 11-Thurs, Oct. 12. **WAIT LIST**
- ♦ **Hillwood Estate Museum & Garden Tour** - Wed, Nov. 1. Cost \$75. Tour the home of the Merriweather Post family. Lunch included.
- ♦ **Pennsylvania Christmas & Gift Show** - Wed, Nov. 29. Cost \$35. Over 750 vendor booths!
- ♦ **American Music Theatre: Home for the Holidays & Lunch at Shady Maple** - Wed, Dec. 6. Cost \$90. Beautiful Christmas show with lots of music and dancing. **SECOND BUS ADDED!**

For up to date information about how many seats are left on a trip or if a trip is filled please check out the travel bulletin board by the front door.

Travel Information

- ♦ Trips are open to the public 18 years and older. All travelers over 60 years must be a member or register to be a member to travel with us. The first two weeks that a trip is advertised is reserved for center members to sign up.
- ♦ Request for special ADA accommodations must be made when you sign up for a trip.
- ♦ All checks must be made out to Seven Oaks Senior Center Council. One check per trip.
- ♦ Travelers will only receive a refund if a replacement can be found.
- ♦ A liability waiver must be signed by each traveler for each trip.
- ♦ All trips depart from the Weis Shopping Center on Joppa Rd., unless otherwise noted.

Mark Your Calendar

- ♦ Trim the Tree - Friday, December 1
- ♦ Holiday Party at Columbus Gardens - Thursday, December 14
- ♦ Holiday Karaoke - Tuesday, December 19



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