



The Acorn

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

Events in Celebration of Black History Month

Tuesday, February 11 at 1pm - The Reconstruction Era: African American Life in Baltimore

Join local historian, Willa Banks. In the decade and years after the Civil War, Americans experienced suffering and great loss as they searched for meaning in their lives following a conflict that left more people dead than all previous wars. Even though MD, a loyal state, did not undergo reconstruction, African Americans in Baltimore and other areas faced struggles similar to their counterparts in the Deep South. Lawmakers enacted laws that limited their rights. This talk details how African Americans countered these efforts by establishing an extensive institutional network and political organizations.

Friday, February 21 at 1pm Marian Anderson, A Legacy of Hope - MOVE - Maryland Opera Vocal

Experience will present a celebration and tribute to the first African-American singer to perform at the Metropolitan Opera in New York City. This program explores the turbulent history of the Civil Rights Movement while presenting the wide variety of styles in Marian Anderson's repertoire, including spirituals, art songs, and opera excerpts.

Before both programs, at Noon, there will be an Eating Together lunch. Sign up in advance.

Valentine's Dance - Friday, February 14 at 1:00 pm

Let Seven Oaks be your Valentine on **Friday, February 14 from 1 - 3 pm**. Come for an afternoon of snacks and desserts, including crepes and chocolate covered strawberries, drinks and dancing. BYOB

Cost is \$3, in advance. Please consider bringing an item or two for Thankful Paws.

Thankful Paws is a Maryland charity that celebrates the unconditional love of pets. They are the rescue before the rescue. They help people keep their pets by assisting with basic care, food and services to keep their pet healthy. They also provide education that showcases the need of pets in the lives of those who are homeless as well as the elderly. Since

2011, they have delivered over 75 tons of pet food and supplies to people in need. That's equivalent to filling 12 school buses! We are collecting supplies for dogs and cats: unopened canned or dry food (small bags), toys, beds, blankets, leashes, collars, towels, and gift cards to stores.



Bingo, Booze & Baked Goods - Friday, February 28 at 1:00 pm



Join us on **Friday, February 28 at 1:00 pm** for 21 games of Bingo with booze (wine) and baked goods as the prizes. We will be serving snacks, desserts and drinks. **Cost is \$10 in advance; includes your bingo cards.**



Spring Class Registration begins Tuesday, March 3rd.

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 am to 4 pm
Saturdays 8:00 am - 2 pm

Look inside!





February Special Events



Brain Fitness with Robin

Monday, February 3

12:45 pm

Join Robin Zahor, RN and stimulate your brain. Sign up in advance.

Garden Club

Wednesday, February 5

10:00 am

Join the garden club for their monthly planning meeting. Sign up in advance.

Great Physio Balls of Fire

Wednesday, February 5

2:30 - 3:30 pm

Drumming accelerates physical healing and boosts your immune system. It reduces tension, anxiety and stress. This is a fun, feel good, therapeutic music experience that incorporates music, exercise balls, drum sticks and movement. Although this is similar to drums alive **this is not an exercise program**. This program is free, offered once a month and is limited to 20 students. All supplies provided. Sign up in advance.

Feldenkrais Method

Thursday, February 6, 13, 20 & 27

12:45 pm

The **Feldenkrais Method®** teaches people to learn how to move the body out of pain, improve balance, posture and increase flexibility. It uses movement and real-time awareness of your own body sensations. Must be able to get up and down from the floor (can use a chair for help). Cost is \$5 for the 4 week session. Pay in advance.

The Cost of Aging - Senior Care Sticker Shock

Thursday, February 6

1:30 pm

Senior & Senior will Debunk the Myths associated with what Medicare pays versus what seniors pay for care. Some of the key points they'll cover: Myth #1: Medicare pays for long term care. Myth #2: Medicaid covers long term care regardless of the physical care needs of each senior member. Myth #3: Assisted Living and Skilled Nursing Facilities provide the same care. Sign up in advance.

Doug Burgess Transition Speaker Series

Friday, February 7

10:15 am

Mr. Burgess has arranged for Sherry Rush, *Paralegal, CSA, Medicaid Contractor for Crofton Care & Rehab* to speak on long term care Medicaid and Medicaid for home care.

Movie: Judy

Friday, February 7

12:45 pm

Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband. Rated PG 13 for drama/romance. Hot popcorn served. An ET lunch will be served at Noon for a \$2.50 donation. Menus located at the front desk.



AARP Safe Driving Course

Saturday, February 8

9:00 am - 1:00 pm

This is the nation's largest classroom and online driver safety course and it is designed especially for drivers age 50+. You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details. AARP membership is not required and there are no tests to pass. Cost is \$15 for AARP members and \$20 for nonmembers, pay in advance at the front desk. Cash or checks made payable to AARP.

The Reconstruction Era

Tuesday, February 11 at 1:00 pm

See page 1 for details

Pancake Breakfast

Wednesday, February 12 at 10:00 am

Join us for breakfast. Ed will be making heart pancakes and bacon. **Cost is \$2 in advance.**

TED Talk: The Secret to Living Longer May be Your Social Life

Thursday, February 13

1:00 pm

The Italian island of Sardinia has more than six times as many centenarians as the mainland and ten times as many as North America. Why? According to psychologist Susan Pinker, it's not a sunny disposition or a low-fat, gluten free diet that keeps the islanders healthy -- it's their emphasis on close personal relationships. Learn more about super longevity as Pinker explains what it takes to live to 100 and beyond. Join facilitator, Jim Lightner for a lively discussion after the video.

Valentine's Dance

Friday, February 14 at 1 - 3:00 pm

See page 1 for details

Friday Café

Join Us from 9:30 -10:30 am every Friday!

NEW Saturday Class - Zumba

Saturdays, Feb 15-Mar 12 at 11:00 am

Zumba fuses the hypnotic Latin dance rhythms and easy to follow dance moves to create a one-of-a-kind fitness program. This Latino inspired dance program taught by Loretta W. includes Salsa, Merengue, Cha Cha, Belly dance and Flamenco to provide a fun and effective total body workout. An intergenerational program open to the community. **Cost for the 5 wk class is \$15 for members and \$20 for those under 60.**

Center Closed - Monday, February 17

Add More "Green" To Your Plate

Wednesday, February 19

10:30 am

Focusing on eating more plant based foods may improve overall health. Tips will be shared for increasing vegetables, fruits, and grains into a daily meal plan. Join this program during TOPS. Sign up in the free book.

How To Talk To Your Doctor

Thursday, February 20

1:00 pm

How to Talk to your Doctor: A Guide to Prepare for your Next Doctor's Visit - Going to the doctor can be a nerve-racking experience. Too often, we as patients do not know what to do to make the most out of the visit. This toolkit is designed to ensure your get proper care, and help you prepare for your doctor's visit.

Meet Up: El Salto - New Location

Thursday, February 20

4:00 - 6:00 pm

Meet up for happy hour at the new El Salto on Ebenezer Rd. Sign up in the free book.

Marion Anderson - A Legacy of Hope

Friday, February 21 at 1:00 pm

See page 1 for details

TALMAR - Making Seed Bombs

Saturday, February 22

11:00 am

Seed bombing is a fun way to add tiny oases of wildflowers and green plants in vacant lots and overlooked parcels of land. Make & take 5 seed bombs, a mix of herbs, native perennials and annuals. The seeds will be mixed in a flour and soil to create a ball and then dried at home for 24-48 hrs. **Cost is \$11. Sign up and pay by 2/18.**

Membership Meeting & Lunch

Monday, February 24

12:30 pm

All members are asked to attend our bi-monthly Council meeting where members are asked to vote on proposed purchases, policy changes, etc. Refreshments and cake are served. Lunch is choice of Italian or American cold cut with chips. Lunch will be served at Noon for \$5. Purchase lunch ticket in advance. Everyone that attends will be entered in a drawing for a \$50 gift card that we'll give away at the end of the meeting.

Vein Program and Screening

Tuesday, February 25

1:00 pm

Join Peter Liao, from Maryland Vein Professionals for an informational discussion about vein disease of the lower extremities followed by a complementary ultrasound to screen for vein disease. Sign up in advance.

Perry Hall Library Series - Book Discussion

Tuesday, February 25

10:00 am

Join library staff at Seven Oaks for a book discussion on *One Plus One* by Jojo Moyes. Pick up the book from the local library and read it before the discussion. Sign up in the free book.

Bingo, Booze & Baked Goods

Friday, February 28 at 1:00 pm

See page 1 for details

Ongoing Monthly Events & Workshops

Computer Troubleshooting - Monday, February 3 at 10:00 am Let Alvin Miller help you with your device. Bring your device & passwords. Sign up in advance.

BINGO - Tuesday, February 4 & 18 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.

Seated Massages with Doug - Thursday, February 13 & 27 - Doug Wittich, Licensed Massage Therapist is offering 10 min. chair massages 2 - 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.

Blood Pressure - Friday, February 14 at 9:15 am Karen Kansler, RN takes your BP.

Card Making Workshop - Friday, February 14 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.

Current Events - Wednesday, February 26 at 2:30 pm - Join volunteer, Joy Mays and other members to discuss current news and politics. If you'd like, bring a newspaper article to share.

Thank you to Our *Projects for Charity* Group

A warm thank you to our ladies for all the beautiful gifts they created in 2019. Our group created over 800 items that were donated to people in need. Our group hopes to bring the recipients some joy and comfort into their lives. The handmade gifts were donated to: the Linus Project; JHH/ NICU, Bayview; Brightview Retirement Community; Franklin Square, Chaplain's Office; Franklin Square, Weinberg Oncology Center; Franklin Woods Center; Angel Gowns by Baba; University of MD, Breast Cancer Center; Eastern Family Resource Center; Seven Oaks Senior Center Gift Shop; and members of Seven Oaks.

Efforts included distribution of 164 children/ baby blankets; 182 hats for chemo patients; 47 prayer shawls; 29 lap robes; 25 stoma covers (larynx covers); 10 comfort pillows; 132 protectors for patients with port catheters; 126 various items for Angel Gowns (hats, cradles, blankets, pin and blankets) and 50 items (scarves, hats and gloves) for our Mitten Christmas tree. In addition, the group made 11 miscellaneous items for the gift shop and for members with special requests.

We would also like to thank all the people who were kind enough to support the group with donations of yarn and fabrics and monetary donations. If you would like to help the group this year they would appreciate donations of yarn (especially baby yarn), 100% cotton fabric (light colors or children's prints), gift cards to Joanne's or Michael's. A donation jug has been placed at the front desk if you would like to make a cash donation. If you have sewing, crocheting and/or knitting skills and would like to join the group the group meets on Mondays at 11:45 am. If you cannot join the group but would like to make items and donate them we have patterns available.

St. Patrick's Day - Tuesday, March 17 at 12:45 pm

Join us to celebrate St. Patrick's Day on **Tuesday, March 17 at 12:45 pm**. The Reputations will entertain us! The menu includes corned beef and cabbage, champs, carrots, Irish soda bread, beer, wine and soda. Entertainment by the Reputations. Tickets are \$15 in advance and go on sale on 2/11. We kindly ask that you purchase only 2 tickets and please bring your membership card to show you're a member. This event usually sells out quickly and we'd like to give everyone a fair chance at purchasing tickets.



Maryland Day - Wednesday, March 25 at 12:45 pm

Join us for Maryland Day chaired by Penny! There will be entertainment by Cuck Fisher. On the menu: Seafood Sampler Appetizer, Pit Beef Slider, Chicken Biscuit w/ Gravy, Crab Chips, Berger Cookie, Fishers Popcorn, Blackeyed Susan Drink Special & Natty Bohs! Cost is \$18 and tickets go on sale 2/24. Bring your membership card to sign up.



Opening Day - Wednesday, March 25 at 1:30



Joy and her committee are excited to make Opening Day another fun and lively event at Seven Oaks! On the menu: BBQ slider, hot dog, soft pretzels and mustard, peanuts, chips, popcorn and beer. We'll have trivia and games and be sure to wear your orange and black or O's attire and help kick off the O's season! Tickets are \$7 in advance and go on sale Monday, March 2.

Senior Center Staff & Executive Board



Center Director: Kathleen Young
Assistant Director: Courtney Gonce
Community Outreach Specialist: Jessica Pontown
Center Custodian: Lamont Fisher
Activity Specialists: Judy Seechuk, Carol Cullison and Doris Hall
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:	Edie Dietrich
Sgt. At Arms:	Gary Durandetto
Members at Large:	Walt Wujek & Betty O'Carroll
Past President:	Nancy Bach

Meeting Schedule

Executive Board Meeting:

Monday, January 10 at 12:45 pm

Membership Meeting:

Monday, February 24 at 12:30 pm

Buy your lunch ticket in advance.

Lunch is sub and chips for \$5,
served at noon.

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. 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

Spring Class Registration is Tuesday, March 3.



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Monday</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	\$
9:30 am	11:30 am	Craft Projects	Ward & Hepding, Vol.	Craft Room	
10:00 am	12:45 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	\$
11:30 am	1:00 pm	Beginner Pickle Ball	Joe Palmere, CPTP	Honeygo Regional Pk	
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 Indep Proj.	Karen Ruberry, CCBC	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	\$
9:15 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	3:30 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
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	\$
1:30 pm	3:30 pm	Independent Art Studio	None	Craft Room	
<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	\$
9:30 am	12:00 pm	*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 Allewa, 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	\$
11:00 am	1:00 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
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	
1:30 pm	3:30 pm	Watercolor Techniques	Dot Bishop	Craft Room	\$

* 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	\$
8:45 am	9:45 am	Enhance Fitness	Carole Gittings, CT	MPR extension	\$
10:00 am	12:45 pm	Pinochle	Tom & Sylvia Sordillo, Vol	MPR	
9:30 am	12:00 pm	*Bridge	Volunteers	Class Room	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol.	Craft Room	
10:00 am	3:30 pm	Pickle Ball	Volunteers	Honeygo Reg Pk	
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	\$
12:10 pm	3:30 pm	Canasta	Volunteer	Craft Room	
12:00 pm	3:00 pm	*Social Poker	Volunteers	Game Room	
12:30 pm	2:30 pm	Drawing	Alina Kurbiel	Class 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	
9:30 am	10:30 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		Game Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR	
1:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Reg. Park	
1:00 pm	3:30 pm	Stained Glass	Richard Souders, Vol.	Craft Room	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

Saturday Now Open from 8 am - 2 pm

8:00 am	2:00 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Let's Move (1/11 - 2/8)	Kara O'Conner	MPR extension	\$
10:30 am	11:30 am	Sat. Sounds of Silence (1/11 - 2/15)	Al Muehlberger	MPR extension	\$
11:00 am	12:00 pm	Zumba (2/15 - 3/14)	Loretta Wittomski	MPR extension	\$
10:00 am	11:15 am	Yoga (3/21-4/11)	Jana Long	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.

Check out our Course Guide available at the front desk or visit our website www.sevenoaksseniors.org to see a list of all of our classes with a description and important info, including fees, if applicable.

Also, follow us on Facebook to see upcoming events, pictures from parties, etc.

Trip Highlight: Grumpy Old Men

Travel with Seven Oaks to see **Grumpy Old Men at the Dutch Apple Dinner in Lancaster, PA on Saturday, March 14.** Cost: \$95

Don't miss this laugh out loud story of family, friendship, love and romance in the fresh new musical that's guaranteed to delight! Based on the 1993 film which starred Jack Lemmon, Walter Matthau and Ann-Margaret, the story of two aging men, Max and John, who are neighbors, who have been feuding for most of their lives. They are reunited in friendship through the love and compassion of their new neighbor across the street, the beautiful, eccentric and charming, Ariel. Lunch is at 11:30 am and the show is from 1 - 3:30 pm. The bus will depart from Weis Shopping center on Joppa Rd. at 9:30 am and returns around 5:30 pm.



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 am - 3:30 pm and Saturday 8:00 am - 2:00 pm

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, February 12 & Wednesday, February 26

Dine With Us!

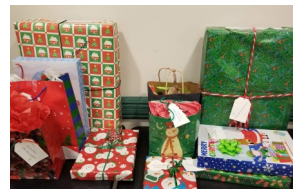
Are you tired of eating at home alone? Come and dine with us! A catered lunch is offered most Tuesdays and on Friday movie days. **This month lunch is offered on February 4, 7, 11, 18, 21 and 25.** Individuals interested in attending the meal must **sign up at the front desk at least 48 hours in advance.** 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 and sign up on the Eating Together clipboard. Cost: Please contribute as much as you can towards the \$4.57 cost of each meal (super special meals \$6.07). 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.** 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.



Thank you to Our Generous Members

During this past holiday season our center and members helped those in the community and we thank YOU!

- In November, the Council President and Vice President delivered Target gift cards to 38 teachers at Seven Oaks Elementary.
- In December we collected and donated more than 2 large trash bags filled with new and gently used clothing and coats to a local church who gave them to people in need. If you were in the center in December you probably saw the mounds of coats that were donated as well as boxes of non-perishable food items! The food was boxed up and delivered to our needy seniors in the community along with gift cards that were donated by the council.
- Our generous members also bought 50 presents for children from the local elementary school so they could have a brighter holiday season. Thank you for your generosity!



Saturday Yoga, DIY Projects & More!

Jana Long our favorite yoga teacher will teach a 4 week class Saturdays from 10-11:15 am from 3/21-4/11. Cost is \$20 for seniors and \$25 for non seniors. On March 21 from 12-2 pm make your own heirloom egg ornament and/or coasters with Dot Bishop. Cost is \$10/all ages. On April 4 from 10-12 Dot will teach a fabric wreath class for \$12/all ages. Karen Kansler will be teaching a fitness class in May and we hope to have a Saturday Tai Chi class this spring so keep your eye out. Have any suggestions for a Saturday class? Come let us know your ideas!

Polish Event... Can You Help Us?

If you're interested in helping to plan a Polish event we would love your help! If you have a Polish tradition, food, clothing, memory, etc to contribute to the event let us know what it is and we'd love to have you be a part of the planning committee. We'll organize a meeting to discuss this event. Sign up in the program book with your contact information and we'll get in touch.

Mark Your Calendar

- ♦ Garden Club Meeting - Wednesday, March 4
- ♦ Doug Burgess Transition Speaker Series - Friday, March 6
- ♦ Learn About Tax Free Income - Tuesday, March 10
- ♦ TED Talk - Thursday, March 12
- ♦ Movie Matinee - Friday, March 13
- ♦ St. Patrick's Day Party - Tuesday, March 17
- ♦ Current Events - Wednesday, March 18
- ♦ New Member Orientation - Thursday, March 19
- ♦ DIY Decorative Easter Egg and Coasters - Saturday, March 21
- ♦ History of the Zoo - Monday, March 23
- ♦ MD Day - Wednesday, March 25
- ♦ Opening Day - Thursday, March 26
- ♦ TALMAR Workshop: Japanese Ikebana Miniature Floral Arrangement - Saturday, March 28
- ♦ Evans Funeral Home presents Pre-planning Seminar - Monday, March 30
- ♦ How to Protect Yourself and Your Assets in a Fraud Rich Environment - Tuesday, March 31
- ♦ Paint Nite with the Painted Mermaid - Thursday, April 9
- ♦ Intergenerational Easter Eggstravaganza - Friday, April 10
- ♦ Shred Day - Saturday, April 18





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!



2020 Trips Announced

Pick up a flyer at the Travel Desk for information on each trip.

- ♦ **Bi-Monthly Delaware Park Trips** – March 11, April 29, June 10, July 22, Sept 9 and Nov. 4. Cost \$25 with \$30 casino rebate. Bus departs at 9:30 am at Weis, boards at 3:45 pm for 5pm return. 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, fill out a green envelope with your payment and put it in the box by the travel desk and complete a liability form.
On the day of the trip bring your player card and photo id.
- ♦ **Dutch Apple Dinner Theater, Lancaster, PA- Grumpy Old Men** - March 14 - \$95
 - ♦ **International Spy Museum, Washington, DC** - April 21 - \$50
 - ♦ **Springfest, Ocean City, MD** - May 7 - \$40
- ♦ **Dover Downs Doo Wop Sounds of the Streets**– May 19-20—\$170 pp/double
 - ♦ **Vermont & New Hampshire** - June 22 - 26 - \$825 pp/ double - *Waitlist*
 - ♦ **Totem Pole Playhouse, Fayetteville, PA** - July 16 - \$90 - *Waitlist*
 - ♦ **Blennerhassett Island, West Virginia** - July 29 - 31 - \$575 pp/ double
 - ♦ **Quilt Gardens, Elkhart, Indiana** - August 11 - 16 - \$715 pp/double
 - ♦ **Crab Feast & Arundel Mills** - August 20 - \$80
 - ♦ **Afternoon Tea Litiz, Pennsylvania** - September 2 - \$60 *Waitlist*
- ♦ **Waterfalls and Wineries - Finger Lakes, New York** - September 13 - 16 - \$599 pp/ dbl - *Waitlist*
 - ♦ **Sunfest, Ocean City, MD** - October 1 (*new date!*) - \$40
 - ♦ **Fall Foliage Train Ride** - October 21 - \$100 - *Waitlist*
- ♦ **American Music Theater Lancaster, PA - Deck the Halls** - December 2 - \$95
- ♦ **Nashville & Biltmore Christmas** - December 6 - 11 - \$1,399 pp/ double - *Waitlist*
- ♦ **Christmas at Longwood Gardens Christmas & Mendenhall Inn Lunch** - December 10 - \$95

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. Fill out an envelope with your information, put your payment inside and place it in the lock box on the wall.
- ♦ 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.
- ♦ Travel Insurance is recommended for overnight trips.



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