

The Acorn

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

Nostalgic Birthday Party

Friday, July 21 from 12:30-2:30 pm



Happy birthday to you! We want to celebrate your birthday at Seven Oaks! Come and sit with others who were born the same month as you. Don't miss this invitation to be a kid again. We'll have a cheeseburger happy meal from McDonalds and each table will have their very own birthday cake and ice cream. Jack of All Trades is planning games to play. Remember pin the tail on the donkey and musical chairs?! In addition, we are asking our guests to bring a "birth" day outfit for a new born boy or girl to be donated to the Pregnancy Center. You'll be giving a gift of love to a new born baby and to mothers in need. Tickets to the Birthday Party are only \$5!

Donate to the Pregnancy Center

We are asking all of our members to join us in this charity event by donating any item on the list for the Crisis Pregnancy Center. We'll have a drop off container in the lobby. They are looking for donations of diapers (size newborn to size 5), baby clothing (sizes newborn to 2T), toiletries such as baby wash, lotion, powder and baby wipes, baby blankets, towels, crib sheets, bottles, and infant toys. Donations accepted through July.



Crab Feast at Columbus Gardens Friday, August 18 from 5:30-9:00 pm

Columbus Gardens - 4301 Klosterman Ave

Last year's crab feast was a big hit so we're doing it again but this time beer is included plus you'll choose your table in advance and we'll have a bigger room. The crab feast is open to guests so bring your family and friends - all ages welcome. **Tickets are \$42 per person** and they go on sale July 3. **On the Menu:** Fresh Salad Bar, *From the Pit:* Choice Top Round of Beef, Virginia Baked Honey Ham Cream of Crab Soup, Hot Buffet: Shrimp Creole with Rice, Kielbasa and Sauerkraut, Barbeque Chicken, Macaroni & Cheese, Corn on the Cob, Baked Ziti (Vegan), Assorted Breads, Cake, Soda, and Beer.

Seven Oaks Senior Center

9210 Seven Courts Drive

Baltimore, MD 21236

Phone: 410-887-5192

Fax: 410-887-5140

Travel Office: 443-608-0613

Email:

sevenoakssc@baltimorecountymd.gov

www.SevenOaksSeniors.org

Hours Of Operation
Monday – Friday
8:30 a.m. to 4 p.m.

Look inside!



Join the Conversation! #REIMAGINEAGING2017



Special Events For July



Crab Feast Tickets Go On Sale
Monday, July 3. Tickets are \$42 each.
 Open to the community!

Smart Phone & Tablet Help

Monday, July 3, 10 & 24

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

Center Closed for Independence Day
Tuesday, July 4

ENRICH Your Brain Health

Monday, July 10

1:00 pm

This program offers an opportunity to take personal action to mitigate risk for dementia via brain healthy behaviors. Presented by Maria Evile, LCPC of CounterPoint Health Services. Sign up in advance please.

Bingo

Tuesday, July 11 & 25

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. The menus are posted at the front desk.

Adjust the Thermostat

Wednesday, July 12

1:00 pm

Ever wonder how much the past influences the present? Explore ways to re-vision past relationships and events and how our reaction to those events have become hard wired into our conscious. A discussion on how our emotions and reactions to past events shape our thinking and influence our present, as well as techniques for adjusting our thinking. Presented by Bonney Mosley of PEERS. Sign up in advance if you plan to attend.

New Member Orientation

Thursday, July 13

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.

Update from Delegate Christian Miele

Friday, July 14

10:30 am

Join Delegate Christian Miele as he recaps his crime prevention town hall meeting recently held in Parkville as well as provide an update on the statewide and local legislation recently passed. Sign up in advance.

Card Making Workshop

Friday, July 14

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 is \$10.

Movie: Collateral Beauty

Friday, July 14

12:45 pm

When a successful New York advertising executive (Will Smith) suffers a great tragedy, he retreats from life. While his concerned friends try desperately to reconnect with him, he seeks answers from the universe by writing letters to Love, Time and Death. When his notes bring unexpected personal responses, he begins to understand how these constants interlock in a life fully lived and how even the deepest loss can reveal moments of meaning and beauty. Rated PG-13. Hot popcorn and drinks served. An Eating Together lunch will be served at Noon for \$2.50 donation. **On the menu:** Turkey Stew with Peas & Carrots, Brown Rice Pilaf, 3 Bean Salad, Dinner Roll, Mandarin Oranges. Sign up for lunch by July 12 and sign up for the movie at the front desk.



The Adventure Club: The Avenue Live

Saturday, July 15

7-9 pm

Join us for our second outing of the Adventure Club! This month's visit is to The Avenue in White Marsh to enjoy their enhanced outdoor entertainment plaza plus live music by the Crowdaddies from 7-9 pm. Enjoy patio dining or grab a bite from one of their eateries and feel free to bring a blanket (no chairs, please)! You can rent a chair for \$2. Those that would like to car pool we suggest meeting at Weis to car pool at 6 pm. Look for members with the lime green scarves when you arrive!

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!

Computer Troubleshooting

Monday, July 17

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.

Ted Talk: The Power of Introverts

Tuesday, July 18

1:30 pm

Our world prizes extroverts—but Susan Cain makes a case for the quiet and contemplative. She reaches millions of people through her books, podcasts and her mission-based organization, Quiet Revolution, which empowers introverts for the benefit of everyone. Join Jim Lighter as he facilitates a lively discussion after the video. Sign up in advance.

Healthy Lifestyle Habits

Wednesday, July 19

12:30 pm

Robin Zahor, RN presents tips on how you can live a healthier life by changing just a few habits. Sign up in advance if you plan to attend.

Aromatherapy: Essential Oils & Emotions

Thursday, July 20

10:30 am

Learn the many ways aromatherapy and essential oils such as lavender, peppermint, chamomile, and rose can help with the emotions. Learn about this ancient therapy for mind, body and spirit. You will be able to learn the many benefits of essential oils and how to safely use them. Sign up in advance.

Nostalgic Birthday Party

Friday, July 21

12:30-2:30 pm

See page 1 for more details.

Adventure Club Planning Meeting

Monday, July 24

2:00 pm

Help us pick our next adventures for September through November. Ideas welcome! Sign up in advance if you plan to attend.

Meet Up & Step Out: Liberatore's

Thursday, July 27

4:00 pm

Meet up for happy hour at Liberatore's at Honeygo Shopping Center. Hangout with your friends from Seven Oaks and enjoy happy hour specials. Sign up in advance.

The Feminine Touch

Friday, July 28

1:00 pm

Our favorite local historian, Wayne Schaumburg, presents information on women who made a difference in Baltimore. Sign up in advance.

Netflix Binge Watching: Frankie & Grace

August 1, 15 & 29 & Sept. 12

Starting at 1 pm

binge watch·ing

noun

the practice of watching multiple episodes of a television program in rapid succession, typically by means of digital streaming.

For as long as they can recall, Grace and Frankie have been rivals. Their one-upmanship

comes crashing to a halt, however, when they learn that their husbands have fallen in love with each other and want to get married. As everything around the ladies is coming apart, the only thing they can really rely on is each other. This Netflix



original re-teams Jane Fonda and Lily Tomlin ("9 to 5") as Grace and Frankie, respectively, bringing their chemistry to the small screen.

It's a casting reunion on a grand scale, as Tomlin is reunited with her co-star from "The West Wing," Martin Sheen, who plays Grace's husband, Robert. And Fonda is back with Sam Waterston, her co-star from "The Newsroom," who plays Frankie's husband, Sol.

Join us for some binge watching of the hilarious Netflix comedy Frankie and Grace!

We will start with season 1 and each episode is 30 minutes long. If there is interest we'll continue with Season 2 starting Sept. 26. Please note the rating for this show is Mature Audience. Sign up in the program binder if you plan to attend.

Season 1:

Tuesday, August 1: Episodes 1-3

Tuesday, August 15: Episodes 4-6

Tuesday, August 29: Episodes 7-9

Tuesday, September 12: Episodes 10-13
(Season Finale)

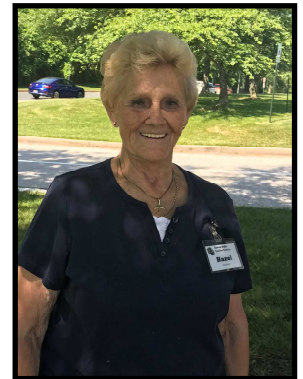
Art Submissions Wanted

Art & Craft Contest—Friday, August 18 from 9 am – 12 pm

Winners of this 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: *Drawing, Jewelry, Painting, Ceramics, Stained Glass, Photography, & Carving/Sculpture*. We will also have our own needlecraft category (sewing, quilting, knitting, crocheting) which is not included at Expo.

Volunteer of the Year - Hazel Ashworth

Congratulations to Hazel Ashworth who was voted Volunteer of the Year! Hazel joined Seven Oaks last year and wanted to volunteer immediately. She was first assigned to help with making popcorn for the monthly movie. She then started helping with the Eating Together program and about 6 months ago took she over as the main hostess for the Friday Café after Nancy Jones had to take a step back from helping out. Volunteering for the café has renewed Hazel's love of baking and she enjoys trying new recipes each week and getting feedback. She always makes sure the café is well stocked with everyone's favorite items. Hazel has lived in Perry Hall for the last 33 years and became a widow 22 years ago. She has two sons and dotes on her pit bull Chloe. Hazel is also an avid gardener. Before she retired Hazel worked for 33 years at the Maryland Asthma & Allergy Center. We are very grateful to Hazel for helping to create such a warm and inviting Friday Café!



Indoor Community Flea Market - Sept. 23

Seven Oaks is hosting an indoor community flea market on Saturday, Sept. 23 from 8 am - Noon. There will be tables for sale in the main room for \$15 or rent a space in one of the classrooms for \$10. Tables/spaces go on sale, Friday, August 18. **We are starting to collect new or gently used items for our White Elephant Table.** Due to space constraints and quality control, we will not be able to accept donations of clothes, purses, shoes, appliances, fabrics/bedding, or books. We are especially interested in holiday decorations, home décor, jewelry, collectables, sports memorabilia, picture frames, antiques, etc. Thank you in advance for supporting our White Elephant Table. All proceeds will benefit the center. Please drop your items off in the director's office through Sept. 15.

Join Seven Oaks' Adventure Club

Our second outing for the Adventure Club will be on Saturday, July 15 to The Avenue Live with music by the Crawdaddies from 7-9 pm. Enjoy patio dining or grab a bite from one of their eateries and feel free to bring a blanket (no chairs, please)! If you would like to rent a chair for \$2 you can do so when you arrive. Anyone is welcome to join the group! Please sign up at the front desk and indicate if you'd like to carpool from Weis Shopping Center at 6:00 pm. When you arrive look for a member wearing a lime green Seven Oaks scarf or head covering. *Please note that the new entertainment plaza is family friendly so there will be kids there and it can be loud.*

On Sunday, August 6 join us at Jerusalem Mills for a summer concert in the Meadows with The Great Train Robbery. Tickets are \$5 payable the day of the event. We are open to suggestions for future adventures; please leave a note in the suggestion box located behind the front desk.

Our next planning meeting will be Monday, July 24 at 2 pm. We will determine our next adventures for September, October and November. Ideas welcome but if you can't attend use the suggestion box!

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, July 17 @ 1:00 pm

Membership Meeting:

Monday, August 28

@ 12:30 pm

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.

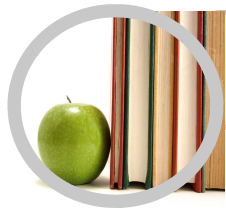
Center Membership and Registration

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 summer classes begin the week of July 3.

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	
10:15 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	\$
11:45 am	1:15 pm	Projects for Charity	Sue Morocco, Vol	Craft Room	
12:30 pm	3:30 pm	Jokers Wild /Chess	Volunteers	Classroom	
12:30 pm	3:30 pm	Mexican Train	Volunteers	Classroom	
12:15 am	2:00 pm	Beginner Spanish	Ron Browning, CCBC	Classroom	\$
1:00 pm	2:00 pm	Tap Dance	Maura McFarland, IC	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	\$
11:00 am	12:00 pm	Senior Rhythms	Audrey Doemling, Vol	MPR	
11:30 am	2:30 pm	Indoor Pickle Ball	Volunteers	PHMS	
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)	Mary Geiger, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
11:30 am	2:30 pm	Indoor Pickle Ball	Volunteers	PHMS	
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	
2:30 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

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	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	
10:50 am	11:40 am	Senior Rhythms	Audrey Doemling, Vol	MPR-extension	
11:30 am	2:30 pm	Indoor Pickle Ball	Volunteers	PHMS	
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	
11:30 am	2:30 pm	Indoor Pickle Ball	Volunteers	PHMS	
12:00 pm	3:00 pm	Intermediate Pinochle	Volunteers	Game Room	
1:00 pm	3:00 pm	Stained Glass	Volunteers	Craft Room	
2:15 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

Sunday

1:00 pm	2:30 pm	Outdoor Walking	Joe Palmere, Vol	Gough Park	
---------	---------	-----------------	------------------	------------	--

(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 summer classes begin the week of July 3 except for the following:

Monday Core starts 7/10, Yoga starts 7/13, Tai Chi started 6/23

Pickle Ball is played at Perry Hall Middle School Tuesday-Friday at 11:30 am and outdoors at PHMS on Saturdays from 10 am—2 pm

Fall class registration begins on Tuesday, September 5 at 8:30 am



Council Accomplishments - A Year in Review

As the fiscal year 2017 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.

- Donated \$1,100 in Amazon gift cards to Seven Oaks Elementary School teachers
- Sponsored and contributed to the donation drive for the Loch Raven VA Hospital; sponsored a Peanut Butter & Jelly drive for St. Vincent DePaul as well as a Pet Supply drive for SPCA
- Provided financial support to the COS worker's clients throughout the year and at the holidays
- Improved the lobby entrance and installed coat hooks in the classroom and game room
- Purchased a large flat screen TV for Senior Rhythms and one for the Fitness Center
- Purchased new microphones for the MPR as well as a new CD/iPod system for the MPR
- Installed a new coffee station in the MPR
- The Projects for Charity class donated over 250 items to local charities in 2016.
- Moved council bulletin board to front part of the MPR
- Purchased seated elliptical machine for the Fitness Center

Special thanks to Council President Nancy Bach for spearheading many of these initiatives!

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, July 12 & 26 at 11:15 am

The next fitness monitor training/refreshers class: Wed, October 11, 2017 at 1 pm. See Shirley or Kathleen if you're interested in becoming a volunteer fitness monitor.

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.

Farmer's Market Coupon Distribution



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 7 from 9-11 am (note to come early as we usually run out of coupons before 11 am). Maximum monthly income for a household of 1 is \$1,860; for 2 people- \$2,5040; for 3 people - \$3,149. Pick up a flier in the center for additional locations and income guidelines.

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 17 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 grand prize**

drawing of \$500 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. Drop the form off in the director's office. year! Sign up today!

Projects for Charity: Making a Difference

Last fall center volunteer and current sewing teacher, Sue Moroco started the Projects for Charity class at Seven Oaks on Mondays from 11:45 am—1:15 pm. The purpose of this class was to bring together volunteers who enjoy making items such as blankets, baby hats, prayer shawls, etc. for charity groups. The group was very successful for the first four months in 2016 by donating 6 lap robes, 20 pillowcases, 5 prayer shawls, 24 stuffed toys, 7 bibs, 95 blankets and 125 baby hats. Thank you to all those that have donated yarn, fabric and supplies to the group. We are happy to accept additional donations of 100% cotton fabric, fleece or flannel that are light in color or with prints geared towards infants, young children or teens. The group would also be happy to accept financial donations so they can purchase needed supplies. New members are always welcome to join this group and you will be taught how to make a variety of items based on your skills and interests.

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...

- ♦ Sunday, August 6 - Adventure Club: Jerusalem Mills from 6-8 pm
- ♦ Tuesday, August 8 - Writing Workshop at 10 am
- ♦ Friday, August 11 - Crab Feast at Columbus Gardens
- ♦ Monday, August 14 - Employment in the Later Years at 1:30 pm
- ♦ Friday, August 18 - Art Show from 9 am – 12 pm
- ♦ Friday, August 25 - Movie: Going in Style at 12:45 pm





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!



2017 Day And Overnight Trips

- ♦ **Bi-Monthly Delaware Park Trips**—Wednesdays 7/12, 9/13, 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.*
- ♦ **Branson, Missouri** - Sat, July 8-Sun, July 16. Cost \$799 dbl, \$1,200 single. Enjoy 7 shows including dinner and show on the Showboat. **WAIT LIST**
- ♦ **Odyssey DC Monument Cruise & Lunch on the Potomac** - Wed, Aug 16. **WAIT LIST**
- ♦ **Rainbow Comedy Theatre: Sex Please, We're 60!** Thurs, Sept. 7. Cost \$75. **WAIT LIST**
- ♦ **Suicide Bridge Crab Feast & Paddlewheel Cruise on Choptank** - Wed, Sept. 27. **WAIT LIST**
- ♦ **Autumn Glory Train Rides** - Wed, Oct. 11-Thurs, Oct. 12. Cost \$275 dbl, \$325 single. Ride Potomac Eagle and Western MD Scenic Railway. Includes 1 dinner, 1 breakfast, 1 lunch and lodging at Best Western Braddock Hgts.
- ♦ **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.

Coming in September....

- ♦ Grandparent's Day Concert with Snowday at Angel Park—Sun. Sept. 10
- ♦ Fall Harvest with Bumper Jacksons (duo) - Friday, Sept. 15. Tickets are \$12 and go on sale August 14.
- ♦ BCDA's Run/Walk at CCBC Essex - Sun, Sept. 17
- ♦ Bingo Extravaganza - Monday, Sept. 25 from 11 am – 3 pm. Tickets \$15 and go on sale August 7. Includes lasagna lunch, 21 games, and door prizes. Early bird games offered.



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