

# Seven Oaks Senior Center



## 2022



# The Acorn

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

### Shrimp Feast

Thursday, August 11 ~ 12:30 pm-2:30 pm

**Cost: \$18 per person**

**Menu:** steamed shrimp with cocktail sauce, corn on the cob with butter  
cole slaw, potato salad, Italian bread and butter, dessert  
wine, beer, soda

**Check the front desk for ticket availability.**



**Tony Pagnotti: TV Newsman**

**Friday, August 12 ~ 10:30 am**

Longtime Baltimore broadcaster Tony Pagnotti comes to Seven Oaks to discuss his journey through the TV news industry in his memoir,

***TV Newsman: My Scripted and Unscripted Life.***

His charisma and humor have provided him countless memorable moments throughout his career, both on and off the air.

**Sign up in the free binder.**

### Turtle Soap Carving & Ice Cream

**Thursday, August 18 ~ 10:30 am-12 Noon**

Intergenerational Event - Bring your grandchildren.

Volunteer Ed Konig teaches carvers how to create a turtle out of a bar of soap.

Then, enjoy an ice cream treat.

Soap Carving Limited to 12 Carvers.

Ice Cream Participants Unlimited.

**Sign up in the free binder.**



Carving a  
Soap Turtle



**Center Closed for Staff Learning Day**

**Friday, August 26**



### Seven Oaks Senior Center

9210 Seven Courts Drive

Baltimore, MD 21236

Phone: 410-887-5192

Fax: 410-887-5140

Travel: Call Trip Hostess

[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.

**Everyone must show  
his/her membership  
card at the front desk.**

**Look inside!**





# August Special Events



## Survey of the Bible with Friends

**Monday, August 1, 8, 22 and 29 1:00 pm**

An educational class about the Bible. The class will give a basic overview of the Bible including What is the Bible? and the Bible's origins, divisions, geography, history, people, places and events. Different aspects of the Bible will be discussed each class. Sign up in the free binder.

## **Tell Us Your Story (on Zoom)**

**Every Monday in August 1, 8, 15, 22, 29**

**10:00 am**

**See page 4 for details.**

## Bingo & Eating Together Lunch

**Tuesday, August 2 and 16 12:30 pm**

Mary & helpers call out the lucky numbers for afternoon Bingo with cash prizes.



**Cost:** \$10.00. Must have 20 participants for Bingo. An **Eating Together lunch** will be served at **12 Noon** for the recommended \$2.50 donation. Sign up for lunch in the ET binder.

## Great Physioballs of Fire

**Wednesday, August 3 2:00 pm**

Led by Al Muehlberger. This fun, feel good, therapeutic music experience involves music, exercise balls, drum sticks and movement. Free program **limited to 20 students**. Note this is not an

exercise class but more of a meditative type class. Sign up in the free binder.

## TED Talk: Can Time Be Wasted?

**Thursday, August 4 1:00 pm**

What do we mean exactly when we say we're wasting time? Doing something that doesn't help us acquire new skills, money or status? Stop-motion animator Alexander Leitner explains how "productivity" is relative and that many seemingly unproductive things we do during the day can be just as crucial to our wellbeing as the "important" stuff. Join Jim Lightner as he facilitates a lively talk after the video. Sign up in the free binder.

## Monthly Technology Series Class #2

### Online Health Resources

**Friday, August 5 10:30 am**

The internet can be an excellent source for learning more about your or a loved one's health. This presentation will introduce you to the topics and tools offered on two reputable websites, MedlinePlus and Mayo Clinic. You'll also learn how to evaluate health-related information online. Sign up in the free binder.

## **Friday Café**

**Every Friday ~ 9:30 am-10:30 am**

Socialize and enjoy breakfast goodies.

**Volunteer Hosts Needed!**

## Laminating

**Monday, August 8 1:30 pm-3:30 pm**

Visit Seven Oaks to have your medical and other cards laminated. No sign up needed.

## Maryland Birds and Wildlife

**Tuesday, August 9 10:30 am**

Ranger Breena from Cromwell Valley Park/Willow Grove Nature Center will bring ducks and/or chickens to help her discuss Maryland birds and wildlife. Sign up in the free binder.

## How to Invest Wisely While Having

### Limited Stock Market Exposure

**Tuesday, August 9 11:00 am**

Join Mike Crabb, Financial Advisor, to learn how to invest without getting into the stock market. Sign up in the free binder.

## Changes in Medicare

**Wednesday, August 10 10:00 am**

This presentation is to keep you up-to-date regarding what is new, updated or just needs to be reemphasized. It is for those who have been on Medicare for several years vs. newcomers. Sign up in the free binder.

## Beginner Spanish Class Begins

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

Join volunteer teacher Maria Luque as she teaches you beginning Spanish. Register for class at the front desk.

## **Shrimp Feast**

**Thursday, August 11 ~ 12:30 pm-2:30 pm**

**See front cover for details.**

## Blood Pressure Screening

**Friday, August 12 9:30 am**

Karen Kansler, RN, will take your blood pressure in the MPR. Just show up. Please bring your blood pressure card/record if you have it.

## Card Making Workshop

**Friday, August 12 10:30 am-12:30 pm**

Students will make 3 greeting cards to take home. All supplies provided. **Cost:** \$12 in advance.



**Tony Pagnotti: TV Newsman**  
**Friday, August 12 ~ 10:30 am**  
**See front cover for details.**

### **Wreaths Across America**

**Tuesday, August 16 10:00 am**

Join us as we continue to plan Seven Oaks' involvement with this worthwhile program.

### **HACCP: Keeping Prepared Foods Longer Than 7 Days Can Make You Sick!**

**Tuesday, August 16 12 Noon**

To be presented during the Eating Together lunch. Join Assistant Director Karen as she presents a **brief** food safety fact from the HACCP management system.

### **Plant Based Eating**

**Wednesday, August 17 10:30 am**

Presented by Giant Nutritionist Melanie Berdyck. No matter your nutrition goals, adding plant based foods to your diet is a great way to improve long-term health and maintain a healthy weight. This lively discussion will provide information about vegetarian and vegan eating and how to increase your intake of plant based foods. Sign up in the free binder.

**Turtle Soap Carving & Ice Cream**  
**Thursday, August 18 ~ 10:30 am-12 Noon**  
**See front cover for details.**

**Happy Hour at Liberatore's**  
**Thursday, August 18 ~ 4:00 pm-6:00 pm**  
**Liberatore's Restaurant**  
**5005 Honeygo Center Drive Perry Hall**

### **Creative Arts Contest Entries Due Today** **Friday, August 19**

Last chance to enter your "writing" or "artwork" for the Power of Age 2022 Creative Arts Contest. See page 8 for more details.

### **Movie: Wild Oats & Eating Together Lunch** **Friday, August 19 12:45 pm**

Everything changes for Eva when she receives a life insurance check accidentally made out for five million dollars instead of the expected fifty thousand dollars. Eva and her best friend take the money and travel to the Canary Islands for the adventure of a lifetime. PG-13 [Sexual Content]  
Run Time: 1 Hour 26 Min Sign up in the free binder. **Eating Together lunch at 12 Noon.** Sign up in the Eating Together binder.



### **Maryland Insurance Administration**

#### **Insurance Help for Maryland Consumers**

**Tuesday, August 23 10:00 am**

Confused about rate increases or billing notices? Policy cancelled or non-renewed and you don't understand why? Concerned about the insurance company's handling of your claim? The Maryland Insurance Administration will be on-site at Seven Oaks to provide you with guides to compare rates among insurance companies, help you understand your insurance coverage, help you investigate the handling or settlement of a claim, ensure your insurance company actions and the treatment of you are in compliance with the law. Sign up in the free binder.

### **Current Events**

**Wednesday, August 24**

**2:30 pm**

Joy Mays facilitates this group's lively discussions on local, national and international current events. We welcome new participants with varying viewpoints and suggestions for topics to discuss. Sign up in the free binder.



### **Seated Massages**

**Thursday, August 25**

**9:00 am-2:30 pm**

Doug Wittich, Licensed Massage Therapist, offers chair massages once a month. \$18 for 30 minutes. \$10 for 15 minutes. Pay in advance at the front desk. You must fill out a brief health questionnaire before your first massage. Call in advance to cancel. No refunds if you are a no show or cancel the same day.

### **Make-Up Strength Training Class**

**Thursday, August 25**

**2:15 pm**

Strength Training class to make up for class being cancelled on Friday, August 26 due to center being closed for Staff Learning Day.

**Center Closed for Staff Learning Day**  
**Friday, August 26**

### **Membership/Council Meeting & Lunch**

**Monday, August 29**

**12:30 pm**

All members of Seven Oaks are encouraged to attend our bi-monthly membership/council meeting where members are asked to vote on issues concerning the center. A lunch of chicken salad sandwich, iced tea, water and cake will be served at 12 Noon for \$5. Buy your \$5 lunch ticket in advance at the front desk. Everyone who attends the meeting will be entered into a drawing to win two tickets to an upcoming Seven Oaks special event.



## Tell Us Your Story (on Zoom) Every Monday in August at 10 am

August 1, 8, 15, 22 and 29. **Tell Us Your Story** is an interactive class series that lets students discover their voices as writers and read-aloud storytellers. Beginners and more experienced writers are welcome. Participants learn writing skills including getting first drafts on the pages, writing an outline, using prompts to elicit stories and more. Teacher, Laura Sturza, has an MA in Writing/Theatre/Communication and is a certified yoga instructor. Her stories are in publications including AARP's The Girlfriend, The Washington Post and the Los Angeles Times. Please register for the class at <https://form.jotform.com/221688424476162>

## Monthly Technology Lecture Series Fridays 10:30 am - 12 Noon

Seven Oaks will be hosting a monthly Technology Lecture Series on Fridays from 10:30 am-12 Noon (right after Friday Café) continuing August through December. The lectures will be presented by Ms. Vishnupriya (Vishnu) Desai, BCDA's Digital Inclusion Coordinator. Mark your calendars now for these informative classes. We must have a minimum of 10 participants (maximum 14) for the classes to take place.

Friday, August 5 Online Health Resources  
Friday, September 16 Online Shopping  
Friday, October 21 How to Spot Fake News  
Friday, November 4 Telemedicine  
Friday, December 16 P2P Payments



## Power of Age 2022 Creative Arts Contest

Don't forget to submit your creative writing or artwork for the annual Power of Age Creative Arts Contest. The Baltimore County Department of Aging would like to challenge you to produce, either in word or artwork, your interpretation of our 2022 initiative **"Cultivating A Brighter Tomorrow."** **Deadline for writing and art submissions is Friday, August 19 at 11:59 p.m.** A flier with all the details is available at Seven Oaks and can also be found as an attachment to many Friday weekly updates. Need help submitting your work? Please see Karen or Beckie.



## Boscov's Friends Helping Friends Day Wednesday, October 19 ~ 8 am-11 pm

Save 25% on purchases at Boscov's and be entered into a drawing for a \$100 gift card. Enjoy refreshments at Boscov's while raising funds for Seven Oaks Senior Center. **Purchase your \$5 25% discount shopping pass at the front desk.** Seven Oaks keeps the \$5 and you enjoy the savings and more.

# Senior Center Staff & Executive Board



Center Director: Beckie Ebert  
Assistant Director: Karen McDonough  
Activity Specialist: Vacant  
COS: Jessica Pontown  
Home Team: Barbara Wilt 410-887-4141  
Center Custodian: Ed Werner

President: Jim Lightner  
Vice President: Ed Konig  
Treasurer: Rob Ermer  
1st Asst. Treasurer: Gene Laytar  
2nd Asst. Treasurer: Wayne Knowles  
Recording Secretary: Edie Dietrich  
Corresp. Secretary: Penny Brown  
Sgt. At Arms: Betty O'Carroll  
Members at Large: Gina Wheeler & Bob Somers  
Past President: Nancy Bach

## Meeting Schedule

### **Executive Board Meeting**

Monday, August 15 @ 1:00 pm

### **Membership Meeting**

Monday, August 29 @ 12:30 pm

Lunch at 12 Noon

Buy your **\$5** lunch ticket  
in advance.

### **Menu**

Chicken Salad Sandwich  
Iced Tea, Water, Cake

*Everyone who attends has  
a chance to win 2 tickets to an upcoming  
Seven Oaks special event.*

*The Seven Oaks Executive Board consists of 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 senior individuals and their families.

## **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 spouses (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. You can join multiple senior centers when you join Seven Oaks. Membership is valid for 1 year from date of sign up.

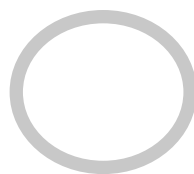
## **Bi-Monthly Council/Membership Meetings**

If you're a member of Seven Oaks then you're a member of the Council! Every other month we hold a council/membership meeting to discuss the business of the center and vote on financial matters. A lunch is usually 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.

We give away a gift card at each meeting!

Have an idea or suggestion?

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

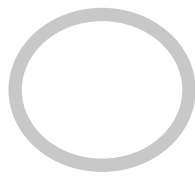


# Schedule of Classes



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<b><u>Monday</u></b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:30 am	EnhanceFitness	Debbie Jobson, CT	MPR & Zoom	\$
9:00 am	12:00 pm	Pickle Ball	Volunteers	Seven Oaks Elem	
9:00 am	12:00 pm	Pinochle	Tom & Sylvia Sordillo, Vol	Game Room	
9:30 am	11:30 am	Craft Projects	Sachs & Weber, Vol	Craft Room	
10:15 am	11:15 am	Yoga	Karen Kansler, IC	MPR Extension	\$
11:30 am	12:30 pm	Seated Yoga	Karen Kansler, IC	MPR Extension	\$
11:45 am	1:15 pm	Projects for Charity	Barbara Goldsmith	Craft Room	
12:30 pm	3:45 pm	Mexican Train Dominoes	Volunteers	Game Room	
12:45 pm	1:45 pm	Zumba Gold	Kathy Lally, IC	MPR Extension	\$
1:00 pm	2:00 pm	Survey of Bible (Select Mon)	Nelda Murphy, Vol	Classroom	
1:30 pm	3:30 pm	Watercolor Projects	Karen Ruberry, CCBC	Craft Room	\$
2:00 pm	3:00 pm	Ballroom Dance	Mary Jane Hartner, IC	MPR Extension	\$
<b><u>Tuesday</u></b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR & Zoom	\$
9:00 am	12:00 pm	Pickle Ball	Volunteers	Seven Oaks Elem	
9:15 am	11:15 am	Knitting & Crocheting*	Volunteers	Craft Room	
9:45 am	10:45 am	Int. Line Dance	Joanne Alleva, Vol	MPR	\$
11:00 am	12:00 pm	Chair Exercise	Mary Lou Adams, Vol	MPR	
12:00 pm	3:00 pm	Social Poker	Volunteers	Class Room	
12:30 pm	3:45 pm	Social Pinochle	Caryl Fletcher, Vol	Craft Room	
12:30 pm	3:30 pm	Bingo (1st & 3rd Tue)	Mary Kulishek, Vol	MPR	\$
1:00 pm	2:00 pm	Tai Chi	Gregory Smith	MPR & Zoom	\$
1:00 pm	3:00 pm	Bridge*	Volunteers	Game Room	
<b><u>Wednesday</u></b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:30 am	EnhanceFitness	Debbie Jobson, CT	MPR & Zoom	\$
9:00 am	12:00 pm	Pickle Ball	Volunteers	Seven Oaks Elem	
10:00 am	11:30 am	TOPS (Weight Loss)	Claudia Maher, Vol	Craft Room	\$
10:30 am	12:30 pm	Zoom: Wet in Wet	Alina Kurbiel, IC	Zoom - Online	\$
		Watercolors (Begins 9/14)			
12:00 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol.	Classroom	
12:00 pm	3:00 pm	Hand & Foot Canasta	Rita Pulaski, Vol	Craft Room	
12:00 pm	1:00 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR Extension	
2:00 pm	3:00 pm	Physioballs (1st Wed)	Al Muehlberger, Vol	MPR Extension	
2:30 pm	3:45 pm	Current Events (4th Wed)	Joy Mays, Vol	Game Room & Zoom	

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



# Schedule of Classes



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<b>Thursday</b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:30 am	EnhanceFitness	Debbie Jobson, CT	MPR Ext & Zoom	\$
8:30 am	9:45 am	Woodcarving	Ed Konig, Vol	Craft Room	
9:00 am	10:00 am	Zoom: CORE de Force	Karen Kansler, IC	Zoom - Online	\$
9:00 am	12:00 pm	Pickle Ball	Volunteers	Seven Oaks Elem	
9:00 am	12:00 pm	Pinochle	Tom & Sylvia Sordillo, Vol	Classroom	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol	Craft Room	
10:30 am	11:30 am	Chair Exercise	Mary Lou Adams, Vol	MPR Extension	
10:30 am	12:30 pm	Zoom: Drawing with Colored Pencils (Begins 9/15)	Alina Kurbiel, IC	Zoom - Online	\$
11:45 am	12:45 pm	Geri-Fit	Libby Bryant, Vol	MPR Extension	
12:00 pm	3:00 pm	Social Poker	Volunteers	Classroom	
12:15 pm	3:45 pm	Canasta	Volunteers	Craft Room	
1:00 pm	2:00 pm	Tai Chi	Gregory Smith	MPR & Zoom	\$
1:00 pm	3:00 pm	Bridge*	Volunteers	Game Room	
<b>Friday</b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR & Zoom	\$
9:00 am	12:00 pm	Pickle Ball	Volunteers	Seven Oaks Elem	
9:00 am	12:00 pm	Scrabble & Other Games	Volunteers	Game Room	
10:15 am	11:00 am	Intro to Tap Dance	Kathy Lally, IC	MPR 2	\$
10:30 am	12:30 pm	Card Making (2nd Fri)	Claire Blair, Vol	Craft Room	\$
11:00 am	12:30 pm	Vocal Group	Henry King, Vol	MPR 1	
12:30 pm	4:45 pm	Florida Canasta	Caryl Fletcher, Vol	Classroom	
1:00 pm	3:30 pm	Stained Glass	Richard Souders, Vol	Craft Room	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR Extension	

## Please Note...

- ♦ If you see a \$ symbol, there is a fee associated with that class. Generally, fee-based classes run on a 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.

## Pickle Ball

Download the **TeamReach** app for locations and up-to-date information.

**NOTE: Pickle Ball follows the Baltimore County Senior Centers schedule.**  
If the Center is closed for Weather, COVID or a Holiday, Pickle Ball is canceled.

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

## Fitness Center

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

**Fitness Center Hours: Monday-Friday 8:30 am-3:30 pm**

Cost: \$50.00 for 6 months or \$100.00 for one full year

Stop in to pick up your application! Individuals must be a current senior center member and have signed the exercise release form. A medical clearance form is no longer required.

All paperwork should be turned into staff.

Once we receive your paperwork, we will sign you up for a required fitness orientation.

**The next Fitness Center Orientations for New Members are scheduled for:  
Monday, August 8 at 9 am and Monday, August 22 at 9 am.**

## Dine With Us!

**Don't eat at home alone!** Come and dine with your friends at Seven Oaks. A catered lunch is usually offered on Bingo Tuesdays and on Friday movie day. In August, Eating Together lunch will be offered on August 2, 16 and 19. Individuals interested in attending the meal must **sign up in the binder at the front desk at least 48 hours in advance**. A minimum of 10 participants is required in order for the center to have the lunch. **Cost:** Please contribute as much as you can towards the \$4.57 cost of each meal (super special meals \$6.07). If you cannot contribute the full amount, a voluntary minimum contribution of \$2.50 is recommended to keep this program going. Please arrive on the day of the lunch by 11:45 am to check in at the front desk. If you do not arrive by then, your lunch envelope may be given to someone who is on the standby list. If you're running late please call the front desk to have them hold your spot.



**If you will not be attending lunch, please call to cancel your meal before 11:45 am.**

**Roasted Stuffed  
Chicken**

**Peas and Pearl  
Onions**

**White and Wild  
Rice Blend**

**Copper Penny  
Carrots**

**Fresh Fruit  
Milk**

**Special Dessert**

### No Senior Eats Alone Day

**Thursday, September 15**

**12 Noon**

Join us and invite an older adult in the community to share a special Eating Together lunch here at Seven Oaks Senior Center.

Sharing meals together improves health, happiness and social connection.

**Sign up in the Eating Together binder by September 1.**

### 1960's Dance Party

After lunch, Al Muehlberger hosts our first Dancing through the Decades event.

Have fun dancing and reliving the 1960's decade. Feel free to dress up. **Sign up in the free binder.**







## Baltimore County Department of Aging 2022 5K Run/Walk • 1 Mile Walk

*"Stepping into a Brighter Tomorrow!"*

*Race proceeds support BCDA's wellness programs for older adults*

**Sunday, September 18, 2022 • 8 a.m.**

CCBC Essex Campus • 7201 Rossville Blvd., Baltimore, MD 21237

**Roads close at 8 a.m.,**

**Warm-Up is at 8:15 a.m.,**

**and 5K begins at 8:30 a.m.**



Baltimore County Executive John A. Olszewski, Jr.  
and the County Council



Baltimore County Department of Aging

**Register at [www.getreadygetsetgetfit5k.com](http://www.getreadygetsetgetfit5k.com) or call 410-887-2040.**

**Join the Seven Oaks Mighty Oaks 2022 Run/Walk Team.  
Help us reach our goal of 100 participants.**



## Mark Your Calendar!

- ♦ Thu September 1 TED Talk
- ♦ Mon September 5 Center Closed for Labor Day Holiday
- ♦ Tue September 6 & 20 Bingo & Eating Together Lunch
- ♦ Wed September 7 Great Physioballs of Fire
- ♦ Fri September 9 BP; Card Making; Maryland Insurance Admin Table
- ♦ Mon September 12 Patriot Day Sausage Gravy Biscuit Breakfast;  
Programming Meeting; Laminating
- ♦ Tue September 13 Perry Hall History Series: Klausmeiers
- ♦ Wed September 14 Register of Wills
- ♦ Thu September 15 No Senior Eats Alone Day/60's Decade Dance
- ♦ Fri September 16 Technology Series Class #3 Online Shopping;  
Movie Matinee: The War with Grandpa
- ♦ Sun September 18 BDCA 5K Walk/Run - 1 Mile Walk
- ♦ Wed September 21 Gilchrist - Things My Kids Should Know
- ♦ Thu September 22 Seated Massages; New Member Orientation
- ♦ Wed September 28 Medicare Part D Research
- ♦ Mon October 10 Center Closed for Indigenous Peoples Day
- ♦ Wed October 19 Demystifying Annuities; Boscov's Friends  
Helping Friends Day
- ♦ Fri October 21 Monthly Technology Series Class #4:  
How to Spot Fake News
- ♦ Tue October 25 Stroke Awareness
- ♦ Thu October 27 Power of Age Expo - Center Closed
- ♦ Mon October 31 Medicare Part D Research; Membership Meeting/Lunch





# Travel Opportunities

Phone number for the trip hostess is listed on the trip flier. Save this number in your phone contacts in case you need to reach the hostess during the trip.

Come along for the ride!



## 2022 Trips

**Pick up a flyer at the Travel Desk for information on each trip.**



**Delaware Park Casino**

**September 14, November 2**

**Cost: \$25 with \$25 cash rebate**

**Full payment due at sign-up.**

**Trip Hostess: Cindy Mabus 410-375-2422**

Bus departs 9:30 am from Weis and boards at casino at 3:45 pm. Sign up no earlier than the day after the prior trip. Please use a **green envelope** at the travel desk to sign up for Delaware Park Casino trips. **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.

**Harriet Tubman Underground Railroad Visitor Center &  
Fisherman's Crab Deck Crab Feast, Church Creek, MD ~ August 19 - \$110**

**"Chicago" The Musical at Dutch Apple Dinner Theatre, Lancaster, PA ~ August 25 - \$100**

**WAIT LIST**

**Finger Lakes, Upstate, NY ~ September 27-30**  
\$619 Per Person/Double; \$838 Per Person/Single

**WAIT LIST**

**The New International Spy Museum, Washington, DC ~ October 13 - \$60**

**Sunfest, Ocean City, MD ~ October 20 - \$45**

**Fall Foliage Train Ride, New Freedom, PA ~ November 5 - \$100**

**WAIT LIST**

**Home for the Holidays at American Music Theatre, Lancaster, PA ~ December 7 - \$105**

**WAIT LIST**

### 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 are 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. Fill out an envelope with your information, put your payment inside the envelope, seal and place the envelope in the black lock box on the wall near the travel desk.
- ♦ 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 Road, unless otherwise noted.
- ♦ Travel insurance is recommended for overnight trips.

