



# The Acorn

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

## Spring Slate Painting - Friday, April 5 at 1 pm

Spirited Sisters return to Seven Oaks on Friday, April 5 at 1:00 pm for a spring slate painting that would look great in the garden. Come paint and enjoy wine and snacks. Cost is \$30 and registration is required in advance. Open to the community; all ages welcome.



## Pajama Day - Tuesday, April 16

April is PJ Month. The 16th is National Wear Your Pajamas to Work Day, but more importantly, we are celebrating Casey Cares 4th Annual Biggest Pajama Party all month long! Donations of Pajamas or gift cards will be accepted during the month of April at all senior centers. We encourage you to wear your pajamas on April 16th. **You Can Help Make a Difference** by helping Casey Cares Foundation fill their PJ & Movie Night buckets! These buckets ease the isolation felt by homebound families. They treat them to a family movie night, complete with gift cards for a movie rental & pizza along with pajamas & popcorn! Pajamas will also be donated to homebound older adults by BCDA Community Outreach Staff. Consider donating new two-piece children's pajamas (especially infant sizes), new two-piece adult sized pajamas (all sizes), \$10 gift cards for movies (Walmart, Amazon, Fandango, Netflix), \$10 gift cards for pizza (Papa Johns, Dominos, Pizza Hut).

## Tim's Automotive: Free Car Care Clinic & Lunch - Friday, April 19 at 12:30 pm

This informative and interactive clinic allows you to get familiar with your vehicle. They will be supplying lunch so sign up in advance in our free program binder. The event is conducted by Tim's Automotive and Tim's Towing employees. Some of the topics they will discuss are: tips on maintaining your vehicle for a longer life, checking and maintaining proper fluid levels, how to recognize potential problems and how to prevent your car from a breakdown, how do you know when your specific vehicle requires maintenance and why, how to read a tire, as well as checking tire pressure and tread depth, safety issues on the road AND SO MUCH MORE!

## Handbag Auction - Tuesday, April 23 at 12:45 pm

We are happy to announce that Chad will be back as the Auctioneer! This year's auction includes Fossil, Coach, Vera Bradley, Brighton, Aigner, Tyler Rodan, Dooney & Bourke, Michael Kors, Calvin Klein & Tignanello. Tickets are \$10 and includes shrimp salad sandwich, coleslaw, chips, drinks and dessert. We'll also have discount tables to browse after the auction. Advance tickets are required. The event is open to the community.



See page 4 for Volunteer Week Activities

### Seven Oaks Senior Center

9210 Seven Courts Drive  
Baltimore, MD 21236  
Phone: 410-887-5192  
Fax: 410-887-5140  
Travel Office: 443-608-0613  
sevenoakssc@baltimorecountymd.gov  
www.SevenOaksSeniors.org

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

Look inside!





# April Special Events



## **Free Demo - Strength Over 60**

**Wednesday, April 3**

**1:00 pm**

This offsite class, which incorporates kettlebell to improve your strength, will be at Seven Oaks for a free demo. Our members taking this class are really feeling stronger! Sign up if you want to check out this free demo.



## **SHIP Presents Medicare Fraud & Abuse**

**Thursday, April 4**

**10:00 am**

Even if you do everything right, you could still be a target of health care fraud. Learn how to spot deceptive health care practices and identity scams. Learn how to recognize billing errors. This presentation will be conducted by Baltimore County Dept of Aging's Senior Medicare Patrol. Sign up in advance.

## **Opening Day**

**Thursday, April 4**

**1:00 pm**

Winter doldrums got you down? The O's will soon be back in town! Come out to enjoy some "popcorn, peanuts & cracker jacks, and root, root, root for our home team." Hot dogs, nachos with cheese and beer also will be served. We'll prepare ourselves for an Orioles win over the Yankees that day. Advance Tickets are \$5.

## **AARP Safe Driving Class**

**Friday, April 5**

**9:00 am - 1:00 pm**

The AARP Smart Driver Course is designed especially for drivers age 50+. Over 15 million participants have gone through the class, taught by AARP Driver Safety volunteers. You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details. AARP membership is not required to take the course and there are no tests to pass. This class costs only \$15 for AARP members & \$20 for nonmembers. Pay at the desk in cash or check, made payable to AARP.

## **Doug Burgess Transition Speaker Series**

**Friday, April 5**

**10:15 am**

As part of the Doug Burgess Transition Speaker Series Rebecca Stephenson, Nurse at Gilchrist Hospice, will talk about some new pre-hospice programs as well as share some tips on your overall health. Sign up in advance.

## **Weight Management Tips**

**Thursday, April 11**

**10:30 am**

Come learn helpful tips for your journey.

## **Seated Massages with Doug**

**Thurs. April 11, Mon. April 22 & Fri. April 26**

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 \$10. The price will increase to \$12 for 2 slots starting in May. No refunds if you are a no show or cancel the day of your appointment. Walk-ins welcome if there is space.

## **Satisfy Your Sweet Tooth Presentation**

**Thursday, April 11**

**1:00 pm**

Joyce White presents *A History of Sugar & Desserts*. She will teach you about the history of sugar cane and how it has changed over the years in Western culture. From its introduction to Medieval England to the Victorian days, sugar has had many incarnations. After the presentation, you will be able to sample an assortment of historic sweets and confections! Sign up in advance and if you sign up and can not attend please cancel in advance as seating is limited for this program.

## **Center Closed - Staff Training**

**Friday, April 12**

## **Techi for Older Adults**

**Tuesday, April 16**

**9:30 - 11:00 am**

This Adaptive Technology Training presented by Towson University OT students is designed to help older adults learn more about easily accessible forms of adaptive equipment and assistive technology related to: eating and cooking, safety/ mobility, hand-use, dressing/ reaching, medication management & more! This presentation is followed by hands-on practice and demonstrations. Sign up in advance.

## **Pizza & BINGO**

**Tuesday, April 16**

**12:00 pm**

Enjoy a Pizza lunch for \$5 followed by Bingo. Buy your ticket at the front desk. Ticket includes 2 slices of pizza & a drink. Bingo starts at 12:30 pm and cost is \$7 for the package. There will also be Bingo and an ET lunch on April 2.

## **Slate Painting**

**Friday, April 5 at 1:00 pm**

See Page 1 for details.

### **Coffee with A Cop**

**Wednesday, April 17**

**9:00 am**

Officer Carey Kus will speak with members over coffee. Bring your questions and sit and chat. Sign up in advance.

### **TED Talk**

**Thursday, April 18**

**1:00 pm**

In this TED talk, Psychologist Susan Pinker suggests that "The Secret to Living Longer May Be Your Social Life". Join Jim Lightner as he facilitates a lively discussion after the video. Sign up in advance.

### **Tim's Car Care Clinic & Lunch**

**Friday, April 19 at 12:30 pm**

See Page 1 for details.

### **Membership Meeting & Lunch**

**Monday, April 22**

**12:30 pm**

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

### **Perry Hall Library Series at Seven Oaks**

**Tuesday, April 23**

**10:00 am**

Join PH Library staff to build marble mazes! Sign up in advance.

### **Handbag Auction and Lunch**

**Tuesday, April 23 at 12:45 pm**

See Page 1 for details.

### **It's All About the Calories**

**Wednesday, April 24**

**10:30 am**

Learn more about calories from our Nutrition Made Clear DVD series during TOPS. Sign up in advance.

### **Current Events**

**Wednesday, April 24**

**2:30 pm**

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

### **Meet Up: Valley View**

**Thursday, April 25**

**4:00 pm - 6:00 pm**

Meet up for happy hour at the Valley View Inn. Hangout with your friends from Seven Oaks and enjoy happy hour specials. Sign up in advance.

### **Pauline Gibbs, Medicare Account**

**Executive from Kaiser is**

**Sponsoring Friday Café**

**Friday, April 26 at 9:15 am**

### **Movie: Ben Is Back**

**Friday, April 26**

**12:45 pm**

Nineteen-year-old Ben unexpectedly returns to his family's suburban home on Christmas Eve. Ben's mom, Holly, is relieved and welcoming but wary of her son's drug addiction. Over a turbulent 24 hours, new truths are revealed, and a mother's undying love gets put to the test as Holly does everything in her power to keep Ben clean. Rated R for language and some drug use. Run time: 103 min. Hot popcorn and drinks served. An ET lunch will be served at Noon for \$2.50 donation. On the menu: Tomato Juice, Poppy Seed Chicken, Brown Rice, Cuc/Onion Salad, Diced Pineapple, WG White Wheat Bread, 1% Milk. Sign up for lunch by 4/24.



### **Adventure Club: Visionary Arts Museum**

**Sunday, April 28**

**10:00 am**

Seven Oaks members and guests are invited to the Visionary Arts Museum followed by lunch at Bar Louie in the Avenue at White Marsh. 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.

### **Bingo Brunch at Brightview**

**Tuesday, April 30**

**10:00 am - 12:00 pm**

Brightview in Perry Hall is hosting a brunch and Bingo and they've invited 30 of our members. Sign up in the free binder starting April 2.

### **Wayne Schaumburg presents Baltimore**

**101: What Puts the Charm in 'Charm City'**

**Tuesday, April 30**

**1:00 pm**

Join Wayne Schaumburg, local historian for this presentation on Baltimore. Sign up in advance.

### **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.

### **Line Dance Party**

**Friday, May 3**

**1:00 pm - 3:00 pm**

Join Joey C for good music and a fun afternoon of line dancing. Snacks served. Free but please sign up in advance.

## Volunteer Week Activities

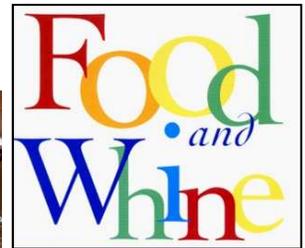
THANK YOU to all the volunteers at Seven Oaks that give their time and talents throughout the year to make Seven Oaks the amazing center that it is! In appreciation of your time, Seven Oaks volunteers who have donated over 50 hours this past year are invited to participate in events planned during National Volunteer Week. Volunteers should sign up in advance for any of these events that they wish to participate in. If you are unsure if you volunteered over 50 hours a list is available at the front desk. Interested in volunteering at Seven Oaks? See Kathleen or Courtney in the office.



- ♦ **Monday, April 8** - 10 min seated massages from 9 - 12. Sign up for time slots.
- ♦ **Tuesday, April 9 at 1:30 pm** - Make Your Own Sundaes followed by gift card BINGO.
- ♦ **Wednesday, April 10 at 8:45 am** - Volunteers are invited to breakfast. Kathleen and Courtney will make and serve a breakfast casserole, fruit, juice, pastry and coffee.

## Mom's Time to ~~Whine~~ Wine Friday, May 10

Join us **Friday, May 10 at 12:45 pm** for a Mother's Day Celebration. **Tickets are \$7 and go on sale Monday, April 15.** You need to be a member to attend. Limit one ticket per person. We'll be tasting a selection of wines paired along with a lite meal. Some members will be sharing funny complaints about mom.



## That 70's Show - Tuesday, May 28



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 now they'll WOW us with their 70's Show! Join us on **Tuesday, May 28 for lunch at 12:45pm.** On the menu: BBQ Sandwich, macaroni salad, buttered corn, cheese ball/crackers, carrot cake, beer & wine. After lunch we'll enjoy the show and we'll also have a costume contest with prizes so go through your closet and see what you can find! **Tickets are \$12 and go on sale May 1.**

## Sounds of Summer at Oregon Ridge - Thursday, May 23

Concert at Oregon Ridge Park, Concert Pavilion 13401 Beaver Dam Rd, 21030. Thursday, May 23, 2019 11 am - 2 pm Rain or Shine. Presented by the Baltimore County Department of Aging. 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 \$7 in advance beginning April 8 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.

# Senior Center Staff & Executive Board



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

President: Jim Lightner  
Vice President:  
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, April 15 @ 12:45 pm

**Membership Meeting:**  
Monday, April 22  
@ 12:30 pm  
Come early for a meatball sub!  
Lunch is \$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](http://SevenOaksSeniors.org). The financial report is posted in the MPR.*

### **Center Membership and Registration**

Senior Center membership is free and granted to Baltimore County residents 60 years of age and older and their spouse (spouse can be under 60 years of age). Non-county residents are also eligible to register as members of the center. Members must be able to function in the center without one-on-one assistance from staff and be able to move independently (with or without assistive devices) within the center. Individuals participating in more than one center must register at each center independently. See staff for a full list of rules of participation.

### **Bi-Monthly Council/Membership Meetings**

If you're a member of Seven Oaks then you're a member of the Council! Every other month we hold a membership meeting to discuss the business of the center and vote on financial matters. A lunch is served at noon and the meeting starts at 12:30 p.m. Members are highly encouraged to attend these meetings and to help shape the future of the center and we give away a \$50 gift card at each meeting! Have an idea or suggestion?

**Please use the suggestion box located behind the front desk.**



# Schedule of Classes

Spring Class registration is Tuesday, March 19.  
Most classes will begin the 2nd week in April.



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<b><u>Monday</u></b>					
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	\$
<b><u>Tuesday</u></b>					
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	
10:00 am	11:00 am	Int. Line Dance	Trudy Knight, IC	MPR	\$
10:00 am	12:30 pm	Pickle Ball	Volunteers	Honeygo Regional Park	
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	
11:30 am	1:30 pm	*Scrapbooking	Bonnie Shorey, Vol	Craft Room	
12:00 pm	3:00 pm	*Social Poker	John Tolliver, Vol.	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	\$
<b><u>Wednesday</u></b>					
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)	Judy Coleman, 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	\$
1:30 pm	3:30 pm	Painting	Dottie Bishop, IC	Craft Room	\$
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
<b>Thursday</b>					
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	\$
1:00 pm	1:45 pm	Drum Fit	Mary Lewis	MPR extension	\$
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		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.
- ♦ See the Quarterly Course Guide for further details on class descriptions, dates and fees. [www.SevenOaksSeniors.org](http://www.SevenOaksSeniors.org) or pick up a copy at the center.



## **Ongoing Monthly Events & Workshops**

**BINGO - Tuesday, April 2 & 16 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 donation on 4/2. Menus are posted at the front desk. Sign up in advance for lunch.

**Tablet/Smart Phone Help - Monday, April 8, 22 & 29.** Sign up for an appointment with David Yoon.

**Computer Troubleshooting - Monday, April 15 at 10:00 am** Let Alvin Miller help you with your device. Bring your device & passwords. Sign up in advance.

**Blood Pressure - Fri, April 19 at 9:15 am** Karen Kansler, RN takes your blood pressure.

**Card Making Workshop - Friday, April 19 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.

## Seven Oaks Scholarship for a Member's Grandchild

Seven Oaks Senior Center is offering a \$1,000 college scholarship to a grandchild of a Seven Oaks Senior Center member who is an incoming college freshman. The 2019 application deadline is July 1, 2019. The following is required for scholarship consideration: Completed application (download on website or pick up from staff), GPA of at least 2.5 (attach report card), One page typed essay about a lesson learned from a grandparent or another older adult, List of academic and/or non-academic awards/ achievements, List of extra-curricular involvement with a description, 2 letters of recommendation from teachers, advisors, employers, etc. Please submit all of the above in one completed package to: Seven Oaks Senior Center 9210 Seven Courts Dr. Baltimore MD 21236 Attn: College Scholarship All applications will be reviewed and judged based on the above criteria. The selected recipient will be notified by August 1, 2018. If you have questions please contact Kathleen Young, 410-887-5192 or [kyoung@baltimorecountymd.gov](mailto: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, April 10 & 24 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 April 2, 9, 26 & 30.** 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.**

## Writing Contest

The 2019 Silver Pen Creative Writing Contest will once again be held and the deadline is September 1st. All essays must be submitted electronically at [seniordgest@baltimorecountymd.gov](mailto:seniordgest@baltimorecountymd.gov) and please note "Silver Pen Writing Contest" in the subject line. There will be workshops to help people with their submissions offered throughout the county, check the bulletin board for a flier.

## Senior Prom at Perry Hall High School— April 25

You are invited to a Senior Prom at Perry Hall High School on Thursday, April 25 at 4 pm. This is an annual event sponsored by the student council of Perry Hall High School. You won't want to miss this fun event held at the High School! It is so much fun and the students do an outstanding job planning it! **Please stop by the front desk to RSVP by April 11.**

## Consider Serving on Your Center's Board

Would you be interested in serving on the executive board? Term: June 2019 - May 2020. You would be required to attend monthly board meetings and bi-monthly council meetings. Job descriptions of each position are available in the lobby. You do not need prior experience serving on a board, just a love of your senior center. See staff for more information.

### View Flickr Photos Online

Did you know you can view photos from BCDA events and some events from Seven Oaks online at flickr? Go to <https://www.flickr.com/photos/baltimorecountyyaging/albums>

### 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'll leave from the center.

## Mark Your Calendar!

- ◆ Hearing Screenings - Friday, May 3
- ◆ Line Dance Party - Friday, May 3
- ◆ American Cancer Society Programs & Services - Monday, May 6
- ◆ Medical Marijuana - Tuesday, May 7
- ◆ Medicare Basics - Thursday, May 9
- ◆ Mother's Day Celebration - Friday, May 10
- ◆ Sound Healing - Tuesday, May 14
- ◆ Not All Carbs Are Created Equal - Wednesday, May 15
- ◆ Medical Conditions That Impact Hearing - Thursday, May 16
- ◆ Recycling Do's and Don'ts - Friday, May 17
- ◆ Star Spangled Banner's Flag House Presentation - Friday, May 17
- ◆ Digital Privacy: Protecting Your Privacy Online - Wednesday, May 22
- ◆ Concert in the Park at Oregon Ridge - Thursday, May 23
- ◆ That 70's Show with Trish & Frank Curreri - Tuesday, May 28
- ◆ Complete Your Self Care - Thursday, May 30
- ◆ Father's Day Luncheon - Friday, June 14
- ◆ Eastside Quarter Auction at Ateaze Senior Center - Friday, June 21





# Travel Opportunities

Come along for the ride!

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.



## 2019 Trips Announced!

- ◆ **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.
  - ◆ **National Building Museum** in DC. Wed, April 17. Explore architecture in America. Lunch on your own. \$50.
  - ◆ **Springfest in Ocean City MD** Thurs, May 2. Enjoy music, food vendors, craft booths and strolling the boardwalk. \$40
  - ◆ **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.
  - ◆ **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 check out the travel bulletin board by the front door.***

## 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.