



# Seven Oaks Senior Center

9210 Seven Courts Drive

*1st  
Edition*

## Spring 2023

### **BC Pass is here!!**

Starting March 6 please see Staff between 10 am-12pm and 1-3pm to have your new swipe card distributed. You only need one card for all Baltimore County Senior Centers. You can go to ANY Baltimore County Senior Center to get the card. You will not need a card until April 3 when the system goes live.

Starting April 3 use your new swipe card instead of signing in.

Volunteer? Log your hours at the kiosk and in the Volunteer Book until the end of May.

Please be patient and kind during this transition. We will try to get this system up and running quickly as possible.

Travel is up and Running.

Please stop by our travel desk for all our current Trips.



### **Spring Registration Now open at Front Desk**

If you are signing up for any other classes come anytime and register at the front desk.

See inside for class start dates and more information or call Seven Oaks Senior Center at 410-887-5192.



# Welcome!

Thank you for your interest in Seven Oaks Senior Center. In order to attend classes or activities at the Center, individuals must first become a member. Membership is open to those 60 years of age and older and there is no fee to join. Membership is renewed on an annual basis, please stop by the front desk to sign up.

**You must show your scan card to register for a class!**

## **SPRING REGISTRATION PROCESS:**

On the MORNING of registration we will sign up those registering for **EnhanceFitness and Strength Training only. Someone will be in the parking lot in her/his car giving out numbers. After you get a number you can wait in your car or outside. DO NOT**

**ARRIVE BEFORE 7:30 A.M.** The building will open at 8:15 a.m. and after you sign in at the front desk, proceed to the MPR.

We will distribute envelopes to those in line for their respective class. If the line is longer than the number of spots in the class you will be put on the wait list. If neither class fills right away you can sign up for the other class. Fill out the envelope and include your payment in it. Return it to the designated basket (don't seal the envelope). You can pick up your receipt later in the week at the front desk if you ask for it. If you are signing up for any classes other than the 2 mentioned above see the front desk at anytime.

Most classes are not one the same schedule as Strength Training and EnhanceFitness. You cannot sign up someone else up for the above 2 classes. If you can't come that day please send someone to sign you up who is not in the class you want to register for. It doesn't have to be a member who signs you up. They must have your payment and phone number with them.

***Members registering for any other classes please come to the front desk at anytime up to two weeks prior.***

All classes require payment at the time of sign up.

**EnhanceFitness is payable to Baltimore County, MD.**

**All other classes are payable to Seven Oaks.**

The staff at Seven Oaks strives to offer a variety of programs and classes that are of interest to the members of the center. If you would like any new classes, events or programs offered at your center please either put your idea in the suggestion box or stop in the office and visit the Center Director.

**Have a Suggestion for a New Class?**

**Leave it in the suggestion box in the lobby! We love new ideas!**

## Recreational Activities Cont'd

### **Canasta**

**Thursdays 12:15 p.m. - 3:45 p.m.**

No fee. Drop in at anytime. Members meet to play Canasta on a weekly basis

### **Pinochle**

**Mondays and Thursdays 9:00 am - 12:00 Noon.** No fee.

### **Dominoes & Mexican Train**

**Mondays 12:30 p.m. - 2:30 p.m.**

No fee, drop in any time. The object of this game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station."

### **Social Pinochle**

**Tuesdays 12:30 p.m. - 3:45 p.m. (New players welcome!)**

No fee. Members meet to play Pinochle on a weekly basis. New participants are welcome. The group will teach you how to play if you do not know. Subs are also welcome.

### **Poker**

**Tuesdays and Thursdays 12 Noon - 3 p.m.**

No fee. Members meet to play Poker on a weekly basis.

### **Hand Foot Canasta**

**Wednesdays 12 Noon - 3 p.m.**

No Fee.

### **Mah Jongg**

**Wednesdays 12 Noon - 3 p.m.**

No fee. Members meet to play Mah Jongg on a weekly basis. New participants are welcome.

### **Scrabble**

**Fridays 9 a.m. - 12:00 Noon**

No fee.

### **BUNCO**

**Every other Tuesday at 9:30 am**

We are looking for more players to meet every other Tuesday to play. No experience necessary.

### **Bridge**

**Tuesdays & Thursdays 1 p.m. - 3 p.m. - More players needed!**

No fee. Drop in at anytime.

## For Your Mind and Body

**TOPS - Take off Pounds Sensibly** Leader: Celeste Skruch  
This weekly group meets on Wednesdays from 9:45-11:30 a.m. The fee is \$51 to join and \$1 per week & \$.25 penalty for weight gain. Weigh in weekly and learn about healthy eating, exercise tips, and how to make better food choices.

**Current Events** Leader: Joy Mays  
**4th Wednesday 2:30 p.m.**

Join Joy Mays as she leads this monthly lively discussion. Bring a topic to discuss if you would like. Sign up in the program binder if you plan to attend.

**Great Physioballs of Fire** Instructor: Al Muehlberger  
**1st Wednesday of each Month at 2 pm 8/3**  
Drumming accelerates physical healing and boosts your immune system. Drumming reduces tension, anxiety and stress, helps control chronic pain, and releases negative feelings. Come and feel connected with other members and gain a sense of interpersonal support. Sign up in the program binder if you plan to attend. Limited to 20 students.

**Survey of the NIV Bible with Friends**  
**Select Mondays, See Newsletter 1:00 pm**  
Instructor: Nelda Murphy

This is an educational class about the Bible which will take place on select Mondays each month. 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

## Recreational Activities

**Bingo and Eating Together**  
**1st and 3rd Tuesday of each month. 12:30-3:30 p.m.**  
Leader: Mary Kulishek Cost: \$10.

Cash prizes provided to winners. The Eating Together Program will serve lunch at 12 noon. Stop by the front desk for the menu and to sign up. Just show up for Bingo.

**Florida Canasta**  
**Fridays 12:30 p.m. - 3:45 p.m.**  
No fee. Drop in at anytime.

## Arts & Crafts

**Crafts and Conversation** Instructors: Ken S. & Marsha W.  
**Mondays 9:30 a.m. - 11:30 a.m.** Cost: No fee.

Drop in at anytime. Ongoing Class.

Learn basic techniques to create beautiful homemade craft projects while enjoying the company of friends. All levels invited. New students should provide one week's advance notice of attending so supplies can be ordered.

**Knitting & Crocheting** Leader: Joan Shaull  
**Tuesdays 9:15 a.m. - 11:15 a.m.** Cost: No fee.

Drop in at anytime. Ongoing Class.

If yarn is your passion, you will love this group. Join us as we create beautiful blankets, hats, mittens, scarves and more for charity and for personal use. This is a great opportunity to share ideas and patterns. Beginners are welcome to come and learn.

**Quilting** Instructor: Lorraine Wagner  
**Thursdays 10 a.m. - 12 Noon** Cost: No fee.

Drop in at anytime. Ongoing Class.

Drop in and learn how to hand quilt. All levels are welcome to share patterns and learn quilting techniques.

**Projects for Charity** Leader: Barbara Goldsmith  
**Mondays 11:45 a.m. - 1:15 p.m.** Cost: No fee.

This group works on a variety of projects such as lap robes, baby hats, scarves, prayer shawls, etc. Projects can be knitted, quilted, crocheted, sewn, etc. Volunteer hours earned for students in this class. Please join us! Some materials are provided.

**Woodcarving**  
**Thursdays 8:30 a.m. - 9:45 a.m.** Instructor: Ed Konig  
Ongoing Class Cost: No fee

Students will make a project and learn the basics of woodcarving. Supplies will be provided but if you already have tools or supplies please bring them. New students are welcome to join this class.

**Stained Glass** Instructor: Amy Rynes  
**Fridays 1 p.m. - 3:30 p.m.** Cost: No fee

No fee for this volunteer led class. Ongoing Class. Try your hand at creating a beautiful piece of stained glass. The class is designed to teach the basics of cutting glass, foiling, soldering, and grinding. All levels welcome. Students must purchase their own supplies.

## Arts & Crafts Continued

**Card Making Workshops** Instructor: Claire Blair  
**Fridays 10:30 a.m.- 12:30 p.m.** 3/10, 4/14  
Offered once a month and you make 3 cards per workshop. **Cost is \$12** per workshop and advance sign up is required. Samples of upcoming projects are displayed at the front desk. Payable to Seven Oaks Council.

**Watercolor Independent Projects** Instructor: Karen Ruberry  
**Mondays 1:30 p.m. - 3:30 p.m.** April 10– June 5  
**Cost: \$50** Check only payable to CCBC  
Eight weeks of instructional assistance while working on your own independent watercolor projects. A project can be assigned to you by the instructor if you prefer. Supplies on your own. Check payable to CCBC and a completed CCBC registration form is required with payment.

**Diamond Art** Instructor: Caryl Fletcher  
**Thursdays 10:00 a.m.- 12:00 p.m.** Cost: No fee  
This is a drop in class for those interested in learning about Diamond Art painting. Bring your project and work on it with friends.

## Pickle Ball

### Pickle Ball is back!

**Honeygo Regional Park** Monday - Friday, 12– 3 pm  
January 2 —June 23 Cost: \$5 for Winter/Spring semester  
Pickle Ball is a fun yet challenging sport that combines many elements of tennis, badminton and ping pong. It is played with a paddle and plastic ball. Players should be generally athletic if they do not have prior paddle sports experience. Players should bring their own paddle. Please wear sneakers. We play indoors and outdoors as weather permits. Players must be current members of Seven Oaks. Please show your card/lanyard when you show up to play.

**This semester is FULL.**  
**Must show your pass EACH time you play.**

Sign up online for play times by downloading the TeamReach App and signing into Seven Oaks Senior Center Pickleball.

**Code: 7Pickles**

**For up to date information make sure you download the app.**

## Online Only Classes Continued

**Wet with Wet Watercolor (on Zoom)**  
**Wednesdays 10:30 a.m. - 12:30 p.m.** Instructor: Alina Kurbiel  
**3/8– 4/19 (6 weeks)**  
**Cost \$25** for each 6 week class. **Payable to Seven Oaks Council.**  
Learn how to use water with Watercolor to create depth and details. Alina has mastered this technique and is excited to share with you. *Include your e-mail address when you sign up and we'll e-mail the link which will be used for each 6 week session.*

**Drawing with Colored Pencils (on Zoom)**  
**Thursdays 10:30 a.m. – 12:30 p.m.** Instructor: Alina Kurbiel  
**3/9– 4/20 (6 weeks)**  
**Cost: \$25** for each 6 week class. **Payable to Seven Oaks Council.**  
Discover how using Color Pencils can make your drawings come alive. *Include your e-mail address when you sign up and we'll e-mail the link which will be used for each 6 week session.*

**CORE de Force (on Zoom)**  
**Thursdays 9 a.m. -10 a.m.** Instructor: Karen Kansler  
**4/6– 5/25**

**Cost: \$25** for the 8 week class.  
**Payable to Seven Oaks Council.**  
Join this 1 hour core class to tone, stretch, and strengthen the entire core area (upper & lower abs, hips, thighs, buttocks and lower back.) A strong core makes everything you do easier! Having a strong core is important for overall body strength, improved posture and balance and will help prevent lower back pain. This class is tailored for all levels. *Include your e-mail address when you sign up and we'll e-mail the link which will be used for the 8 week session.*

### Meditation

**Instructor: Mickey Fenzel**

**Tuesdays 10-11 a.m., In person and On Zoom**

A regular practice of mindfulness meditation can help reduce stress and improve attention and general wellness. This class will explore these themes and introduce different meditation techniques. A typical 50-minute class will devote approximately 30 minutes to a guided meditation and the remainder to instruction and discussion. The Zoom information is on the sign up book, in the google doc or ask staff for the link. The instructor is a certified mindfulness meditation teacher, Loyola University professor emeritus, and licensed psychologist who has had a regular meditation practice for several years.

## Dance Classes

### Ballroom Dance Class

**Mondays 2 p.m.- 3 p.m. Instructor: Mary Jane Hartner**

**Payable to Seven Oaks Council**

**4/24-6/26 , No class 5/29 and 6/19 (8 Weeks)**

**Cost: \$20 for 8 weeks. Payable to Seven Oaks Council**

Beginner and experienced students are welcome to join the class.

### Beginner Line Dance Class

**Wednesdays 12 Noon -1 p.m. Instructor: Mary Thau**

**3/29-5/31 (10 Weeks)**

**Cost: \$25 for 10 week session payable to Seven Oaks Council.**

This class is for those new to line dance or beginner dancers.

### Intermediate Line Dance

**Tuesdays 9:45 a.m. - 10:45 a.m. (Ongoing)**

**Instructor: Fore/Alleva**

**Cost: \$1 per week** Pay as you go, drop in anytime. Learn the latest line dance steps at our weekly instructional class.

### Advance Tap Dance

**10:15- 11 am**

**Fridays, February 10- April 28, No Class 3/17, 4/21**

**Next class: 5/5- 7/14, No Class 5/12 (Cost Increase \$30)**

**Cost: \$25 , 10 weeks**

Instructor Kathy Lally is a certified Zumba Gold and Tap Dance instructor. Tap Dancers will learn basic Tap skills, terminology and balance while creating catchy rhythms with their feet. Tap shoes are not required, but if desired, Amazon has an affordable selection. Maximum of 20 participants in each class.

### Beginner Tap Dance

**11:15 am - 12 pm**

**Fridays, February 10- April 28, No Class 3/17, 4/21**

**Next class: 5/5- 7/14, No Class 5/12 (Cost Increase \$30)**

**Cost: \$25 , 10 weeks**

See description above.

## Vocal Group

**Fridays 11 a.m.—12:30 p.m.**

**Leader: Cal Goeller No fee. Drop in anytime.**

This group meets weekly for the love of music and singing. Take a musical journey of America's most cherished tunes. The group frequently sings at local retirement communities and restaurants in the community. Please call the center to make sure the group is meeting at the center if you plan to stop in.

## Fitness Center

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

**NEW PRICE FOR YEARLY MEMBERSHIPS**

**Cost: \$50 for 6 months or \$80 for one full year.**

Improve your physique and enhance your overall well-being at our state of the art fitness center. A Fitness Center application must be completed before paying for a membership. All forms should be turned into the Staff in the front office. Stop by the Fitness Center for an application and tour.

**No Doctor clearance or Orientation required .**

**Upcoming Orientations: (Optional, No longer Mandatory)**

1st and 3rd Wednesday of the month @ 10:30 a.m.

See staff to sign up and pay for the gym.

## Exercise Classes

### Table Tennis

**Wednesdays 1:00 p.m. - 3:45 p.m. (Ongoing)**

**Fridays 1:00 p.m.-3:45 p.m.**

**Cost: No Fee**

Members meet to play singles and doubles. New participants are welcome to join in. *Table Tennis is occasionally cancelled due to special events scheduled in the MPR.*

### Chair Exercise

**Tuesdays 11 am-Noon & Thursdays 10:30-11:30 am (Ongoing)**

**Leader: Mary Lou Adams Cost: No fee. Drop in anytime.**

This chair based exercise program is designed to enhance participants' endurance, as well as cardiovascular health.

### Geri-Fit

**Instructor: Libby Bryant**

**Thursdays 11:30 a.m. - 12:30 p.m.**

**No fee. Please sign up at front desk.**

Geri-Fit® is an evidence-based 45-minute video strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of light dumbbell weights. There's no dancing, aerobics, or choreography to learn and you never have to get on the floor.

## Exercise Classes Continued

### EnhanceFitness

Mon, Wed & Thurs 8:30 a.m.—9:30 a.m. (3 days per week class)  
4/3-6/12, No Class 5/29 (10 week class)

25 Student Limit In-Person, 25 Student Limit On-Line

Instructor: Debbie Jobson

Cost: \$25 for 10 weeks.

Check payable to **Baltimore County MD** or cash accepted

This class focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises – everything health professionals say is needed to maintain health and function as we grow older. Students have the option of taking it in person or on Zoom from home.

*This program is partially funded under Title III-D of the Older Americans Act of 1965. Individuals 60 and over are encouraged to make the suggested donation of \$25 at the time of registration, to ensure the viability of the program.*

### Monday Yoga

Instructor: Karen Kansler

Mondays 10:15 a.m. - 11:15 a.m.

4/3-5/22

Make up Class 2/24 @ 12:30

Cost: \$35 for 8 week class. Cash or check Payable to Seven Oaks

This class incorporates a system of breathing practices, physical exercise, posture and meditation intended to integrate the mind, body and spirit. It is a great way to improve health and reduce stress. Please bring a mat or a towel to class.

### Wednesday Yoga

Instructor: Karen Kansler

Wednesdays @ 10 am

4/5-5/31, No Class 5/17

Cost: \$35 for 8 week class. Cash or check Payable to Seven Oaks

This class incorporates a system of breathing practices, physical exercise, posture and meditation intended to integrate the mind, body and spirit. It is a great way to improve health and reduce stress. Please bring a mat or a towel to class.

### Friday Café

Friday Mornings 9:30 – 10:30 am

Volunteer Hosts Needed!!! See clipboard to register.

Questions? See Staff for more information.

## Exercise Classes Continued

### Chair Assisted Yoga

Mondays 11:30 a.m. - 12:30 p.m. Instructor: Karen Kansler  
4/3-5/22

Cost: \$35 for 8 week class. Payable to Seven Oaks Council.

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. It is a safe and beneficial way to encourage movement, manage pain and support overall health and wellness. Classes consist of fewer postures held for an extended period and incorporate the use of props such as blocks and straps. This practice is ideal for those seeking deep relaxation, slower pacing or for those new to yoga.

### Zumba Gold

Mondays 12:45 p.m. - 1:45 p.m.

Instructor: Kathy Lally

4/3-6/12, No Class 5/27

Cost: \$25 for 10 weeks. Payable to Seven Oaks Council

Zumba Gold fuses the hypnotic Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program. This Latino inspired dance program includes Merengue, Salsa, Cha Cha, Belly Dance, and Flamenco to provide a fun and effective total body workout.

### Strength Training

Tuesdays & Fridays 8:30 a.m. - 9:15 a.m.

4/4-6/6, No Class 4/21, 5/12, 5/19

Instructor: Karen Kansler

25 student limit in person, no student limit on Zoom

Cost is \$25 for the 8 week class.

This class focuses on increasing strength and improving balance, coordination, endurance and flexibility. Students have the option to register for in-person class or Zoom class taken at home.

Cash or check payable to Seven Oaks Council.

### Beginner Spanish FREE Class

Instructor: Maria Luque

Wednesdays 10-11:30 a.m.

Join Volunteer instructor Maria as she teaches you how to speak Spanish and gives weekly assignments. Why not try something new in 2023! Everyone welcome.