

Seven Oaks Senior Center

November 2017



The Acorn

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

Veteran's Day Lunch and Entertainment

Tuesday, November 7 at 12:45 pm

Enjoy lunch from Mission BBQ and musical entertainment by Eileen Chaffee. Cost is \$10 and Veterans eat FREE! On the Menu: pulled pork sandwich, baked cheesy potatoes, green beans with bacon & onion, apple pie & drinks. This event is open to Seven Oaks members only.

With Respect and Honor We Thank You
VETERANS!

Veteran's Day Breakfast and Movie

Wednesday, November 15 at 8:30 am

Enjoy a free chipped beef breakfast by Ed Konig followed by a movie screening of Hacksaw Ridge at 9:15 am. Hacksaw Ridge is about a WWII American Army Medic Desmond T. Doss, who served during the Battle of Okinawa, refuses to kill people, and becomes the first man in American history to receive the Medal of Honor without firing a shot. Sign up in the free binder.

Seven Oaks Travel Fair

Friday, November 17 at 1:00 pm

Join the Seven Oaks Travel Office to find out about all the trips scheduled for 2018. Each trip coordinator will present details of their trips planned for the upcoming year and they will answer your questions. Wine & refreshments served! Great door prizes! You Could Win \$50 or put \$50 toward a trip you sign up for! Sponsored by Genesis SelectCare.

*Check
this
out* ➡

Thursday, November 2 - Paint Night
Friday, November 3 - Line Dance Party

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! ➡





November Special Events



Wine and Paint Night

Thursday, November 2

5:30 pm - 7:30 pm

Join us and paint sunflowers on a slate and enjoy wine and snacks. Cost is \$30 and registration is required in advance. Open to the community; all ages welcome.



Blood Pressure

Friday, November 3

9:15 am

Karen Kansler, RN takes your blood pressure.

Right Sizing

Friday, November 3

10:15 am

Join Life Coach June Bond to learn 5 easy steps to getting organized in your life and in your home. Sign up in advance.

Card Making Workshop

Friday, November 3 10:30 am-12:30 pm

Students will make 3 cards to take home.

Samples are available at the front desk.

Advance registration required. Cost is \$12.

Line Dance Party

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

Join us for an afternoon of line dancing led by Lee Glab, music, beer, wine and snacks.

This event is free. Sign up in advance.



Sponsored by:
The Company You Keep®

Smart Phone & Tablet Help

Monday, November 6 & 13

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

Ask A Funeral Director

Monday, November 6

1:00 pm

The funeral director of Schimunek Funeral Home will be here to answer all your questions and he usually hands out chocolate if you ask a question! Sign up in advance.

Veteran's Day Lunch & Entertainment

Tuesday, November 7 at 12:45 pm

See Page 1 for details.

Eating Right for Diabetes & Pre-Diabetes

Wednesday, November 8

10:30 am

Join Giant's In-store Nutritionist Mandy Katz during our TOPS group for an informative session on how what we eat affects our blood sugar. Learn how to build a plate that helps you move towards a healthier weight all while keeping your blood sugar in check. This presentation is appropriate for everyone - not just those with diabetes and pre-diabetes. Sign up in advance.

Is It Safe in your Fridge?

Thursday, November 9

2:00 pm

Join Courtney for a kitchen training. Learn the basics of food temperatures and safe refrigerated food practices to keep yourself safe. Sign up in advance if you plan to attend.

Center Closed - Veteran's Day

Friday, November 10

Preventing Malnutrition

Monday, November 13

12:30 pm

Join Anne Delaro from the Nutrition Office as she discusses why nutrition becomes increasingly important as you age. Learn the signs of malnutrition and community food resources to support you. Sign up at the front desk.

TED Talk: Your Elusive Creative Genius

Monday, November 13

1:30 pm

Elizabeth Gilbert discusses the idea that maybe we all "have" a genius. Join Jim Lightner as he facilitates a lively discussion after the video. Sign up in advance.

Bingo

Tuesday, November 14 & 28

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.

Veteran's Day Breakfast & Movie

Wednesday, November 15 at 8:30 am

See Page 1 for details.

Friday Café - Join Us at

9:15 -10:15 am!

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

Aromatherapy

Wednesday, November 15 1:00 pm

Learn the many ways aromatherapy and essential oils can help with skin care. Did you know lavender essential oil can relieve sunburn, lemon can address varicose veins and cellulite and carrot seed is recommended for wrinkles and age spots? In this class we will discuss essential oils for the skin and demonstrate how to make an exfoliant for the shower using essential oils. Everyone will receive a sample. Sign up in advance.

New Member Orientation

Thursday, November 16 2:00 pm

New members of Seven Oaks are invited to learn more about the center and the programs and services offered onsite and through the Department of Aging. Sign up in advance.

Meet Up: Gunpowder Lodge

Thursday, November 16 4:00 pm

Meet your friends at Gunpowder Lodge located on Belair Rd (past Forge Rd heading toward Kingsville) for drinks, food and a good time! Sign up in advance.

Medication Check-ups

Friday, November 17 9:00 am - 12:00 pm

Learn more about your medications and what you can do to ensure your safety. Blood pressure screening will also be offered. You will leave with an updated medication list, medical info. and most importantly with more knowledge of your health. Sign up for your 20 minute appointment in advance.



Children's Soapcarving with Ed

Friday, November 17 10:30 am

Bring your grandchildren for a fun soap carving activity with our Woodcarving instructor, Ed. BCPS are closed this day. Sign up in advance.

Travel Fair

Friday, November 17 at 1:00 pm

See Page 1 for details.

Computer Troubleshooting

Monday, November 20 10:00 am

Let Alvin Miller help you with your computer, laptop, smart phone or tablet issues. He can help with whatever is making you confused or frustrated! Sign up in advance.

Program Planning Meeting

Monday, November 20 12:00 pm

Please attend this planning meeting for 2018 special events at the center (Jan-June)! New ideas wanted and everyone is invited to attend. We'll also be recruiting chairpersons for our events. Please sign up in advance if you plan to attend. If you can't attend please use the suggestion box to relay your ideas.

Center Closed - Thanksgiving

Thursday, November 23

Adventure Club: Festival of Trees

Saturday, November 25 11:00 am

Seven Oaks members and guests are invited to the Timonium Fairgrounds for the Festival of Trees. Cost is \$10 for seniors, \$15 for adults and \$7 for kids. If you're interested in carpooling meet in the Seven Oaks parking lot at 10:15 am. If you're meeting at Festival of Trees, meet by ticket booth at 11 am. Sign up in advance.

Help with your Medicare Part D Plan

Wednesday, November 29

The SHIP Office will be at Seven Oaks offering individual appointments to assist you in choosing the best and least expensive Prescription Drug Plan for 2018. **Call the SHIP office at 410-887-2059 to schedule your appointment.** You'll need to bring the following to your appointment: a list of your prescriptions (dosage and frequency), your Medicare card and other health insurance cards and knowledge of your gross income and assets so the counselors can determine if you're eligible for any benefits. Don't assume that the plan you had last year is still the best plan for you this year. Plans change year to year so take the time to meet with a counselor who might be able to save you money in 2018.

Holiday Party at Columbus Gardens

Thursday, December 14 from 12 pm - 4 pm

4301 Klosterman Ave.

Tickets \$38 in Advance

Menu includes: Open Bar, Fresh Vegetables and Assorted Cheese, Tossed Fresh Salad with choice of 2 dressings, Beef Burgundy over Egg Noodles, Chicken A La Kiev, Bacon & Cheese Twice Baked Potato, Green Bean Casserole, Ice Cream Sundae Bar

Music by Josh & the Good Stuff



Free 6 Week Healthy Eating Workshop

A free healthy eating workshop presented by Baltimore County Department of Aging will be offered on Tuesdays for 6 weeks. This workshop will teach you goal setting, problem solving, nutrition, education, and management of dietary patterns. This class is limited to 18 participants. Sign up in advance in the free program binder. The workshop agenda is below.

November 7 - December 12 from 10:00 am - 12:00 pm

Session 1: MyPlate, Label Reading, Portion Control and Exercise,

Session 2: Grains, Vegetables, Fruits, Water and Exercise,

Session 3: Protein, Eggs, Legumes, Dairy and Exercise,

Session 4: Fats, Sweets and Exercise,

Session 5: Virtual Grocery Outing and

Session 6: Meal Preparation



Our Library is a Busy Place!



Our library continues to grow because of donations from fellow Seven Oaks members! Be sure to check out our collection regularly since many new books are available. You will discover both fiction and non-fiction areas on the hallway bookcases as well as on shelves in the adjacent classroom. We even have a limited selection of large print books! Each month, approximately 200 books circulate through our inventory! Your generous donations support our shared desire for life-long learning and enjoyment from reading! Thank you for visiting the library and for your donations and a special thank you to our volunteer librarian Tom Hustead for doing a fantastic job. Stay tuned for information on a book drive coming in January.

Holiday Events You Won't Want to Miss!

Trim the Tree

Friday, December 1st at 12:30 pm

Join the members of Seven Oaks and help decorate the tree and the center. Ron Kutscher will be here to help us get in the spirit with his Holiday Sing-A Long! Plus we'll have free egg nog & snacks. Sign up in advance if you can help.

Seven Oaks Elementary Children's Chorus

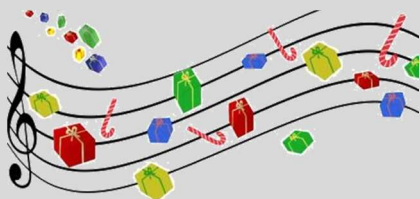
Tuesday, December 19 at 12:15 pm

Enjoy a holiday performance from the children at Seven Oaks Elementary. They love to perform to a large crowd so please come!

Holiday Karaoke and Pizza Party

Tuesday, December 19 from 1-3 pm

Stay after the children's performance for some fun holiday karaoke with Sandy Schmit. He will have all of your favorite songs to sing plus free pizza, drinks and egg nog! Sign up in advance if you plan to attend.



Senior Center Staff & Executive Board



Center Director: Kathleen Young
Assistant Director: Courtney Gonce
Community Outreach Specialist: Jessica Pontown
Center Custodian: Craig Haacke

President:	Nancy Bach
Vice President:	Jim Lightner
Treasurer:	Gene Laytar
1st Asst. Treasurer:	Carol Parks
2nd Asst. Treasurer:	Gale Griffin
Recording Secretary:	Edie Dietrich
Coresp. Secretary:	Donna Stachowski
Sgt. At Arms:	Ed Konig
Past President:	Preston Wollett
Members at Large:	Tom Hock & Walt Wujek

Meeting Schedule

Executive Board Meeting:

Monday, Nov. 20 @ 1:00 pm

Membership Meeting:

Monday, December 18
@ 12:30 pm

Come early for lunch!

Win a \$50 restaurant gift just by attending the meeting.

The Seven Oaks Executive Board are center members who are elected by the center council/membership to hold office and make decisions on behalf of the membership. The center council and executive board work to assist staff in accomplishing the center's mission.

Seven Oaks Mission

The purpose and mission of Seven Oaks Senior Center is to provide a progressive and safe environment where seniors can find the opportunity to maintain healthy, active living. Services and assistance are available to the Perry Hall, White Marsh & surrounding communities, meeting the needs of the senior individual and their family.

BCDA Mission

The Baltimore County Department of Aging strengthens lives by providing services, programs and connections to resources.

It is the policy of the Baltimore County Department of Aging that all people who attend classes or programs at the senior center must register as a member each year.

Minutes from the board and council meetings are posted on the bulletin board in the MPR and also available online at SevenOaksSeniors.org. The financial report is posted in the MPR.

Center Membership and Registration

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

Bi-Monthly Council/Membership Meetings

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

Please use the suggestion box located behind the front desk.



Schedule of Classes



Class Registration starts Tuesday, November 28

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	12:15 pm	Spanish Continuing	Ron Browning, CCBC	Classroom	\$
10:30 am	11:30 am	Core N' More	Gary Lentz - Be Fit	MPR extension	\$
11:45 am	12:45 am	Core N' More	Gary Lentz - Be Fit	MPR extension	\$
11:45 am	1:15 pm	Projects for Charity	Volunteers	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	\$
9:00 am	11:30 am	Ladies Social Poker (1st & 3rd week)		Game Room	
9:15 am	11:15 am	Knitting & Crocheting	Volunteers	Craft Room	
10:00 am	11:00 am	Int. Line Dance	Trudy Knight, IC	MPR	\$
10:00 am	12:30 pm	Pickle Ball	Volunteers	Honeygo Regional Park	
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.	Class Room	
12:30 pm	3:30 pm	Bingo 1st & 3rd week	Ann Knoerlein, Vol.	MPR	\$
<u>Wednesday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:45 am	9:45 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:00 am	11:45 am	Bridge	Volunteers	Classroom	
9:00 am	12:00 pm	*Ladies Pinochle	Volunteers	Game Room	
9:50 am	10:50 am	Int. Line Dance	Joanne Alleva, Vol.	MPR	\$
9:45 am	11:30 am	TOPS (Weight Loss)	Judy Coleman, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
10:30 am	12:30 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	\$
1:30 pm	3:30 pm	Acrylic Painting	Dottie Bishop, IC	Game 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
<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	11:30 am	Drawing Class	Alina Kurbiel	Game Room	\$
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 Regional	
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	*Men's Social Poker	Volunteers	Class Room	
1:00 pm	1:45 pm	DrumFit	Gary Lentz - Be Fit	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	Tod & Lisa Waterman IC	MPR extension	\$
10:00 am	12:00 pm	Scrabble and Other Games		Craft Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR extension	
1:00 pm	3:30 pm	Stained Glass	Volunteers	Craft Room	
1:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

Sunday

1:00 pm	2:30 pm	Outdoor Walking	Volunteers	Gough Park	
<i>(Look for the member with the lime green arm band/scarf)</i>					

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 or pick up a copy at the center.

Class Registration & Off Site Class Information

Winter class registration begins Tuesday, November 28

Most winter classes begin the week of January 2.

Walking with Ease meets at Honeygo Regional Park on Tuesdays & Wednesdays from 11 am and Fridays at 9:45 am.

Join us for a Hike! Sign up to receive text/email alerts about upcoming hikes. Send a text to 81010 and your message should say @sevenoakss. We are also looking for volunteers to lead a hike.

Play Pickle Ball - Join us for indoor play at Honeygo Regional Park on Tuesdays & Thursdays at 10 am, Wednesdays at 10:30 am and Fridays at 1 pm. All supplies provided.



Coat Drive Continues

We are still accepting coats at Seven Oaks for our Coat Drive. We will be collecting coats of all sizes, during the month of November. They will be donated to the Perry Hall United Methodist Church. Thank you in advance for your support!



Shop with Amazon Smile



Do you shop on Amazon.com? If you do, please consider using the AmazonSmile link to shop instead of the regular Amazon link. Go to Seven Oaks homepage of our website and click on the link then bookmark it for future use.

You can also go to AmazonSmile.com and search for Seven Oaks and designate the center as your organization. The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. Please tell your friends and help spread the word!

Fitness Center



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

*Please note the fitness centers will be closed if there is no monitor available to supervise the room.

GET YOUR BLOOD PRESSURE TAKEN FOR FREE!

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

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

Stop in to pick up your application! Individuals must be a current senior center member and receive medical clearance in order to participate. All paperwork should be turned into the office.

The next new member orientation for the fitness center:

Wednesday, November 8 & 22 at 11:15 am

Fitness Coach Jonathan Toussaint Visits:

Monday, Nov. 6, Wednesday, Nov. 15 and Tuesday, Nov. 28 from 9:00 am - 1:00 pm

Dine With Us!



Are you tired of eating at home alone? Come and dine with us! A catered lunch is occasionally offered at the center. Individuals interested in attending the meal must **sign up at the front desk at least 48 hours in advance** and 4-5 days in advance if a deli, box or super special lunch is offered. A minimum of 10 participants is required in order for the center to have the lunch. Stop by the front desk to pick up a menu. Cost: Please contribute as much as you can towards the \$4.36 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. *Notice: When the center is hosting a special event with food included, the catered meal will be canceled.

Recruiting New Volunteers - Can You Help?

We are working on creating a mini-gift shop in the lobby and we are looking for a volunteer coordinator. The job entails going through donations and selecting and pricing what will be put out for sale. You would also track sales and keep the shelves stocked and organized and mark items down that don't sell.

We are also looking for a volunteer to run the Delaware Park Trips. These trips are offered every 6 weeks from March –November and the job entails logging payments, writing receipts, and going on the trip. The trip coordinator does not pay to go on the bus. A special thank you to Tom for running the Delaware Park trips for the past year. If you are interested in either of these positions please see center staff.

Get Text or E-mail Updates on Weather Delays & Closings

Would you like to receive text messages or e-mail alerts about weather announcements, center closings, special events, schedule changes, etc? If you provide your cell phone number or email address you will be notified by this system.

To receive text alerts on your phone: **send a text to 81010** and type as your message: @4ba7aa

To receive e-mail alerts: send **email** to **4ba7aa@mail.remind.com**, the subject line can be left blank.

You can also go online to sign up: visit <http://remind.com/join/4ba7aa>

Or if you need help Kathleen or Courtney can sign you up.



Recycle Your Old Cell Phones at Seven Oaks

Do you have an old cell phone that you no longer use? Please recycle it and help Maryland Zoo's program Protect the Chimps Habitat. By recycling old cell phones we can reduce the need for mining in areas where gorillas and chimpanzees live. It will help protect critical habitat as well as keep toxic chemicals out of our landfills. Drop off your old cell phones in the box under the chair in the lobby entrance foyer. We also collect used eye glasses and sunglasses for the Lions Club. Their box is also in the lobby foyer under a chair. Thank you for supporting these organizations!

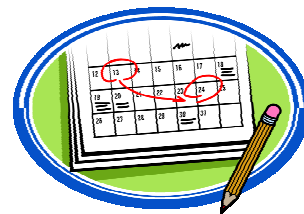
Did you know Seven Oaks has Wi-Fi & iPads Available for Use?

You can bring your mobile devices to the center and access the internet to surf the web, check your e-mail, play games and much more! Ask the front desk for the secure password.

We also have two Apple iPads available for your use in the lobby.

Coming Up Next Month

- ♦ Trim the Tree - Friday, December 1
- ♦ Do's and Don'ts for your Retirement - Friday, December 1
- ♦ How to Prepare for an Emergency - Monday, December 4
- ♦ Leaving a Legacy to Children/ Grandchildren - Wednesday, December 6
- ♦ Monday, December 11—The Holocaust: Live Videoconferencing Program
- ♦ Holiday Party at Columbus Gardens - Thursday, December 14
- ♦ Holiday Karaoke & Pizza Party - Tuesday, December 19
- ♦ Diabetes Update with Karen - Wednesday, December 20





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!



2018 Travel Fair

Friday, November 17 at 1 pm

We'll be announcing our 2018 trip line up! Wine & refreshments served & door prizes.

Learn more about the trips scheduled for 2018 through Seven Oaks Travel Office. Each of the trip coordinators will present details of their trips and they will answer your questions.

Sign up on 11/17 for any 2018 trip and you'll be entered in a drawing for a \$50 credit on a future trip or receive a refund of \$50. **You Could Win \$50! Special thank you to our sponsor Genesis SelectCare for donating the refreshments and door prizes!**

2017 Day And Overnight Trips

- ♦ **Bi-Monthly Delaware Park Trips**—Wednesdays 11/15 (please note the new dates). \$25 with \$30 casino rebate. Bus departs at 9:30 a.m at Weis and boards at 3:45 pm. *Sign up no earlier than the day after the prior trip. Delaware Park Trip Reminders: When signing up for the trip please fill out the chart with your DOB and player card number. On the day of the trip bring your player card and photo id.*
- ♦ **Hillwood Estate Museum & Garden Tour** - Wed, Nov. 1. Cost \$75. Tour the home of the Merriweather Post family. Lunch included.
- ♦ **Pennsylvania Christmas & Gift Show** - Wed, Nov. 29. Cost \$35. Over 750 vendor booths!
- ♦ **American Music Theatre: Home for the Holidays & Lunch at Shady Maple** - Wed, Dec. 6. Cost \$90. Beautiful Christmas show with lots of music and dancing. **SECOND BUS ADDED!**

For up to date information about how many seats are left on a trip or if a trip is filled please check out the travel bulletin board by the front door.

Travel Information

- ♦ Trips are open to the public 18 years and older. All travelers over 60 years must be a member or register to be a member to travel with us. The first two weeks that a trip is advertised is reserved for center members to sign up.
- ♦ Request for special ADA accommodations must be made when you sign up for a trip.
- ♦ All checks must be made out to Seven Oaks Senior Center Council. One check per trip.
- ♦ Travelers will only receive a refund if a replacement can be found.
- ♦ A liability waiver must be signed by each traveler for each trip.
- ♦ All trips depart from the Weis Shopping Center on Joppa Rd., unless otherwise noted.

Mark Your Calendar

- Winter Classes Begin the week of Jan. 2
- Stepping On Class Begins March 7
- Spring Bingo Extravaganza - Tues. April 3
- Jazz Concert - Friday, April 27



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