



The Acorn

Happy St. Patrick's Day



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

BCDA is Celebrating 40 years!!

And we want to help PLAN for the next chapter!

Living Longer and Living Well is BCDA's Initiative this year so we will continue to offer programs with **Purpose** and **Meaning**, **Legacy**, **Accounting** and **Financial Security** and/or **Nutrition** and **Health**.

Would you like to participate in our game and win some prizes? Pick up a game card at the front desk and fill it by attending presentations and classes throughout



the year that help PLAN for the exciting 3rd act of life! Look for the 40th symbol (pictured to the left) in the newsletter next to programs that are eligible for our game. In addition, if you take any exercise or dance classes or are a member of the fitness center you can get your card stamped for each semester you are registered. If you volunteer at Seven Oaks you'll get a stamp for adding purpose and meaning to your life! You'll also get your card stamped when you attend any presentation planned to help you Live Longer, Live Well and that could help PLAN for this exciting chapter in life. See staff or presenters for a stamp on your card. Once your card is filled up, present it to staff for a BCDA gift. At the end of the year all of the cards will be entered into a drawing to win a restaurant gift card. *Look for the flier at the center for a list of ongoing classes and activities that will earn you a stamp if you participate in them.*



Show Your Purple Membership Card the first 2 weeks in March in all East side Senior Centers!

St. Patrick's Day Party - Tuesday, March 13 at 12:45 pm

The menu includes corned beef and cabbage, champs, carrots, Irish soda bread, cupcakes, beer, wine and soda. Entertainment by Tom Delaney with some good ole Irish songs like When Irish Eyes are Smiling and Sweet Rosie O'Grady. Tickets are \$12 in advance. This event usually sells out so purchase tickets early!



Spring Dance with the Sensations - Friday, March 23 at 1:00 pm
See inside 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
sevenoakssc@baltimorecountymd.gov
www.SevenOaksSeniors.org

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

Look inside!





March Special Events



Interested in Water Aerobics?

Thursday, March 1 12:30 pm
Nicole from Kids First Swim School will return to tell us about the Water Aerobics and Warm Water Therapy classes they offer. Members of Seven Oaks receive a discount at KFSS. Sign up and pay for classes at Seven Oaks.



Transition Speaker Series

Friday, March 2 10:15 am
Burgess Law Transitions Speaker talks about Burial and Cremation options. Sign up in advance.



Medication Safety

Friday, March 2 11:30 am
The Maryland Poison Center will be here to discuss medication safety. Sign up in advance.

Scrapbook Travel to India, Part 1

Thursday, March 8 1:00 pm
Join member, Rosemary Ward as she flips through her scrapbook and takes you on a trip from her travels to India. Sign up in advance.

Questions for COS

Friday, March 9 10:15 am
Join our Community Outreach Specialist, Jessica to hear about benefits and services, how you qualify and how to apply. Sign up in advance.



Introduction to Dream Interpretation

Monday, March 12 2:00 pm
Dreamwork is also an excellent way to satisfy that push toward consciousness that we experience when aging. This is a live virtual presentation from the Senior Learning Network. Sign up in advance.

Tax Free Income

Tuesday, March 13 11:00 am
Join Mike Crabb, AAMS to learn how to receive tax free income and keep more of your hard earned money. Sign up in advance.



St. Patrick's Day Party
Tuesday, March 13 at 12:45 pm.
See Page 1 for details.



Making Plans: Whole Body Donation

Thursday, March 15 1:00 pm
Anatomy Gifts Registry is an independent, non-profit, charitable, anatomic donation organization formed in 1994 that supports advancements in scientific research and medical education. By choosing the option of body donation, you'll leave a lasting impression on mankind. This lecture will discuss the option of becoming a whole body donor to support medical research and education. Sign up in advance.

Movie: Just Getting Started

Friday, March 16 12:45 pm
Duke Diver is living the high life in Palm Springs but then he faces competition from Leo, a former military man who likes the same woman that Duke is interested in. When Diver's past suddenly catches up with him, he must put aside his differences and reluctantly team up with Leo to stop whoever is trying to kill him. Hot popcorn and drinks served. Eating Together lunch will be served at Noon for \$2.50 donation.
Menu: OJ, Italian Sausage, Club Roll, Tuscan Bean Salad, Romano Blend Veggies, Blueberry Crisp and Milk. Sign up for lunch by 3/14.



Dietary Approaches to Weight Management

Wednesday, March 21 10:30 am
Join our TOPS group for this lecture from our Nutrition Made Clear DVD series on what makes a successful loser, according to data from the National Weight Control Registry. Sign up in advance.

TED Talk: The Power of Vulnerability

Wednesday, March 21 1:30 pm
Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk at TEDxHouston, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. Join Jim Lightner as he facilitates a lively discussion after the video. Sign up in advance.

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!

New Member Orientation

Thursday, March 22

2:00 pm

New members are invited to learn more about the center and the programs and services offered onsite and throughout the Dept of Aging. Sign up in advance if you plan to attend.

Meet Up: Outback Steakhouse

Thursday, March 22

4:00 pm - 6:00 pm

Meet up for happy hour at Outback Steakhouse in Perry Hall. Hangout with your friends from Seven Oaks and enjoy happy hour specials on drinks and appetizers. Sign up in advance.



Chronic Low Back Pain

Friday, March 23

11:00 am

Come join Dr. Chad Blomquist to talk about what people can do to help themselves get relief from long term low back pain. Dr. Blomquist is a local PT that works with people with long term back pain that have tried medications, surgeries, and have had multiple physician visits with no long term success. He will be discussing the science of pain and how people can apply the science to help themselves feel better. Often times people in chronic pain can benefit from a PT to walk alongside them in their journey to lead healthy, happy, productive lives.

Spring Dance

Friday, March 23

1:00 pm - 3:00 pm

Join us for an afternoon of dancing to the sounds of the Sensations! Beer, wine, chips and pretzels served. This event is open the community and members of other senior centers. Sign up in advance in the free binder.

Vascular Disease

Monday, March 26

12:30 pm

Join Vascular Surgeon, Dr. Richard Bafford to learn about the signs & symptoms as well as when and how to treat Vascular disease. Sign up in advance.

Perry Hall Library Overview

Tuesday, March 27

10:00 am

Did you know you can check out free books on your Kindle, iPad and tablet? Perry Hall Library will be on hand to discuss eBooks and how they work. Sign up in advance.

Spring class registration begins

Tuesday, March 6

Pick up a Spring Course Guide!

Adventure Club: Trivia at the Steakhouse

Tuesday, March 27

7:00 pm

 Seven Oaks members and guests are invited to The Original Steakhouse on Joppa Rd. for Trivia night. Sign up in advance so we can call ahead to reserve a table for the Seven Oaks trivia team. Food and drinks are on your own.



Women Of A Certain Age

Wednesday, March 28

1:30 pm

The third meeting of this sharing, discussion group will focus on one of the Wisdom Nuggets developed at the first meeting when we agreed that we're "Women of a Certain Age". At this meeting, let's talk about Wisdom Nugget- "Keep Moving". Possible topics: How do you "Keep Moving"? What are some myths you've heard about "Keep Moving" when you're a woman of a certain age?, What are you doing at Seven Oaks to "Keep Moving". I've invited two special guests to join us: Courtney Gonce, Asst. Director to review all the Keep Moving offerings at Seven Oaks & Jen L, a Be Fit Personal Trainer to join in the discussion & offer recommend./suggestions.

Current Events

Wednesday, March 28

2:30 pm

Join volunteer Joy Mays to discuss and debate current news. Bring a newspaper article to the discussion. Sign up in advance.

Opening Day Lunch & How the Baseball Hall of Fame Works

Thursday, March 29

12:30 pm

First we'll serve free hot dogs, popcorn & peanuts and celebrate Opening Day. Then at 1 pm enjoy a live virtual tour through the Baseball Hall of Fame Museum plus an examination of how artifacts are obtained and processed, and an explanation of the Hall of Fame's rules for election. Presented by the Senior Learning Network. Sign up in advance please.



Carve a Soap Bunny

Friday, March 30

10:30 am

Bring your grandkids and, with the help of our wood carving teacher, carve a bunny out of soap. Sign up in advance. BCPS are off this day.

Shred-A-Thon

Saturday, April 28 from 9 a.m.-12 noon

Co-sponsored by Seven Oaks Senior Center and Baltimore County Employees Federal Credit Union.

Smoothie Bar at Seven Oaks

Coming this month... Smoothies!

Stop by the Center on **Monday, March 5 and 12 from 9:30-10:30 am** and sample a healthy fruit smoothie made by fitness center members, Betsy & Paul. Then starting on March 19 and every Monday thereafter they will offer fruit smoothies for \$3 from 9:30-10:30 am. Get one before they are gone!



Making a Difference - Project for Charity

In the fall of 2016 a new group began at Seven Oaks. This class, Projects for Charity, meets every Monday from 11:45 am—1:15 pm. The group works on various projects for local charities, including Project Linus, JHU/NICU, Cure for Cancer, St. Vincent de Paul, the Pregnancy Center, etc. The group has been very successful this year and we appreciate all it has done to bring love and warmth to others. In 2017, the group made and donated 1 lap robe, 9 pillowcases, 3 aprons, 1 prayer shawl, 17 stuffed toys, 4 bibs, a sweater, 169 blankets and 107 baby hats. Thank you to all those who have donated yarn, fabric and supplies. We are happy to accept additional donations of 100% cotton fabric, fleece or flannel that are light in color or with prints geared towards infants, young children or teens. The group would also be happy to accept financial donations so they can purchase needed supplies. New members are always welcome to join this group and will be taught how to make a variety of items based on skills and interests.

Project ♥ Linus



Free Diabetes Self Management Workshop



Want to learn ways to better manage your diabetes? Learn how to cope with the effects of diabetes, practice good nutrition, feel better, be in control, build your confidence, exercise effectively and increase your knowledge of resources available to help you. **This FREE 7 week class will be held at Seven Oaks on Tuesdays from 9 - 11:30 am, April 24-June 5, 2018.** Sign up in advance in the free binder.

Family Caregiver's Annual Mini-Conference

Seven Oaks is pleased to host BCDA's Family Caregivers Annual Mini-Conference on Saturday, April 14. Doors open at 8:45 am; the event ends at 12:30 pm. Topics include: managing assets, medical decision making, probate and paying for long term care. Open seating, no pre-registration. Free admission. Refreshments sponsored by AARP Maryland.

AARP Tax Aide at the Perry Hall Library

The Perry Hall Library is once again hosting Tax-Aide on Mondays from 9:30am to 2:30pm from February 5, 2018 through April 16, 2018. Appointments will be available on a first come-first serve basis. To reserve an appointment, contact the Perry Hall Library at [410-887-5195](tel:410-887-5195), and press #4 for the Information Desk.



Senior Center Staff & Executive Board



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

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: Anne Bauer
Sgt. At Arms: Ed Konig
Past President: Preston Wollett
Members at Large: Tom Hock & Walt Wujek

Meeting Schedule

Executive Board Meeting:
Monday, March 19 at 1:00pm

Membership Meeting:
Monday, April 23 at 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.

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. The financial report is posted in the MPR.

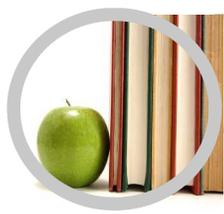
Center Membership and Registration

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

Bi-Monthly Council/Membership Meetings

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

Please use the suggestion box located behind the front desk.



Schedule of Classes



Spring Class Registration Begins Tuesday, March 6.

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	12:00 pm	Spanish Continuing	Ron Browning, CCBC	Classroom	\$
10:30 am	11:30 am	Core N' More	Gary Lentz - Be Fit	MPR extension	\$
11:30 am	1:00 pm	Beginner Pickle Ball	Joe Palmere, CPTP	Honeygo Regional Park	
11:45 am	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	
9:15 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	\$
11:00 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	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
<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	
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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.

Ongoing Monthly Events & Workshops

Bingo - Tuesday, March 6 & 20 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, March 9 at 9:15 am Karen Kansler, RN takes your blood pressure.

Card Making Workshop - Friday, March 9 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. Advance registration required.

Tablet/Smart Phone Help - March 5, 12 & 19 Sign up for an appointment with David.

Computer Troubleshooting - Monday, March 26 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.

Trip Highlight - Odyssey II Monument Cruise & Lunch

Odyssey II Monument Cruise & Lunch

Wednesday June 6

Cost \$100 per person

Enjoy an elegant three course plated lunch which includes tea and coffee, a live band and cruise to view the historic monuments of Washington, DC from the Potomac River. The bus leaves the Weis on Joppa Rd at 10:00 am and returns around 4:00 pm.



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 are March 5 and 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.

The next fitness center new member orientation is :

Wednesday, March 14 & 28 at 11:15 am

Fitness Coach Jonathan Toussaint Visits:

Wed. March 7, Mon. March 19 & Wed. March 28 from 9:30 am - 1:30 pm

While Jonathan is here he's offering a 20 minute Circuit workout. Sign up in advance.

Fitness Center Monitor Training - March 5 from 12:30 pm - 2:00 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.

Lately we've had too many leftovers. Please cancel your meal if you decide you cannot make it to the lunch.

Partnership with the Perry Hall Library



In February we started a partnership with the Perry Hall Library which began a monthly series here at Seven Oaks. They're scheduled to come to the center on the 4th Tuesday of the month to provide different presentations including information about the library, help with eBooks, as well as offer fun activities like airbrush tattoos and brain games. In April they are starting a walking group that our members are invited to join. The first walk will be **Saturday, April 28 from 9:30-10:30 am** at Honeygo Run Regional Park. Meet at the picnic pavilion closest to the parking lot.

BINGO EXTRAVAGANZA

Come to Seven Oaks for a full day of BINGO on **Tuesday, April 3 from 10:00 am - 3:00 pm.**

Tickets are \$15 in advance and include 21 games, door prizes and lunch. The early bird games will start at 10:00 am for \$1 each (arrive by 9:30 am). If you want to skip the early bird games arrive around 10:30 am and regular BINGO starts at 11:00 am. We will take a break for lunch. On the menu: Lasagna from DeSantis and salad, cake and drinks.

Tickets must be purchased in advance and go on sale 3/20. Open to the Community ages 18 and over.

Tribute to Roy Orbison

Terry Harris performs as Roy Orbison singing songs made famous by him, such as Pretty Woman, Only the Lonely, Crying, and more. Join us for this performance on **Friday, April 6 at 1:00 pm.**

Cost \$2 in advance and tickets go on sale Monday March 5. We will be serving chips, pretzels and soda.



Join Ladies Pinochle

Ladies Pinochle which meets on **Wednesdays from 9:15 am - 12:00 pm** is looking for new players to join them.

Mark Your Calendar So You Don't Miss Out!

- ◆ BINGO Extravaganza - Tues, April 3
- ◆ Roy Orbison Tribute - Friday, April 6
- ◆ Aromatherapy - Tuesday, April 10
- ◆ Caregiver's Conference - Sat, April 14
- ◆ Center Closed - Fri, April 20
- ◆ Volunteer Week - April 16-20
- ◆ Shred-a-Thon - Saturday, April 28
- ◆ Law Day - Tuesday, May 1
- ◆ Mother's Day Luncheon - Friday, May 11
- ◆ Lyric: Made in American - Tuesday, April 22
- ◆ Family Feud - Friday, May 25
- ◆ Member Appreciation Week - June 11-15
- ◆ Father's Day Lunch - Friday, June 15
- ◆ Basket Auction - Friday, June 22

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.



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**– March 21, May 9, June 18, 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.
- ◆ **Oh What a Night! A Musical Tribute to Frankie Valli and the Four Seasons at Dover Downs** Thurs, April 12 - Fri, April 13. Cost \$140 double pp/ \$190 single. Trip includes show ticket, room at Dover Downs, buffet breakfast, \$30 slot play, plus 4 hr. stop at Delaware Park. *Waitlist*
- ◆ **Parade of Nations and an Evening Showing of the VA International Tatoo in Norfolk, Virginia** Thurs. April 26-Sun. April 29. \$550 double, \$750 single.
- ◆ **Springfest, Ocean City, MD** - Thurs, May 3. Cost \$40. Enjoy music, food, craft booths and strolling the boardwalk. *Waitlist*
- ◆ **Odyssey II Monument Cruise & Lunch** - Wed, June 6. Cost \$100. Elegant three course lunch, live band and cruise to view the historic monuments of Washington, DC from the Potomac River.
- ◆ **Newport, Rhode Island** Mon, June 18-Thur, June 21. Tour historic Newport, Marble House, The breakers plus Cliffwalk, Newport Harbor Cruise, wine tasting and optional Newport slots. \$535 double, \$695 single.
- ◆ **The Gershwin Theater in NY: Wicked** - Wed, July 11. Cost \$175. Bus trip to NY for this Broadway sensation. Dinner is on your own at Mostaris Restaurant on the way home.
- ◆ **St. Michael's Day on the Bay** - Wed, August 15. Cost \$95. Visit Historic St. Michael's for sightseeing and shopping. Trip includes admission to the Chesapeake Maritime Museum.
- ◆ **Newseum in Washington, DC** Wednesday, Sept. 12. \$50 and lunch is on your own.
- ◆ **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.

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

Travel Information & Policies

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



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