



The Acorn

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

Renew Your Center Membership!



Each year starting in October, we ask that you renew your membership to remain an active member at Seven Oaks. This year's registration gift is a choice between a stainless steel straw or an insulated lunch tote 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.

Get Your Flu Shot at Seven Oaks October 4 from 1 - 3 pm

Baltimore County Department of Aging in partnership with Pleasant Health Services, Inc. is offering: Flu shots (**Quadrivalent**) **\$30**, Flu shots (**FluAD**) **Senior Shot \$65**, Pneumonia shots (**Pneumovax23**) **\$125**,



Flu shot and Pneumonia shots no cost to Medicare B Beneficiaries. Other insurances accepted: Atena, Anthem, Blue Cross/Blue Shield, Care First, Cigna, United Health. Check or credit card payable to Pleasant Health Services, Inc. **Cash will not be accepted.**

Letters from the Queen Friday, October 11 at 1pm

Gail Fiedler will share her royal mail with us. She has been pen-pals with Queen Elizabeth since 2011. Bring your favorite hat and tea cup and enjoy a unique look into the Royal family.



WINDSOR CASTLE

OctoBEER Fest

Tuesday, October 22 at 12:45 pm

Our Mother's Day Wine tasting event was such a big hit we decided to try it again but with Beer! Join us **Tuesday, October 22 at 12:45 pm** to sample 5 local brews paired with a 5 course meal: Beer & Cheese Dip with Soft Pretzels, Sweet & Sour Meatballs, BBQ Pulled Pork Slider, Pasta Salad and Dessert. Red Lobster is giving us a basket of cheddar biscuits for each table. Tickets are \$15 in advance.



Seven Oaks Senior Center

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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!



LIVING CONNECTED
Largest 50+ event
in Maryland

POWER OF AGE EXPO 2019

Wednesday, October 30

9 a.m. - 8 p.m. • Timonium Fairgrounds

★ 300+ Exhibitors ★ Feature Areas

★ Art/Exhibit ★ Senior Centerville

★ Silent Auction ★ Free Health Screenings

Call 410-887-2594 or visit www.powerofageexpo.com



October Special Events



AARP Safe Driving Course

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

This class is designed especially for drivers age 50+. You may be eligible to receive an insurance discount, check with your insurance company. Pay in advance \$15 for AARP members & \$20 for nonmembers, cash or check, payable to AARP.

Walk Maryland

Wednesday, October 2 10:00 am

The State's Annual Walk MD event takes place from August 1 to October 15. Our Senior Center will compete with others throughout the State by logging our center's physical activity. We are using a spreadsheet provided by MDOA that will turn our activities into "miles walked". Last year Seven Oaks won and was named the "Fittest Regional Senior Center". Join us again this year **to participate in a 1-2 mile walk in our Community** led by Kathleen and Courtney!

Digital Privacy

Thursday, October 3 1:00 pm

Older adults lose as much as \$36 billion annually to financial exploitation. As we integrate digital technologies into every aspect of our lives, it can be hard to make informed choices about the privacy and security risks that come with them. It's a fact that online scammers target older adults, so it's important that your information is kept safe. Join the Maryland Consumer Rights Coalition for this free program on digital privacy.

Doug Burgess Transition Speakers Series

Friday, October 4 10:15 am

The Transition Speaker Series will have Amy Rehkemper, Certified Professional Organizer discuss ways to organize and get rid of your belongings. If you have some specific questions for her please jot them down when you sign up.

Flu Shots

Friday, October 4 from 1 - 3 pm

See Page 1 for details.

Trivia with Gloria

Friday, October 4 1:30 pm



Medical Marajuana, CBD and Seniors

Tuesday, October 8 at 10:00 am

****This program is at the Perry Hall Library.** Find out the facts about medical marijuana, CBD oil and their health benefits. Presented by Dr. Charles Weng. No sign up needed, just show up.

Emergency Preparedness

Tuesday, October 8 1:00 pm

The Public Health Emergency Preparedness Division of the Baltimore County Dept of Health will give a presentation on preparing for emergency situations. Participants will be encouraged to assemble an emergency kit, make a plan, and discuss with family members what to do in case of an emergency. Pet emergency preparedness will be reviewed also.

Caregiver Resource Session

Wednesday, October 9 9:00 - 11:00 am

Caring for a relative can be rewarding but challenging, so come speak with the BCDA Caregivers Program staff to learn about resource options, gain new strategies and receive guidance about your caregiving situation.

Matters of the Heart

Friday, October 11 9:30 am - 12:00 pm

University of MD nursing students will be available to take blood pressure and provide educational information on stroke, nutrition, heart and blood pressure. Learn something while helping them complete part of their curriculum. Just show up!

Letters to the Queen

Friday, October 11 from 1 - 3 pm

See Page 1 for details.

Center Closed for Columbus Day

Monday, October 14

Get 25% Off at Boscov's

Wednesday, October 16 - All Day

Buy a \$5 shopping pass at the front desk of Seven Oaks to use at Boscov's on October 16 for 25% off store wide.



Boscov's will have sales, prizes, food & more! We keep the \$5 per pass so tell your friends, family and neighbors and support Seven Oaks!

Water: Hot or Cold? Just Get Enough

Wednesday, October 16 10:30 am

Learn the signs of dehydration and methods to prevent this problem no matter the season. Daria Rovonski, RN, MS will share important information during our TOPS group.

Discovering the Feldenkrais Method

Thursday, October 17 at 12:50 pm

See page 4 for details

Please sign up in advance, for programs, in the free binder to provide us a headcount.

Residential Security

Thursday, October 17

1:00 pm

Join Public Safety Office, Bryan Dietsch from the Baltimore County Police Dept for a presentation on residential security.

Friday Café - October 18 at 9:15am

Senior Helpers will sponsor Friday Café.

Afterwards, they will show a short clip about Town Square®, which is an all-new, innovative alternative to an adult day care facility located in Perry Hall. Presentation in the Classroom.

Starting at 10:00 am, the Oakettes, our Vocal group, will perform for us!

Movie: Breakthrough

Friday, October 18

12:45 pm

Tragedy strikes when Joyce's 14 year old son, John, falls through the ice. Trapped underwater for more than 15 mins, he is rescued and rushed to the nearest hospital. Doctors fear the worst, but he continues to fight for his life as his parents and their pastor stay by his bedside and pray for a miracle. Rated PG. Hot popcorn and drinks served. An ET lunch will be served at Noon for \$2.50 donation. Menus located at the front desk. Sign up for lunch by 10/16.

Adventure Club: Bluegrass Afternoon

Saturday, October 19

2:00 - 6:30 pm

The Lion's Club is holding their 6th Annual Bluegrass Afternoon at the Klausmeier Farm (4014 Perry Hall Blvd.) **You can buy your \$30 ticket at the front desk** and enjoy music by Bluestone Bluegrass, pit beef and turkey, hot dogs, salads, house-made ice cream, waters and soft drinks. Beer, wine & specialty drinks available for purchase. Bring your own chair. No coolers permitted. Gates open 1:30 pm.

Perry Hall Library Series

Tuesday, October 22

10:00 am

Join library staff at Seven Oaks to make a fall Indian corn key chain. Limited to 12.

Fresh Conversations Program: Dairy Case Dilemma... Is It Really Milk?

Tuesday, October 22

10:00 - 12:00 pm

Should plant-based beverages made from soy, almond or coconut be labeled milk? Compare the nutritional value of plant based beverages to milk from cows. Receive a newsletter about heart healthy fats, what foods are safe to eat after a power outage, and fun and easy recipes.

OctoBEER Fest

Tuesday, October 22 at 12:45 pm

See Page 1 for details.

Garden Club Interest Meeting

Wednesday, October 23 at 10:00 am

See back page for info.

Demystifying Annuities

Wednesday, October 23

10:45 am

Bring your questions and learn about the different types and features of these products.

TED Talk: Why Governments Should

Prioritize Well Being

Thursday, October 24

1:00 pm

In this visionary talk, First Minister of Scotland explains the far-reaching implications of a "well-being economy" -- which places factors like equal pay, childcare, mental health and access to green space at its heart -- and shows how this new focus could help build resolve to confront global challenges. Jim Lightner will facilitate a lively discussion after the talk.

Meet Up: Bar Louie

Thursday, October 24

4:00 - 6:00 pm

Meet up for happy hour at Bar Louie on the Avenue at White Marsh. Hangout with your friends and enjoy happy hour specials.

Program Planning Meeting

Friday, October 25

10:15 am

Join us following Friday café to discuss upcoming events for 2020. We need your ideas! We'll be looking for chairs and helpers for events. If you can't attend share your ideas with staff.

Line Dance Party with Joey C

Friday, October 25 from 1 - 3 pm

This event is free but sign up in the binder so we can plan ahead. Sodas and snacks served.

Membership Meeting & Lunch

Monday, October 28

12:30 pm

All members are asked to attend our bi-monthly Council meeting where members vote on purchases, policy changes, etc. Refreshments served. Choice of Italian or American cold cut sub with chips will be served at Noon for \$6. Purchase your lunch ticket in advance. Everyone attending will be entered in a drawing for a \$50 gift card that we'll give away at the end of the meeting.

Medicare Open Enrollment

Tuesday, October 29 from 8:30 am - 2 pm

See page 4 for details

Honoring Those In Service to Our Nation

Tuesday, October 29

1:00 pm

Join Wayne Schaumburg, local historian as he presents this program, on Baltimore Memorials in honor of the upcoming Veteran's holiday.

Discovering the Feldenkrais Method - Thursday, October 17

The *Feldenkrais Method*®, a somatic educational system, teaches people to learn how to move the body out of pain, improve balance, posture and increase flexibility. This movement based system explores easy, slow, gentle, non habitual movement patterns combined with focused attention. Feldenkrais *Awareness Through Movement*® lessons facilitate the development of new neurological pathways that expand the options for easier, more functional movement in daily life. Join Marika Hicks, certified *Feldenkrais Practitioner*®, for a 50 minutes Introduction Workshop on the method on **Thursday, October 17 at 12:50 pm**. Participants need to be able to get up and down from the floor. Chairs will be available to help you. Bring a mat, a large towel and a large pillow. If there is enough interest a 3 week session will be held on Thursdays, November 7, 14 & 21 from 12:50-1:50 pm. Cost is \$5 for the 3 week session. Additional mini-sessions will be offered throughout the new year.



Open Enrollment - October 29 & November 15

Open Enrollment is the time to search for your best and least expensive Prescription Drug Plan for 2020. Baltimore County State Health Insurance Program (SHIP) has trained counselors to assist you with evaluating your Part D plan choices for 2020. You must call SHIP Office to schedule an appointment. Counselors will be at Seven Oaks for help with Open Enrollment on **Tuesday, October 29 and Friday, November 15 from 8:30 am to 2:00pm**. Call 410-887-2059 for your Appointment!



Halloween Party - Friday, November 1

Our Annual Halloween party will be **Friday, November 1 from 1 pm - 3 pm**. Jack of All Trades will entertain us! Wear your costume and participate in the costume contest. This event is just \$2 and you can pay at the front desk starting October 1st. There will be snacks and drinks as well as music and fun! This event is being sponsored by The Cottages of Perry Hall.



Great Physio Balls of Fire Demo - Wednesday, November 6

Drumming accelerates physical healing and boosts your immune system. It reduces tension, anxiety, and stress. Stop in and try this fun, feel good, therapeutic music experience that incorporates music, exercise balls, drum sticks and movement. This is a free program and it will be offered once a month if there's interest. The demonstration class will be held **Wednesday, November 6 from 2:30 - 3:30 pm**. Sign up in the free binder. Limited to 20 students. All supplies provided.



Senior Center Staff & Executive Board



Center Director: Kathleen Young
Assistant Director: Courtney Gonce
Community Outreach Specialist: Jessica Pontown
Center Custodian: Mary Bingamon
Home Team Coordinator: Barb Wilt

President:	Jim Lightner
Vice President:	Ed Konig
Treasurer:	Carol Parks
1st Asst. Treasurer:	Gene Laytar
2nd Asst. Treasurer:	Gale Griffin
Recording Secretary:	Janet Hess
Coresp. Secretary:	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, October 21 at 12:30 pm

Membership Meeting:
Monday, October 28
@ 12:30 pm
Come early for lunch at noon!
\$6 in advance for sub/chips.
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

Winter Class registration is Tuesday, November 19.
Most classes will start the week of January 13.



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	\$
9:00 am	11:45 am	Bridge	Volunteers	Classroom	
9:30 am	10:15 am	Strength After 60	Instructor at BKC	Balto Kettlebell Club	\$
9:50 am	10:50 am	Int Line Dance	Joanne Alleva, Vol.	MPR	\$
9:45 am	11:30 am	TOPS (Weight Loss)	Celeste Skruch, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
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
Thursday					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR extension	\$
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo, Vol	MPR	
10:00 am	12:00 pm	Bridge	Volunteers	Class Room	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol.	Craft Room	
10:00 am	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	
9:15 am	10:15 am	Friday Café	Hazel Ashworth, Vol	MPR	
9:30 am	11:00 am	Tai Chi	Jeff Herrod, IC	MPR extension	\$
10:00 am	12:00 pm	Scrabble and Other Games		Game Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR	
12:00 pm	3:00 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	

Please Note...

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

Ongoing Monthly Events & Workshops

BINGO - Tuesday, October 1 & 15 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.

Tablet/Smart Phone Help - Monday, October 7 & 21. Sign up for an appt with David Yoon.

Current Events - (now meeting twice a month) Wednesday, October 9 at 11:45 am &

Wednesday, October 23 at 2:00 pm - Join volunteer, Joy Mays and other members to discuss current news and politics. If you'd like, bring a newspaper article to share.

Seated Massages with Doug - Thursday, October 10 & Monday, October 21 - Doug Wittich, Licensed Massage Therapist is offering 10 min. chair massages in the Fitness Center 3x per month. You must fill out a brief health questionnaire before your first massage. It's only \$5 for a 10 min. massage or book back to back sessions for a longer massage for \$12. No refunds if you are a no show.

Blood Pressure - Fri, October 11 at 9:15 am Karen Kansler, RN takes your blood pressure.

Card Making Workshop - Friday, October 11 from 10:30 am-12:30 pm Students will make 3 cards to take home. Samples are available at the front desk. Cost is \$12 in advance.

Computer Troubleshooting - Monday, October 28 at 10:00 am Let Alvin Miller help you with your device. Bring your device & passwords. Sign up in advance.

Veteran's Day Celebrations - 11/6 through 11/12

Breakfast for Veterans only - Wednesday, November 6 anytime from 8:30 - 9:30 am.

Breakfast is being prepared and served by Ed Konig, Council Vice President and his team of Volunteers. This breakfast is free and for Veterans only. Come anytime during the hour.

TED Talk - Wednesday, November 6 at 9:30 am (following the breakfast).

All members welcome. Join Jim Lightner and other members for this TED talk and a lively discussion afterwards. *We Train Soldiers for War. Let's Train Them to Come Home Too.* - - Before soldiers are sent into combat, they're trained on how to function in an immensely dangerous environment. But they also need training on how to return from the battlefield to civilian life, says psychologist Hector Garcia. Applying the same principles used to prepare soldiers for war, Garcia is helping veterans suffering from PTSD get their lives back.



Closed for Veteran's Day - Monday, November 11

Veteran's Day Luncheon - Tuesday, November 12 at 12:45 pm. Penny, who chaired the Beatles Invade Seven Oaks event will take on another event and it's sure to be great! Join us for lunch with music by Bruce Thomas honoring our Veterans. On the menu: hero sandwiches, Yankee Doodle soup and dessert from Canella's. **Tickets are \$6 and go on sale on 10/7.** This event is free for Veterans but they still sign up at the desk and let us know what branch of service. This event is being sponsored by The Cottages of Perry Hall.



Fitness Center

Improve your physique and enhance your overall well-being at our state-of-the-art fitness center. Great low cost of \$100 per year can't be beat. The fitness center also provides free blood pressure screenings to all center members. Receive a personalized exercise program that addresses your fitness needs for an added fee with a certified personal trainer. Personal training packages range from \$25 to \$130; see personal training pamphlet for more information. Free fitness equipment orientations are available to fitness members each month.

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

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

Stop in to pick up your application! Individuals must be a current senior center member and receive medical clearance in order to participate. All paperwork should be turned into staff. Once we receive your medical clearance we will sign you up for a required fitness orientation.

The next fitness center orientation for new members is:

Wednesday, October 9 & 23 at 11:15 am

Dine With Us!

Are you tired of eating at home alone? Come and dine with us! A catered lunch is offered most Tuesdays and on Friday movie days. **This month lunch is offered on October 8, 15, 18, and 29.** Individuals interested in attending the meal must **sign up at the front desk at least 48 hours in advance.** A minimum of 10 participants is required in order for the center to have the lunch. Stop by the front desk to pick up a menu. Cost: Please contribute as much as you can towards the \$4.48 cost of each meal (super special meals \$5.95). If you cannot contribute the full amount, a voluntary minimum contribution of at least \$2.50 is recommended to keep this program strong. To reduce leftovers **please cancel your meal if you decide you cannot make it to the lunch.**



How to Make Payments Online - Mon. Nov. 4

Learn how to use online payment systems such as Paypal, VENMO, and ZELLE on Monday, November 4 at 2 pm. You can request money, receive money, send invoices and use many of these services at no cost. Bring your device if you want help creating an account at the end of the class. Center Director Kathleen Young will teach this class. Sign up in advance.

Chili Cook Off - Friday, November 15

Friday, November 15 at 12:45 pm we will have a Chili Cook Off! Similar to our Soup-er Bowl Party, members will cook chili at the center and compete against one another to see who makes the best chili! There will be a 1st, 2nd and 3rd place prize. Staff will cook the ground beef for your recipe and which is being purchased by The Cottages of Perry Hall and you will be responsible for the other ingredients. We are asking for each contestant to make 2 gallons of chili. We will supply you with 3 pounds of cooked ground beef. There will be a sign up in the free binder to enter the contest and to sign up for your kitchen time. To attend this event buy your \$5 ticket at the front desk. **Tickets go on sale 10/21.** In addition to tasting 8 different chili recipes there will also be bread, beer, wine, sodas and desserts served. Special thanks to The Cottages of Perry Hall for sponsoring the event.



Save the Date - Day of Chance - Fri, December 13

Join us on **Friday, December 13 at 12:45 pm** for a Day of Chance. Peggy and Connie are putting together an afternoon of fun. There will be lay downs, money wheels, silent auction, Chinese auction and instant bingo along with 50s and 60s music, lite fare and drinks. The cost will be \$5. Tickets will go on sale in November.

Mark Your Calendar

- ◆ Halloween Party - Friday, November 1
- ◆ How to Make Secure Online Payments - Monday, November 4
- ◆ Bingo - Tuesday, November 5 and 19
- ◆ Know the Signs for Alzheimer's Awareness month - Thursday, November 14
- ◆ Enjoy the Holidays without Guilt - Wednesday, November 20
- ◆ New Member Orientation - Thursday, November 21
- ◆ SPCA If Your Pet Outlives You - Monday, November 25
- ◆ ET and Movie Matinee - Tuesday, November 26
- ◆ DIY Holiday Door Swags - Monday, December 2
- ◆ Gilchrist presents Hope for the Holidays After Grieving - Tuesday, December 3
- ◆ Center Closed - Friday, December 6
- ◆ TED Talk - Thursday, December 12
- ◆ Card Making - Friday, December 13
- ◆ Holiday Party with The Reputations- Tuesday, December 17
- ◆ Mandy from Giant presents Love Your Guts - Wednesday, December 18
- ◆ Seven Oaks Elementary school preforms their Holiday Concert and we'll serve Egg Nog and warm cookies - Thursday, December 19
- ◆ The Oakettes Holiday Concert - Friday, December 20
- ◆ Center Closed - Wednesday, December 25 and Wednesday, January 1





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!



- ◆ **Dover Downs 4 x 4 Tribute** Thurs, Oct. 24 - Fri, Oct. 25. Trip includes Beatles, BeeGees, Beach Boys and Motown Tribute show, hotel stay, \$50 slot bonus, breakfast buffet. Stop at Delaware Park on return with \$30 slot bonus. \$170/ double; \$210/ single. *Waitlist*
- ◆ **Bi-Monthly Delaware Park Trips** – Nov. 13. Cost \$25 with \$30 casino rebate. Bus departs at 9:30 am at Weis and boards at 3:45 pm. Sign up no earlier than the day after the prior trip. Delaware Park Trip Reminders: When signing up for the trip please fill out the chart with your DOB and player card number. On the day of the trip bring your player card and photo ID.
- ◆ **American Music Theatre & Shady Maples Smorgasbord** Fri, Dec. 6. \$90. *Waitlist*

SAVE THE DATE: Travel Fair - November 22 at 1:30

Seven Oaks Garden & Garden Club Interest

From Allison: I am wrapping up my Herb Garden Girl Scout Gold Award project here at Seven Oaks. I want to thank everyone for making me feel welcome and giving me words of encouragement during the project. I really enjoyed presenting and sharing what I have learned about herbs. Whether you grow your own herbs or buy them at the store, I hope that the garden and classes inspired you to think about using more herbs as added taste, interest, aroma and nutrition in your daily meal planning. The perennial herbs: lavender, pineapple sage, lemon balm and mint that are planted around the patio as well as the middle raised planter filled with sage, rosemary, oregano, thyme and chives will hopefully survive the winter and come back up in the spring. Please contact Courtney about joining the new Seven Oaks Garden Club.



Special thanks to Allison for the tremendous job she did on the planters that she built, the herb garden and the classes she held at Seven Oaks!

Are you interested in helping create a Garden Club at Seven Oaks? Do you have some ideas to develop a fun, interactive program that will help the center carry on the work that Allison, our Girl Scout Gold Star candidate, began with her herb garden project? If so, please join us for an informational meeting, at the center on Wednesday, October 23 at 10 am in the MPR. No gardening experience is required - you don't even need a green thumb! All ideas welcome. Please help this club become a reality. If you cannot attend, but are still interested, please contact



Marsha Brett at
marshab724@hotmail.com or
410-931-1261 to express your
interest. Hope to see you
on the 23rd!



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