



The Acorn

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

India Cultural Event - Tuesday, May 14 at 1:00 pm

Join Seven Oaks members and our Intern Jane for a fun and educational afternoon! There will be traditional clothing on display, authentic food including: Chicken Tikka Masala, Rice, Garlic Naan, Peas and Potatoes. There will be stories told by members who are from India, a brief presentation on India, a traditional dance performance as well as the following activities: Guess that Spice and Making a Mandala. You're sure to learn something and have a great time! **Tickets are on sale now for \$5.**

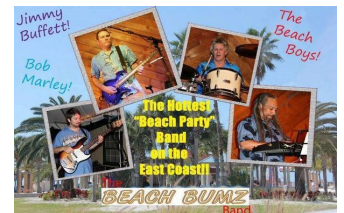
That 70's Show and Lunch - Tuesday, May 28 at 12:45 pm



Frank and Trish Curreri with Vintage Entertainment return to Seven Oaks with another great show. They were here last year for the Country Roads Show and they'll WOW us with their 70's Show! On the menu: BBQ Sandwich, macaroni salad, buttered corn, cheese ball/crackers, carrot cake, beer & wine. After lunch enjoy the show plus we'll have a costume contest with prizes! Go through your closet and see what you can find! **Tickets are \$12 and go on sale May 1.**

Sounds of Summer Concert at Oregon Ridge Park Thursday, May 23 from 11:00 am - 2:00 pm

Presented by the Baltimore County Department of Aging. Held in the Concert Pavilion at 13401 Beaver Dam Rd, 21030. Rain or Shine. Featuring the Beach Bumz, a beach tribute band who performs all your favorite beach music from Jimmy Buffet, the Beach Boys and many more. The music is sure to transport your thoughts to a sunny carefree day down by the shore. The afternoon also includes door prizes, covered pavilion with picnic tables, 50/50 raffle, beach themed fun and more. Pack a picnic lunch or pre-purchase a box lunch provided by Santoni's Marketplace for \$7. The box lunch is available by pre-order only and must be purchased by May 17. Lunch choice is turkey, roast beef, tuna or veggie sandwich and includes chips, cookie, and soda. *Please note: Box lunches are not available for purchase on the day of the event.* Concert tickets cost \$4 and lunch is \$7 in advance, buy them at your local senior center. **Seven Oaks will offer a discounted bus ride for \$5 and bus departs from Weis.** Concert tickets will be available at the door for \$5. No refunds. Note: Walking required on steps and grassy surfaces. Picnic table seating in pavilion. Participants must bring a beach chair and/or blanket for show in front of amphitheater; chairs not provided. BYOB (no glass). For more information call 410-887-2040.



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

The Shred-A-Thon will be held Sat. June 8

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

Look inside!





May Special Events



Law Day

Wednesday, May 1 9:30 am - 4:00 pm

Sign up for a 30 minute slot and receive free preparation of a Health Care Advance Directive / Power of Attorney by lawyer, Doug Burgess. Sign up in the free binder at the front desk.

TED Talk

Thursday, May 2 1:00 pm

In these 2 short TED talks, *Isolation & Loneliness* and *The Simple Cure for Loneliness*, the speakers discuss social isolation and the importance of connection. The Department of Aging's Initiative this year is aimed at reducing Social Isolation. Join Jim Lightner as he facilitates a lively discussion after the videos. Sign up in advance.

Free Hearing Screenings

Friday, May 3 9:00 am - 12:00 pm

May is Better Hearing and Speech Month. Join Dr. Katelyn Leitner, Au.D. from the Hearing Assessment Center for a free hearing assessment. Sign up for a 10 minute slot.

Line Dance Party

Friday, May 3 from 1:00 pm - 3:00 pm

Join Joey C for some good music and line dancing. Snacks and drinks served. This event is free but sign up in the free binder.



American Cancer Society

Monday, May 6 1:00 pm

Learn what the American Cancer Society offers such as programs & services, research and screening guidelines and Community Events & Volunteering. Sign up in advance.

Health Benefits of Medical Marijuana

Tuesday, May 7 10:00 am

Physician and pharmacist from Blair Wellness Center will present information on the use of medical marijuana and its health benefit. The presentation will create awareness, education and alternative medical options. Sign up in advance.

Brain Games with ALEXA

Tuesday, May 7 1:45 pm

Join Leslie as she has ALEXA tax your brain! Sign up in advance.

Medicare Basics

Thursday, May 9 1:00 - 2:30 pm

Will you be turning 65 shortly? SHIP will be conducting a presentation regarding the following Medicare Basics: when and how to enroll, what does Medicare cover, how it works, retiree health benefits, and what are Medigaps vs HMOs. In addition, programs that assist with Medicare costs will be reviewed. This is an opportunity to learn how to select the best health care coverage. Sign up in advance.

Mom's Time to Whine

Friday, May 10 12:45 pm

During this Mother's Day celebration we will be tasting a selection of wines paired along with a delicious meal. On the menu: Egg & Salami Canape with Crackers, Crab Soup Blend, Chicken Salad Sandwich, Cream Puffs and a Chocolate Covered Strawberry. Members will share funny complaints about mom. You need to be a member to attend. Avon will have a table set up. Tickets are \$7 in advance.

India Cultural Event

Tuesday, May 14 at 1:00 pm

See page 1 for details.

Not All Carbohydrates are Created Equal

Wednesday, May 15 10:30 am

Learn more about carbohydrates from our Nutrition Made Clear DVD series during TOPS.

Sugar, Stress, and Statins: How Are They Impacting Your Hearing?

Thursday, May 16 1:00 pm

Learn about medical conditions and how our ears are influenced by other parts of our body from Dr. Katelyn Leitner, Au.D., from the Hearing Assessment Center. Sign up ahead.

Don't Just Recycle, Recycle Properly

Friday, May 17 10:15 am

Confused about what can or can't go into your recycle bin? Learn best practices from a Baltimore County Material Recovery Facility (MRF) speaker. Learn about Single Stream Recycling, how to prevent contamination of the recycled material, and what those "recycle" numbers on the products really mean. Ask questions. Get the answers. Open to the public. Sign up in advance.

Friday Café Join Us from 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 ear a name tag!

Mary Young Pickersgill and Crafting the Star-Spangled Banner

Friday, May 17 1:00 pm

This program will take you back to flag maker Mary Young Pickersgill's early life. From there we will travel to early 19th century Baltimore where Mary receives the commission to craft the Star Spangled Banner. A tale of perseverance and enterprise, this program is sure to give you a new perspective on the story of the Star Spangled Banner. Built in 1793, the historic Flag House is the birthplace of the Star-Spangled Banner flag. The historic house and museum are open Tues - Sat from 10am - 4pm. Sign up in the free binder.

Adventure Club: Hampton Mansion

Saturday, May 18 11:00 am

Seven Oaks members and guests are invited to the tour the Hampton Mansion followed by lunch at the Peppermill on York Rd. Sign yourself and any guests up in advance so we can make the reservation and if you'd like to arrange carpooling leave your number.

Learn How to Use Uber

Tuesday, May 21 1:00 pm

Uber is an on-demand car service that allows you to request private drivers through apps for iPhone and Android devices. It sends the nearest driver to you. It provides a cashless solution that charges your ride directly to a credit card or PayPal account. Join our Intern, Jane for a lesson on the Uber App. Sign up in advance.

Current Events

Wednesday, May 22 11:45 am

Join volunteer, Joy Mays and other members to discuss current news and politics. If you'd like, bring a newspaper article to share.

Concert in the Park at Oregon Ridge

Thursday, May 23 from 11 am - 2 pm

See Page 1 for details.

New Member Orientation

Thursday, May 23 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 Dept. of Aging. Sign up in advance if you plan to attend.

Meet Up: Basta Pasta

Thursday, May 23 4:00 pm - 6:00 pm

Meet up for happy hour at Basta Pasta on Belair Rd. in Perry Hall. Hangout with your friends from Seven Oaks and enjoy happy hour specials. Sign up in advance.

Programming Meeting

Friday, May 24 10:15 am

Join us to brainstorm and discuss events for the second half of the year. Bring your ideas and suggestion or put them in the Suggestion Box. Sign up if you can make it.

Movie: Boy Erased

Friday, May 24 12:45 pm

Jared Eamons, the son of a small-town Baptist pastor, must overcome the fallout after being outed as gay. Fearing a loss of family and friends Jared is pressured into a conversion therapy program. While there, he comes into conflict with its leader and begins his journey to accepting his true self. Rated R for sexual content, including an assault. Run time: 111 min. Hot popcorn and drinks served. An ET lunch will be served at Noon for \$2.50 donation. Menu at the front desk. Sign up for lunch by 5/22.

Center Closed for Memorial Day

Monday, May 27

Perry Hall Library Series at Seven Oaks

Tuesday, May 28 10:00 am

Join PH Library staff to make a patriotic wreath. Limited to 15. Sign up in advance.



That 70's Show with Frank & Trish

Tuesday, May 28 at 12:45 pm

See Page 1 for details.

Complete Your Self Care

Thursday, May 30 1-2:30 pm

This presentation teaches stress management using holistic approaches. It is "very interactive" and covers the physiology of stress, its symptoms, simple holistic things to do about it, plus descriptions of techniques like herbs, essential oils, self - massage, music, meditation, exercise, magnets, acupuncture, color, energy work, etc.

Protecting the Value of Your Home

Friday, May 31 10:00 am

Regina Buker, director of HARBEL Housing, will discuss how to protect the financial value of your home when making decisions about refinancing, considering home equity loans and reverse mortgages. Also a review of budget and credit issues facing seniors. Sign up in advance.

Self Defense for Seniors Workshop

Friday, May 31 1:00 - 2:30 pm

Greg Lew of GAMA in Perry Hall will teach you how to stay safe and defend yourself if you ever need to. Sign up in advance. FREE!

Member Appreciation Week is June 3 - 7

Thank you for being apart of the Seven Oaks Senior Center! You help make our center what it is! Seven Oaks continually grows and we know it's from our members spreading the word to their friends and neighbors! We appreciate the support of each of our members and we want to thank you with a week of activities planned for you!



Monday, June 3 - Free soft serve ice cream from Miss Twist Baltimore's premier ice cream truck!

Tuesday, June 4 - Hot popcorn & lemonade served

Wednesday, June 5 - Warm homemade cookies & ice tea (volunteers needed to help bake!)

Thurs, June 6 - Chocolate fountain and Musical Entertainment

Friday, June 7 Friday Café: To Go Goodness - Enjoy coffee and a continental breakfast. Enjoy it at the center or take it with you!

Saturday, June 8 - Shred-a-thon

We are giving away two \$25 restaurant gift cards and raffling off 1 front of the line pass for Class Registration each day of Member Appreciation Week. Fill out a raffle ticket for each when you sign in at the front desk. One entry for each per day is allowed.

Shred-a-thon - Saturday, June 8 from 9 am-Noon

The Shred-a-thon is co-sponsored by Seven Oaks Senior Center and the Baltimore County Employees Federal Credit Union. Each vehicle can bring up to four standard sized boxes of personal documents (paperclips, staples, folders, credit cards and CDs are acceptable). Items not acceptable: binders, large clasps, plastics, metal objects, newspapers, magazines, books and clothing.) Please note this is not a recycling event, only personal documents will be permitted. The event ends at 12pm or once the trucks fill up. We'll have 2 trucks! **We are in need of volunteers that can lift heavy boxes and bags. See staff if you're able to help out that day.**

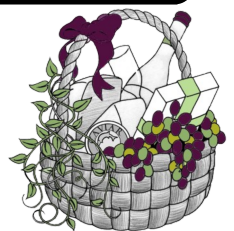
Father's Day Luncheon - Friday, June 14

Celebrate Father's Day at Seven Oaks. Our Annual Father's Day Luncheon will be held **Friday, June 14 at 12:45 pm**. Liberatore's will cater the meal. On the menu: salad, spaghetti and meatballs, drinks and cake. Tom Delaney will entertain us with his own Father's Day Comedy & Music Show. Members only at this event. Tickets are \$5. Tickets on sale **Monday, May 13**.



Eastside Quarter Auction at Ateaze - Friday, June 21

Grab a group of friends or your family and come to the East Region Basket Quarter Auction fundraiser to be held on Friday, June 21 at the Ateaze Senior Center. Doors open at 12 pm and the auction starts at 1 pm. Seven senior centers on the east side of the county will raffle off 7 beautiful and creative baskets each (49 baskets total!). Your \$5 ticket includes 2 paddles and you can purchase additional ones for \$2 each. Basket values will range from \$25 to over \$100. We'll have food and wine/beer available for purchase. The proceeds from each basket goes to the sponsoring senior center. Enjoy a fun afternoon with other senior center members, friends and family to help raise funds all while taking the chance on winning some great gift baskets and door prizes. **Tickets can be purchased at Seven Oaks.** Ateaze Senior Center is located at 7401 Holabird Ave. in Dundalk. For more information, call the center at 410-887-7233.



Senior Center Staff & Executive Board



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

President:	Jim Lightner
Vice President:	Nancy Bach
Treasurer:	Gene Laytar
1st Asst. Treasurer:	Carol Parks
2nd Asst. Treasurer:	Anne Bauer
Recording Secretary:	Edie Dietrich
Coresp. Secretary:	Janet Hess
Sgt. At Arms:	Ed Konig
Past President:	Nancy Bach
Members at Large:	Walt Wujek & Judy Coleman

Meeting Schedule

Executive Board Meeting:

Monday, May 20 @ 12:45 pm

Membership Meeting:

Monday, June 24

@ 12:30 pm

Come early for lunch at noon!

\$5 in advance.

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

Summer Class registration is Tuesday, June 11.
Most classes will begin the 2nd week in July.



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Monday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:30 am	11:30 am	Craft Projects	Hepding & Shorey, Vol.	Craft Room	
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo,	Vol MPR	
10:00 am	12:00 pm	Tablet/Smart Phone Help	David Yoon, Vol	Game Room	
10:30 am	12:00 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 Park	
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 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	\$
9:15 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	11:30 am	Poetry Workshop	Miriam Botwinik, Vol.	Gameroom	
10:00 am	12:30 pm	Pickle Ball	Volunteers	Honeygo Regional Park	
12:30 pm	3:00 pm	Advanced Pickle Ball	Volunteers	Honeygo Regional Park	
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	\$
<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 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 Park	
12:00 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol.	Classroom	
12:00 pm	1:00 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
1:15 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	

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

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Thursday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR extension	\$
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo, Vol	MPR	
10:00 am	12:00 pm	Bridge	Volunteers	Class Room	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol.	Craft Room	
10:00 am	12:30 pm	Pickle Ball	Volunteers	Honeygo Reg. Park	
12:30 pm	3:00 pm	Beginner Pickle Ball	Volunteers	Honeygo Reg. Park	
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	\$
12:00 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 Class	Alina Kurbiel	Class Room	\$
2:00 pm	3:15 pm	Yoga	Jana Long, CCBC	MPR-extension	\$
2:30 am	3:15 pm	Outdoor Walking	Staff	Meet at Front Desk	

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		Craft Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR	
1:00 pm	3:30 pm	Stained Glass	Richard Souders, Vol.	Craft Room	
12:00 am	3:00 pm	Pickle Ball	Volunteers	Honeygo Reg. Park	
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 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.



Ongoing Monthly Events & Workshops

Tablet/Smart Phone Help - Monday, May 6 & 20. Sign up for an appointment with David Yoon.

BINGO - Tuesday, May 7 & 21 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.

Blood Pressure - Fri, May 10 at 9:15 am Karen Kansler, RN takes your blood pressure.

Card Making Workshop - Friday, May 10 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, May 13 at 10:00 am Let Alvin Miller help you with your device. Bring your device & passwords. Sign up in advance.

Seated Massages with Doug - Wed. May 1, Mon. May 13 and Thurs. May 23 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.

Seniors Finding Love & Friendship

The Perry Hall Library is hosting two programs related to seniors finding love/ friendship. On May 11, they will show a screening of *Age of Love*, which is a short documentary about senior citizens dating in their later years. On May 18, they will offer *Senior Speed Dating: Make a New Connection*, which will be an opportunity for seniors to meet new friends or possibly find a love connection. The film screening does not require registration, but the Senior Speed Dating event on May 18 does. Call the library at 410-887-5195.

\$1,000 College Scholarship

Will be awarded to a grandchild of a Seven Oaks Senior Center member who is an incoming college freshman. See application for a full list of requirements, which include a one page typed essay about a lesson learned from a grandparent or another older adult. The application is available at Seven Oaks or on our website. Please submit the application and all requirements by 7/1/19. The selected recipient will be notified by August 1, 2019. If you have questions please contact Kathleen Young, 410-887-5192 or kyoung@baltimorecountymd.gov

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. If you're interested in being a monitor for the Fitness Center check in with staff for the next training date.



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. Once we receive your medical clearance you will be signed up for a required fitness orientation.

The next fitness center orientation for new members is:

Wednesday, May 8 at 11:15 am (only orientation this month)

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 May 7, 17 and 24.** 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 \$4.48 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.**

May Is Older American's Month



Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to: **Connect** with friends, family, and services that support participation. **Create** by engaging in activities that promote learning, health, and personal enrichment. **Contribute** time, talent, and life experience to benefit others. At Seven Oaks we invite and encourage you to **connect** with others by attending our free Friday Café at 9:15 am every Friday or join us for an Eating Together Lunch (offered most Tuesdays and one Friday a month when we have a free movie). We suggest you **Create** by coming to one of our many educational presentations that could enrich your life. Check out pages 2 - 3 of this newsletter for this month's programs. We offer volunteer opportunities so you can **contribute** to the center and to others. If you're looking to volunteer we need help with the ET lunches and with the Shred-a-thon in June.

Red, White & Blue Picnic - Tuesday, July 2



Join us on **Tuesday, July 2 from 1pm - 3pm** to celebrate the 4th of July with an outdoor picnic. Children, grandchildren and other guests welcome. The Sensations will entertain us so bring your lawn chair and BYOB if you'd like! Cruiser's Pit Beef will be serving lunch from their truck! Purchase your lunch ticket in advance for \$10, which includes a sandwich (pit beef, turkey, ham or a burger), a side (loaded potato salad, macaroni salad or cole slaw) and a drink. Lunch tickets go on sale, Tuesday, June 4, please indicate sandwich type. Come for dancing, great tunes, tattoos by the PH Library, delicious food and FUN! *A lunch ticket isn't required to attend.*

Bring Us Your Plastic Bags

Projects for Charity needs plastic bags for a project their working on for the homeless.

Walking with Seven Oaks

Join our walking group led by Kathleen or Courtney. We will walk 2 days a week, weather permitting. Tuesdays at 9:15 am and Thursdays at 2:30 pm. We leave from the center.

Want to Play Bridge?

Whether you're an experienced player or new to bridge stop in and join the group. Wed. 9 - 11:45 am & Thurs 10 - 12 pm

Mark Your Calendar!

- ♦ Healing Rituals with Gilchrist - Tuesday, June 4
- ♦ Fresh Conversations - Tuesday, June 4
- ♦ Changes in Medicare - Thursday, June 6
- ♦ Shred-a-thon - Saturday, June 8
- ♦ Pet Connection - Monday, June 10
- ♦ Stroke Awareness - Tuesday, June 11
- ♦ Adventure Club: Boordy Vineyard - Thursday, June 13
- ♦ Father's Day Luncheon - Friday, June 14
- ♦ Rising Income with Mike Crabb - Wednesday, June 19
- ♦ The Oakettes Patriotic Program - Friday, June 21
- ♦ Eastside Quarter Auction at Ateaze Senior Center - Friday, June 21
- ♦ Council Meeting - Monday, June 24
- ♦ Current Events - Wednesday, June 26
- ♦ Movie Matinee - Friday, June 28





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!



2019 Trips

- ♦ **Bi-Monthly Delaware Park Trips** – May 1, July 10, Sept 4 and 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.
- ♦ **Springfest in Ocean City MD** Thurs, May 2. Enjoy music, food vendors, craft boots and strolling the boardwalk. \$40. *Waitlist*
- ♦ **Hall of Fame in Ohio** May 19 - May 22. Visit the Rock and Roll Hall of Fame and the Football Hall of Fame. Trip includes daily breakfast, complimentary happy hour, 1 dinner cruise, 1 dinner, 1 lunch, Christmas Story House tour, 9/11 Memorial in Shanksville PA, Wade Chapel by Tiffany. \$635/double; \$565/triple and \$835/single.
- ♦ **C&O Canal and National Harbor Trip** in DC. Friday, June 21. Take a leisurely ride on a replica C&O canal boat. Then have lunch on your own at the National Harbor with shopping at Tanger Outlets, sightseeing and ride the capital wheel, or gambling at MGM Casino. \$40. *Waitlist*
- ♦ **Ottawa & Thousand Islands, Canada Trip**. July 14 - July 18. \$695/double; \$935/single. Includes beautiful guided tour of Ottawa, St. Lawrence river cruise, 4 nights lodging, 4 breakfasts & 3 dinners. *Waitlist*
- ♦ **Crab Feast at Fisherman's Deck** Tuesday, Aug. 20. \$80. Enjoy a crab feast followed by shopping at the Queenstown Outlets.
- ♦ **Villa Roma Resorts** in the Catskill, NY. Mon, Sept. 23 - Fri, Sept. 27. 4 nights, 5 days of fantastic food, nightly theater shows, daily activities all with a dirty dancing theme. Bring your costumes and join the fun. \$699/ double; \$835/ single. *Waitlist*
- ♦ **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*
- ♦ **American Music Theatre & Shady Maples Smorgasbord** Fri, Dec. 6. \$90. *Waitlist*

For up to date information about how many seats are left on a trip or if a trip is filled please

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.
- ♦ 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.



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