



# The Acorn

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

## Honfest at Seven Oaks

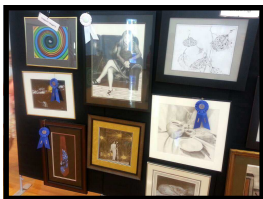
Friday, August 17 at 12:45 pm

Come join the fun, Hon! at our own little Honfest. We'll have a crab cake lunch with coleslaw and potato salad catered by Bear Bros. We'll also have cake, lemon peppermint sticks and Natty Boh's. After lunch we'll be entertained by two Hons from the Baltimore HonHive. They will share some history of the era, sing a song and maybe do some chicken dancing! Also they'll give us a lesson in Balmerese ...Can you master the lingo? Come dressed up for a Best Hon contest or you can dress up with some of their props! **Tickets are \$18 in advance.**



## Art & Craft Contest

Friday, August 24 from 9:15 am - 11:00 am



Winners of this competition will compete in the **Baby Boomer /Senior Expo Art/Craft Contest** on October 3 & 4. Entries wanted! Stop by the front desk for an entry form which includes entry rules. Voters are needed the day of the contest so be sure to stop by at the Friday Café and vote for your favorite art pieces! Categories include: *Drawing, Jewelry, Painting, Ceramics, Stained Glass, Photography, & Carving/Sculpture.* We will also have our own needlecraft category (sewing, quilting, knitting, crocheting) which is not included at Expo.

## End Of Summer Party

Tuesday, August 28 at 1:00 pm



Join us for an end of the summer party with Ron Kutscher. He will bring back memories with a Folk Mix Hootenanny Sing-A-Long featuring your favorite folk tunes and a mix of good time Pop, Show and Top 40 music of the 50s and 60s. Lyric sheets will be provided. We will be serving hot dogs and watermelon.



**This event is free but sign up in advance.**



**Join Our Team**  
**5k Run/ 1 Mile Walk on**  
**Sunday, September 16**

See page 9 for details.

### Seven Oaks Senior Center

9210 Seven Courts Drive  
Baltimore, MD 21236  
Phone: 410-887-5192  
Fax: 410-887-5140  
Travel Office: 443-608-0613  
[www.baltimorecountymd.gov/aging](http://www.baltimorecountymd.gov/aging)  
[sevenoakssc@baltimorecountymd.gov](mailto:sevenoakssc@baltimorecountymd.gov)  
[www.SevenOaksSeniors.org](http://www.SevenOaksSeniors.org)

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

Look inside!






# August Special Events



## Doug Burgess Transitions Speaker Series


**Friday, August 3 10:15 am**

 As part of this Speaker Series Henita R. Schiff returns to Seven Oaks to help with Medicare questions, prepare for open enrollment, etc. Sign up in advance.

## Adventure Club:


### First Friday in Harve de Grace

**Friday, August 3 5:00 - 9:30 pm**

 Join us for this family-friendly, festive celebration on closed downtown streets of Harve de Grace with live entertainment, cafe seating, merchant specials and more! Members and their guests of any age are welcome to join the fun. Sign up in the binder at the front desk for event details and to find out the meeting spot for the group.


## Changes in Medicare

**Wednesday, August 8 1:15 pm**

 Nothing is ever static and that includes Medicare. Every year, there are changes in the amounts of the Medicare premiums and deductibles. SHIP will be conducting a presentation to keep you up-to-date regarding what is new, updated or just needs to be reemphasized. This presentation is for those who have been on Medicare for several years vs. newcomers. Sign up in advance.


## Scrapbook Travel: Argentina & Brazil

**Thursday, August 9 1:00 pm**

 Join member, Rosemary Ward as she flips through her scrapbook and shows pictures from her travels. Sign up in advance.

## Movie: The Leisure Seeker


**Friday, August 10 12:45 pm**

 A runaway couple go on an unforgettable journey in the faithful old RV they call The Leisure Seeker. Rated R. An Eating Together lunch will be served at Noon for \$2.50 donation. On the menu: Baked Potato, Spinach Salad w/ Ranch, Croutons, Grape Tomatoes, Chili Con Carne, Shredded Cheddar, Applesauce, & 1% Milk. **Sign up for lunch by 8/3.**



## Children's Cinema: CoCo


**Tuesday, August 14 12:30 pm**

 Bring the little ones for ice cream and a movie. Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead. After meeting a charming trickster named Héctor, the two new friends embark on an extraordinary journey to unlock the real story behind Miguel's family history. Make your own ice cream sundae before the movie which starts at 1pm. All ages are welcome and it's open to the public. Rated PG. Free hot popcorn served. Sign up in advance.




## "Think Fast" Stroke Awareness

**Tuesday, August 14 1:00 pm**

The program is an interactive, hour long educational session with a rehab therapist from MedStar Good Samaritan. The focus is on  the risk factors, signs and prevention of stroke. You will learn about techniques to reduce your chances of having a stroke and how to incorporate chair exercises as a prevention method. Free Stroke Prevention Kits will be given to all participants. Sign up in advance.


## Brain Games with Alexa

**Thursday, August 16 11:45 am**

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

## Hearing Screenings

**Friday, August 17 9:00 am - 11:00 am**

 Provided by Baltimore County Department of Health's Bureau of Speech, Language and Hearing, Appointments are required. Sign up in advance.



## Honfest Lunch & Entertainment

**Friday, August 17 at 12:45 pm**


See page 1 for details

**Friday Café - 9:15 -10:15 am**  
**Join Us every Friday morning!**

New and current center members are invited to get to know one another by enjoying good conversation along with coffee and baked goods. Please wear a name tag!


## **Hydration: You Are What You Drink**

**Wednesday, August 22 10:30 am**

 Join our TOPS group for this lecture from our Nutrition Made Clear DVD series on Hydration. Sign up in advance.


## **Current Events**

**Wednesday, August 22 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. Sign up in advance.

## **Meet Up: Sizzle**

**Thursday, August 23 4:00 pm - 6:00 pm**

 Meet up for happy hour at Sizzle on Route 40. Hangout with your friends from Seven Oaks and enjoy happy hour specials. Sign up in advance so we can call ahead with a headcount.

## **Art Show**

**Friday, August 24 from 9:15 am - 11:00 am**

See page 1 for details.

## **Senior Check Up**

**Friday, August 24 12:00 pm**

 An informative session on annuities, life Insurance and retirement. Advance sign-up.


## **Summer Songs with the Oakettes**

**Friday, August 24 1:00 pm**

The Seven Oaks Oakettes will sing some of their favorite summer songs. Join us! Sign up ahead.

## **Walking with the Perry Hall Library**

**Saturday, August 25 9:00 am**

 Join the Perry Hall Library's monthly walking club. They will meet at HoneyGo Run Regional Park at the picnic pavilion closest to the parking lot. Wear comfortable shoes and bring water. Sign up in advance.

## **Membership Meeting & Lunch**

**Monday, August 27 12:30 pm**

All members are asked to attend our bi-monthly Council meeting where members are asked to vote on proposed purchases, policy changes, etc. Refreshments served. Lunch: Italian cold cut sandwich, macaroni salad and chips, served at noon. Purchase \$5 lunch ticket in advance. Everyone that attends the meeting will be entered in a drawing for a \$50 gift card that we'll give away at the end. Sign up and pay for lunch in advance.


## **End of the Summer Party**

**Tuesday, August 28 at 1:00 pm**

See page 1 for details.

## **Perry Hall Library - Airbrush Tattoos**

**Tuesday, August 28 11:30 am**


 The Perry Hall Library returns to Seven Oaks for another fun session of airbrush tattoos. They did over 70 tattoos at the Red, White & Blue Picnic in June. Come for a tattoo and stick around for our End of the Summer Party. Sign up in advance.



**Join us for one of the following programs on August 30th, which is National Grief Awareness Day:**


## **Understanding Grief - Gilchrist Hospice**

**Thursday, August 30 10:30 am**

 Healing from grief is a lifelong process. In this presentation we will explore normal reactions to the loss of a loved one, provide reassurance that grief transforms over time, and instill hope that life can once again be rich and meaningful. Sign up in advance.

## **Ted Talk: Grief Happens**

**Thursday, August 30 1:00 pm**

 In this TED talk, learn how freestyle skiing and spinal cord injury taught Mike Shaw about gifts, perspective, gratitude and grieving. Mike is an accomplished freestyle skier, ski coach, entrepreneur and speaker with a unique story of human triumph. His story will empower you to help the chronic grievers in your life. Join Jim Lightner as he facilitates a lively talk after the video. Sign up in advance.


## **Fall Class Registration**

**Tuesday, September 4**

Most Fall Classes begin the week of October 1.

## **Doug Burgess Transitions Speaker Series**

**Friday, September 7 10:15 am**

 Deborah Bakalich owner of Senior Care Lifestyles, LLC, which is a placement agency will be here to discuss senior placement options for your loved one. Sign up in advance.

## **Adventure Club September Outing:**

### **Hike and Brunch at Gunpowder Lodge**

**Sunday, September 9 10:00 am**

Tom Hock will lead an easy one-hour hike on the Gunpowder trail. Afterwards the group will have a brunch buffet at Gunpowder Lodge. The brunch buffet is \$14.99. Bring a change of shoes in case it's muddy. The group will meet in front of the restaurant and begin the hike at 10am. Sign up in advance so we have a headcount for the brunch.



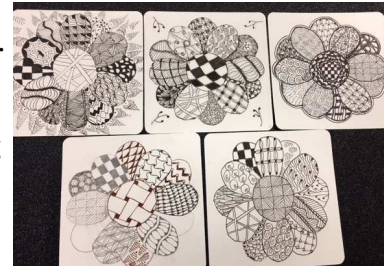
## Seven Oaks Senior Center Executive Board 2018 - 2019



Senator Kathy Klausmeier, Delegate Christian Miele and Councilman David Marks attended our Annual Council Meeting at Seven Oaks and helped swear in our new officers and announce the Volunteer of the Year Award on June 25.

## Zentangle Class Returns For 5 Weeks in August

Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. It is a fascinating new art form that is fun and relaxing. It increases focus and creativity. Zentangle provides artistic satisfaction and an increased sense of personal well being. This 5 week class will be held on **Thursdays in August (August 2 - 30) from 12pm - 2 pm**, as long as 7 people sign up. The cost is \$25 for the class, plus \$15 for supplies if you're new to the class and \$7 if you're a returning student. Sign up on the Interest sheet at the front desk. Then when we get to 7 participants we can start the sign-up for the class and take your payment.



## Country Roads - Friday, September 21 at 12:45 pm



On Friday, September 21 at 12:45 pm let Frank and Trish Curreri take you on a musical journey to heavenly heights with great country songs and a tribute to the stars of American Country Music from 1950-2000. On the menu: Mixed Greens Salad, MD Crab Soup, bread, butter and apple pie will be served at 12:45 pm. We will also serve beer and wine. The Country Roads show will follow. **Tickets are \$12 in advance and go on sale Monday, August 20.**

## Please Consider Signing Up to Help Renew Membership

Beginning October 1, members at Seven Oaks will be asked to renew their membership to the center. We have over 1,800 members who need to renew their membership and it takes a village to get this done! Will you consider helping during the month of October? **Training will be offered on Tuesday, September 18 at 10:30 am or Monday, September 24 at 1:30 pm** You must come to one of these trainings if you are going to help with registration. There are two shifts available to help with re-registration in October: 8:30 am - 12 and 12 pm - 3:30 pm and you can choose the days and times that work for your schedule. Stop by the front desk to register for a training and to select your days/times to volunteer.

**Re-registration begins October 1st. Stop in then to renew & pick up your free gift!**

# 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: Gale Griffin  
 Vice President: Jim Lightner  
 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 Koenig  
 Past President: Nancy Bach  
 Members at Large: Walt Wujek & Leony SanMiguel

**Meeting Schedule**  
**Executive Board Meeting:**  
 Monday, August 20 at 1pm  
**Membership Meeting:**  
 Monday, August 27  
 at 12:30 pm  
 Come early for lunch at noon:  
 Italian cold cut, mac salad and  
 chips for \$5. Buy your ticket 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



**Fall Class Registration starts Tuesday, September 4.  
Most Fall Classes begin the first week in October.**

<b>START</b>	<b>END TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>	<b>FEE</b>
<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	Kara O'Connor, IC	MPR extension	\$
10:00 am	1:00 pm	Beginner Pickle Ball	Joe Palmere, CPTP	Perry Hall Middle Sch	
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	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle Sch	
11:00 am	12:00 pm	Senior Rhythms	Audrey Doemling, Vol	MPR	
11:30 am	1:30 pm	Sewing	Volunteers	Craft Room	
12:00 pm	3:00 pm	*Men's Social Poker	John Tolliver, Vol.	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	
9:15 am	12:00 pm	*Ladies Pinochle	Volunteers	Game Room	
9:50 am	10:50 am	Int. Line Dance	Joanne Alleva, Vol.	MPR	\$
9:45 am	11:30 am	TOPS (Weight Loss)	Judy Coleman, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
10:00 am	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle Sch	
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	\$
1:00 pm	2:00 pm	Chair Assisted Yoga	Jana Long	MPR	\$
1:30 pm	3:30 pm	Acrylic Painting	Dottie Bishop, IC	Craft Room	\$
12:00 pm	3:00 pm	Hand Foot	Volunteers	Game Room	
1:30 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

*\* 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	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle	
10:30 am	11:30 am	Barre Fit	<b>New Class!</b>	Inline Barre	\$
10:45 am	11:40 am	Senior Rhythms	Audrey Doemling, Vol	MPR-extension	
11:45pm	12:45 pm	Core N' More	Mary Lewis, IC	MPR extension	\$
12:00 pm	3:30 pm	Canasta	Volunteer	Craft Room	
12:00 pm	3:00 pm	*Men's Social Poker	Volunteers	Game Room	
12:30 pm	2:30 am	Drawing Class	<i>(On break for the summer)</i>	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 Harold, IC	MPR extension	\$
10:00 am	12:00 pm	Scrabble and Other Games		Craft Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR extension	
1:00 pm	3:30 pm	Stained Glass	Volunteers	Craft Room	
10:00 am	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle	
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**

**Tablet/Smart Phone Help - Monday, August 6, 13 & 20** Sign up for an appointment with David Yoon.

**BINGO - Tuesday, August 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 donation. Menus are posted at the front desk. Sign up in advance for lunch.

**Blood Pressure - Friday, August 10 at 9:15 am** Karen Kansler, RN takes your blood pressure.

**Card Making Workshop - Friday, August 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, August 27 at 10:00 am** Let Alvin Miller help you with your computer, laptop, smart phone or tablet issues. Bring your device and passwords and he can help with issues you're having. Sign up in advance.

## Flu Shots - Tuesday, September 11 from 1– 3 pm



Seven Oaks Senior Center in partnership with Maxim Healthcare Services, will offer flu shots on Tuesday, September 11 from 1-3 pm.

**Bring your Medicare ID/Other health insurance ID and a picture ID to receive a shot.**

**Accepted Insurance:** Medicare Part B: Free flu and pneumonia shots, Aetna participants: Free flu shots, \$95 pneumonia shots, BCBS of Massachusetts participants: Free flu shots, \$95 pneumonia shots, Healthspring participants: Free flu shots, \$95 pneumonia shots, Humana participants: Free flu shots and free pneumonia shots, Independence Blue Cross Blue Shield participants: Free flu shots, \$95 pneumonia shots, Meritain Health: Free flu shots, \$95 pneumonia shots, Sierra Health and Life participants: Free flu shots, \$95 pneumonia shots, SummaCare participants: Free flu shots, \$95 pneumonia shot. Cost to all others without a listed insurance – Cash/check ONLY. Checks can be made payable to Maxim Healthcare Services. Pricing is as follows: 4 Strain Quadrivalent Flu Shot = \$35.00, Senior Flu Shot (FluAd) = \$80.00, Pneumonia Shot = \$95.00.

## 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 the next Monitor Trainings is October 1 from 12:30 pm - 2:00 pm.



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 center orientation.

**The next fitness center orientation for new members is:**

Wednesday, August 8 & 29 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 day. **This month lunch is offered on August 7, 10 & 21.** 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 \$4.36 cost of each meal (super special meals \$5.79). 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.**



# Get Ready! Get Set! Get Fit! 5k Run/1 Mile Walk

Join our team for BCDA's 5 K Run/Walk which benefits programs for seniors as well as the fitness centers. It will be held on **Sunday, September 16 at 8 am at the CCBC Essex Campus.** Please consider joining our team!!! Even if you're unable to participate that day we still want you to be part of our team! Entry



fees are \$20 for seniors, \$35 for adults & \$20 for children. The first 200 that show up at the run will receive a swag bag. **There will be a grand prize drawing of \$500 but you must be present to win.** You'll also receive a high quality performance long sleeve T-shirt and be entered in a drawing to win a 6 month fitness center membership to Seven Oaks. Pick up a registration form at the center or register online at [www.getreadygetsetgetfit5K.com](http://www.getreadygetsetgetfit5K.com). Drop the form off in the director's office!

# Save the Date - Power of Age Expo - October 3 & 4

Visit the Baltimore County Department of Aging's Power of Age Expo at the Timonium Fairgrounds on October 3-4, 2018. Empower yourself and your family with the latest information and resources as well as visit with more than 300 exhibitors and vendors, explore special feature areas, enjoy continuous live entertainment, obtain free health screenings, learn about County agencies and much more. For information, call 410-887-2594 or visit [powerofageexpo.com](http://powerofageexpo.com).



## Café Volunteer Needed

We're looking for a volunteer to take care of our Council sponsored Friday Café. If you could do it every Friday or a couple times a month see staff. This includes purchasing food, set-up and clean up.

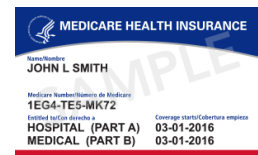


## Boscov Fashion Show Models Needed

On Friday, Oct. 19 we're hosting a fashion show with Boscov's of White Marsh. Sherri Riedlbauer and Angie Schollian will be chairing this event. We are in need of models for the show. If interested please see staff. The Boscov's Friends Helping Friends shopping day is on Oct. 16, so you could buy your outfit at a discount or just borrow it for the show.

## Get Your Medicare Card Laminated

If you want to have your Medicare card laminated stop by the center on a Wednesday afternoon between 1:30 - 3:30 and Anne at the front desk will laminate your card. No charge.



# Mark Your Calendar So You Don't Miss Out

- ◆ Doug Burgess Speaker Series with Senior Placement Specialist - Friday, September 7
- ◆ Movie matinee: The Book Club - Friday, September 7
- ◆ Flu Shots - Tuesday, September 11
- ◆ Lest We Forget, the Benefits of Reminiscing - Friday, September 14
- ◆ I ♥ Seven Oaks Breakfast - Wednesday, September 19
- ◆ Country Roads Lunch & Show - Friday, September 21
- ◆ AARP Safe Driver Class - Friday, October 5





# 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.



## 2018 Day & Overnight Trips

- ◆ **Bi-Monthly Delaware Park Trips** – September 19 and November 7. \$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 at the front desk with your DOB and player card number.
- ◆ **St. Michael's Day on the Bay** - Wed, August 15. Cost \$95. Visit Historic St. Michael's for sight-seeing and shopping. Trip includes admission to the Chesapeake Maritime Museum.
- ◆ **Newseum in Washington, DC** Wednesday, Sept. 12. \$50 and lunch is on your own.
- ◆ **Sunfest in Ocean City! There's still space!!!** Thurs, Sept. 20. \$40 per person. Enjoy music, food, craft booths and strolling the boardwalk.
- ◆ **Crab Feast at Fisherman's Inn** in Grasonville, MD. Thursday, October 4. \$80 and includes a stop at the Queenstown Outlets.
- ◆ **American Treasures Museum** - Wed, November 14. Cost \$75. This all-indoor massive collection of Americana is located in Oak, PA. Includes lunch and museum tour.
- ◆ **The First Noel, American Music Theater** - Sat, Dec. 1. Cost \$90. Trip includes the show, lunch at Shady Maples and transportation. *Wait List*

**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.**

THANK  
YOU

Thank you to these wonderful ladies, Gloria, Cathy and Sharon for the time and energy you put into the Seven Oaks Travel Office. The trips are fantastic and we appreciate YOU!

Thank you also to our new Delaware Park leader, Tom!



## 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.