



The Acorn

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



St. Patrick's Day Party ~ Thursday, March 17 ~ 12:45 pm - 3:30 pm

Wear your green as we celebrate St. Patrick's Day at Seven Oaks. The menu includes corned beef, cabbage, potatoes, carrots, Irish soda bread, green beer, wine, soda and dessert. The ever popular Reputations will entertain us.

Cost: \$17. Check the front desk for ticket availability.

Maryland Day ~ Friday, March 25 ~ 12:45 pm - 3:30 pm

Discover great Maryland locations! Glimpse into the state's history!

Learn about famous Marylanders! Be entertained by The Bopper!

Enjoy a **menu** including Maryland favorites: seafood appetizer, pit beef slider, chicken biscuit with gravy, crab chips, Berger cookie, Fisher's popcorn, black-eyed Susan drink and Natty Bohs! **Cost: \$15. Please join us! Tickets on sale March 2.**



Orioles' Opening Day ~ Thursday, March 31 ~ 12:45 pm - 3:30 pm

Winter doldrums got you down? Join Joy and her team for an O's Opening Day celebration (even if MLB is on strike, we are not!). Enjoy "popcorn, peanuts and crackerjacks"...as we "root, root, root for our home team." Hot dogs, sloppy joes, soft pretzels and other snacks will be served, along with Natty Boh beer, water and soft drinks. **Jack of All Trades** will entertain us as we play games, sing songs, have trivia contests and music, too. Wear your orange and black or O's attire. **Cost: \$10. Tickets on sale March 9.**

Perry Hall History Series

Thursday, March 10 ~ 2:30 pm

Overview of Perry Hall History and
Perry Hall from 1950 to Present

Presented by

Councilman David Marks

Thursday, March 24 ~ 1 pm

History of Perry Hall Library



National Nutrition Month 50th Anniversary of the Senior Nutrition Program

**Tuesday, March 22 ~ 12 Noon
Special Eating Together Lunch**

Menu: Roast Stuffed Chicken, White Wild Rice Blend, Dilled Carrots, Seasoned Wax Beans, Apple Juice, 1% Milk, Cake
Sign up by Monday, 3/14.

12:30-2:30 pm

Celebrate with DJ Joey Calato



SENIOR NUTRITION PROGRAM
CELEBRATE • INNOVATE • EDUCATE

Learn How to Use Zoom

Wednesday, March 9 ~ 10-11 am ~ Sign up.

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

www.SevenOaksSeniors.org

Hours Of Operation

Monday – Friday

8:30 a.m. to 4 p.m.

Look inside!





March Special Events



Bingo

Tuesday, March 1 & 15

12:30 pm

Ann and Mary call out the lucky numbers for afternoon Bingo with cash prizes. **Cost:** \$10.00.



An Eating Together lunch will be served at 12 Noon for the recommended \$2.50 donation.

Great Physioballs of Fire

Wednesday, March 2

2:00 pm

Led by Al Muehlberger. Drumming accelerates physical healing and boosts your immune system. It reduces tension, anxiety and stress.



Stop in and try this fun, feel good, therapeutic music experience that incorporates music, exercise balls, drum sticks and movement. This free

program is offered once a month. **Limited to 20 students.** All supplies provided. Please note this is not an exercise class but more of a meditative type class. Sign up in the blue binder.

Geri-Fit®

First Class Thursday, March 3 at 11:45 am
See page 4 for details.

TED Talk - Say Your Truths and Seek Them in Others

Thursday, March 3

1:00 pm

In a lyrical, unexpectedly funny talk about heavy topics such as frayed relationships and the death of a loved one, Elizabeth Lesser describes the healing process of putting aside pride and defensiveness to make way for soul-baring and truth-telling. "You don't have to wait for a life-or-death situation to clean up the relationships that matter to you. Be like a new kind of first responder...the one to take the first courageous step toward the other." Join Jim Lightner as he facilitates a lively talk after the video. Sign up.

Friday Café

Every Friday ~ 9:30 am - 10:30 am
Socialize and enjoy breakfast goodies.

Spring Class Registration

Monday, March 7 beginning at 8:30 am
Check the Quarterly Course Guide for Class Details, Dates and Costs.

Technology Help

Monday, March 7

10:00 am-1:00 pm

Judy Seechuk will assist you with your questions about your cell phones and tablets. Sign up for your 15 minute session in the blue binder.

CaptionCall

Monday, March 7

10:30 am

Learn how to communicate easier with advanced call captioning. CaptionCall is a no cost product for people with hearing loss who need captions to use the phone. Sign up in the blue binder.

Survey of the Bible with Friends

Monday, March 7, 14 & 28

1:00 pm

This is a new 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 Bible will be discussed each class. Sign up in the blue binder.

Free Hepatitis and HIV Screening

Wednesday, March 9

9:00 am-1:00 pm

Individuals should be screened at least once in his/her lifetime for both Hepatitis C and HIV. The Baltimore County Health Department will be offering free and confidential screenings. Results take approximately 20 minutes and require a finger stick. Appointments and walk-ins accepted. Sign up in the blue binder.

Perry Hall History Series

Thursday, March 10 ~ 2:30 pm
Overview of Perry Hall History and Modern Perry Hall from 1950 to Present
Presented by Councilman David Marks

Card Making Workshop

Friday, March 11

10:30 am-12:30 pm

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

Fresh Conversations:

Are Healthy Bones Important?

Tuesday, March 15

10:00 am

Discover what to do to take care of your bones. Learn how to identify risk factors for osteoporosis. Beat the odds and learn how to reduce your risk of falling. Sign up.

Holistic Nutrition

Wednesday, March 16

10:00 am

A new nutrition education seminar that will introduce the subject of Ayurveda, the ancient integrative system of medicine originating from India over 5,000 years ago. It will describe the importance of nutrition and its relationship to overall good physical health, including tips and pointers to avoid common ailments. Sign up.

St. Patrick's Day Party
Thursday, March 17 ~ 12:45-3:30 pm
See front cover for details.

50th Anniversary
Senior Nutrition Program
Tuesday, March 22 ~ 12 Noon-2:30 pm
See front cover for details.

Medication Check-Up

Friday, March 18 8:30 am-11:30 am
In partnership with Notre Dame of Maryland University. Please bring a complete list of all your medications - prescription, over-the-counter, herbal products and dietary supplements. Learn more about your medications and what you can do to ensure your safety. You will leave with an updated list of all your medications, medical information and most importantly, knowledge about your health. Sign up in advance for your 20 minute appointment in the blue binder.

Movie: A League of Their Own

Friday, March 18 12:45 pm
In celebration of Women's History Month and the start of the 2022 MLB season...As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by a publicity-hungry candy maker. Competitive sisters spar with each other, the team's scout and their grumpy has-been coach on their way to fame. Rating: PG. Run Time: 2 Hours 7 Min. Innuendo/sexual reference and swearing, Sign up in advance in the blue binder. An Eating Together lunch will be served at 12 Noon for the recommended \$2.50 donation. Sign up for lunch by 3/16.

Travel Fair
Saturday, March 19 ~ 2:00-4:00 pm
Enjoy refreshments. Sign up for 2022 trips.

HACCP -

One Wrong Step Can Make Food Deadly
Monday, March 21 9:30 & 11:45 am
Join Karen McDonough and the craft ladies as Karen presents a **brief** food safety fact from the HACCP management system.

NEW: Show n' Tell

Tuesday, March 22 10:00 am
Do you have something awesome or something you love and cherish to share with others? If so, sign up for our new Show n' Tell! Participants will have 10 minutes to talk about their item(s). You need not be a presenter to attend. Sign up.
March presentations include two extreme collections ~ WWII Prisoner of War memorabilia and a Button Collection.

Current Events (Hybrid)

Wednesday, March 23 2:30 pm
This class is offered in-person and on Zoom. Join Joy Mays as she 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 blue binder.

Perry Hall History Series
Thursday, March 24 ~ 1:00 pm
History of Perry Hall Library

Happy Hour at El Salto Mexican Restaurant
Thursday, March 24 ~ 4:00-6:00 pm

Maryland Day Event
Friday, March 25 ~ 12:45-3:30 pm
See front cover for details.
Note: No Table Tennis Today

New Member Orientation

Tuesday, March 29 2:00 pm
New members of the center are invited to learn more about Seven Oaks and the services offered by Baltimore County Department of Aging. Sign up in advance in the blue binder.

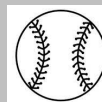
Fresh Conversations:

Fuel Your Independence with Protein
Wednesday, March 30 10:00 am
Learn why older adults need more protein. Explore healthy choices to provide protein in your diet. Discover why it is important to brush your teeth! Sign up in the blue binder.

Seated Massages

Thursday, March 31 9:00 am
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.

Orioles' Opening Day
Thursday, March 31 ~ 12:45-3:30 pm
See front cover for details.



Are You Interested in New Classes at Seven Oaks?

New classes are coming to Seven Oaks with enough interest.

These classes include:

Creative Writing

Introduction to Guitar

(8 Weeks - April-May 2022. Students will need to provide their own guitar, a guitar pick and notebook for note taking.)

Naloxone (Narcan) Training

(Presented by Baltimore County Health Department.

Must have 25 participants.)

Sign Language

Spanish

(Instructor Wanda Martinez-Vasquez will return to teach.)

If you are interested in these classes, please sign up with your name and telephone number on the interest sheets in the blue binder or email Assistant Director Karen McDonough at kmcdonough@baltimorecountymd.gov.



Geri-Fit® Begins Thursday, March 3 * 11:45 am

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. As participants become stronger, they can advance to using heavier dumbbells in order to challenge themselves even more. There's no dancing, aerobics, or choreography to learn and you never have to get on the floor. Geri-Fit® will take place **in-person** at Seven Oaks **every Thursday from 11:45 am - 12:45 pm in the multi-purpose room 2 (MPR 2)** and will be **led by volunteer Libby Bryant**. The class is **free but registration is required**. Please sign up for Geri-Fit® at the front desk.



AARP Smart Driving Course

AARP Smart Driving Course returns to Seven Oaks **Wednesday, April 13~9:00 am-1:00 pm**. This course has helped millions of drivers age 50+ sharpen their driving skills and drive safely on today's roads. Cost is \$20 for AARP members and \$25 for non-members. Cash or check made payable to AARP. Advance registration is required at the front desk. Call your insurance and ask if they offer a discount on your insurance for completing the course.

Shred-A-Thon Saturday, April 23 * 9 am-Noon

The Shred-A-Thon is co-sponsored by Seven Oaks Senior Center and the Baltimore County Employees Federal Credit Union. Each vehicle may bring up to four standard sized boxes of personal documents. Paperclips, staples, folders, credit cards and CDs are acceptable. Items that are not acceptable are binders, large clasps, plastics, metal objects, newspapers, magazines, books and clothing. Please note this is not a recycling event. Only personal documents will be permitted. The event ends at 12 Noon or once the trucks fill up. We will have 2 trucks, **We are in need of volunteers that can lift heavy boxes and bags. See staff if you are able to help out that day.**

Senior Center Staff & Executive Board



Center Director: Beckie Ebert
Assistant Director: Karen McDonough
Activity Specialist: Vacant
Community Outreach Specialist: Jessica Pontown
Center Custodian: Ed Werner

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

Meeting Schedule

Executive Board Meeting:

Monday, March 21
@ 1:00 pm

Membership Meeting:

Monday, April 25
@ 12:30 pm

Buy your lunch ticket in advance.
Lunch is served at 12 Noon.

*Everyone who attends has a chance
to win a \$50 restaurant gift card.*

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

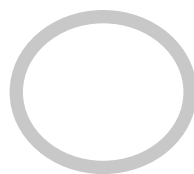
Bi-Monthly Council/Membership Meetings

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 \$50 gift card at each meeting!

Have an idea or suggestion?

Please use the suggestion box located behind the front desk.

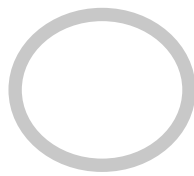


Schedule of Classes



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Monday</u>					
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	Pinochle	Tom & Sylvia Sordillo, Vol	Game Room	
9:30 am	11:30 am	Craft Projects	Sachs & Weber, Vol	Craft Room	
10:00 am	12:00 pm	Drawing	Alina Kurbiel, IC	Classroom	\$
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	
12:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
12:30 pm	3:45 pm	Mexican Train Dominoes	Volunteers	Game Room	
12:45 pm	1:45 pm	Zumba Gold	Loretta Witomski, 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	\$
<u>Tuesday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR & Zoom	\$
9:15 am	11:15 am	Knitting & Crocheting	Carol Trent Walker, Vol	Craft Room	
9:45 am	10:45 am	Int. Line Dance	Joanne Alleva, Vol	MPR	\$
10:00 am	11:00 am	Show n' Tell (2nd Tue)	June Green, Vol	Classroom	
10:00 am	12:00 pm	Chess	Tom Appel, Vol	Game Room	
11:00 am	12:00 pm	Chair Exercise	Mary Lou Adams, Vol	MPR	
12:00 pm	3:00 pm	Social Poker	Volunteers	Class Room	
12:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
12:30 pm	3:45 pm	Social Pinochle	Caryl Fletcher, Vol	Craft Room	
12:30 pm	3:30 pm	Bingo 1st & 3rd Week	Ann Knoerlein, Vol	MPR	\$
1:00 pm	3:00 pm	Bridge*	Volunteers	Game Room	
<u>Wednesday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:30 am	EnhanceFitness	Debbie Jobson, CT	MPR & Zoom	\$
10:00 am	11:30 am	TOPS (Weight Loss)	Celeste Skruch, Vol	Craft Room	\$
10:30 am	12:30 pm	Zoom: Watercolor	Alina Kurbiel, IC	Zoom - Online	\$
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	4:00 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
12:15 pm	1:15 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
1:00 pm	2:00 pm	Feldenkrais	Marika Hicks	Zoom - Online	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR Extension	
2:00 pm	3:00 pm	Great Physioballs of Fire	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
Thursday					
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	Pinochle	Tom & Sylvia Sordillo, Vol	Classroom	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol	Craft Room	
10:30 am	11:30 am	Barre Fit	Jessica Kern, IC	Inline Barre	\$
10:30 am	11:30 am	Chair Exercise	Mary Lou Adams, Vol	MPR Extension	
10:30 am	12:30 pm	Zoom: Drawing Portraits	Alina Kurbiel, IC	Zoom - Online	\$
11:45 am	12:45 pm	NEW Geri-Fit	Libby Bryant, Vol	MPR Extension	
12:00 pm	3:00 pm	Social Poker	Volunteers	Classroom	
12:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Regional	
12:15 pm	3:45 pm	Canasta	Volunteers	Craft Room	
1:00 pm	3:00 pm	Bridge*	Volunteers	Game Room	
Friday					
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	Scrabble & Other Games	Volunteers	Game Room	
9:30 am	10:10 am	Tai Chi - Beginner	Jeff Herrod, IC	MPR Extension	\$
10:20 am	11:00 am	Tai Chi - Advanced	Jeff Herrod, IC	MPR Extension	\$
10:30 am	12:30 pm	Card Making (2nd Friday)	Claire Blair, Vol	Craft Room	\$
11:00 am	12:30 pm	Vocal Group	Henry King, Vol	MPR 1	
12:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Regional	
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

Pickle Ball at Honeygo Regional Park. Playtimes are:
 Indoor Pickle Ball ~ Monday - Friday 12:00 Noon - 4:00 p.m.
 Outdoor Pickle Ball ~ Monday - Thursday 12:00 Noon - 4:00 p.m.

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 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 staff. Once we receive your medical clearance we will sign you up for a required fitness orientation.

If your membership dues were current when the center closed, your membership will be extended for the amount of time the center was closed.

The next Fitness Center Orientations for New Members are scheduled for:

Tuesday, March 1 at 11:30 am & Thursday, March 17 at 10 am.

Interested in being a Fitness Center Monitor?

The next **Fitness Monitor Training** is Thursday, April 7 from 10 am-11:30 am.

Dine With Us!

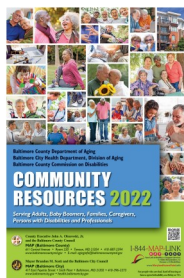
Don't eat at home alone! Come and dine with your friends at Seven Oaks. A catered lunch is usually offered on Bingo Tuesdays and on Friday movie day. In March, Eating Together lunch will be offered on **March 1, 15, 18 and a special lunch on March 22 for the 50th Anniversary of the Senior Nutrition Program (see front cover for details)**. 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.

Community Resources 2022



Community Resources 2022, Baltimore County Department of Aging's (BCDA) annual regional resource directory, is available at Seven Oaks Senior Center. This complimentary publication is celebrating its 25th edition and continues to empower Baltimore residents with information and resources to live their best lives. **Community Resources 2022** is a mini yellow pages that contains vital and current information to support older adults, Baby Boomers, caregivers, families, adults and children with disabilities and professionals. Pick up copies at Seven Oaks for yourself as well as for friends and family.

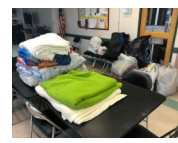


Sunshine Book



Did you know that Seven Oaks has a sunshine book at the front desk? The sunshine book is a place where you may write down the name of any registered Seven Oaks member who may need some cheering up. Do you know a member who is ill, has had surgery or has passed on? Write their name in the Sunshine Book and Penny, our corresponding secretary, will send them or their family an appropriate card.

THANK YOU Thank you to all the generous people who donated pet supplies in honor of Betty White's 100th Birthday. Fifty-six cars drove thru and donated 1,068 items. Thank you to volunteers Jim Lightner, Gina Wheeler, Sue Rende and custodian Ed for helping at the Drive Thru – greeting people, collecting supplies and giving out cupcakes and newsletters. Thank you to Gina Wheeler for helping separate, organize and count all the supplies. Thank you to Director Beckie for transporting supplies to both the Baltimore County Animal Shelter and BARCS.



Mark Your Calendar!

- ♦ April 4, 11, 25 - Survey of the Bible
- ♦ April 5 & 19 - Bingo and Eating Together Lunch
- ♦ April 6 - Great Physioballs of Fire
- ♦ April 6 & 13 - BCDA Senior Solutions Conference (Online)
- ♦ April 7 - Learn About Tax Free Income; TED Talk with Jim Lightner
- ♦ April 8 - Shop Senior Craft Gallery; Card Making
- ♦ April 12 - Show n' Tell
- ♦ April 13 - AARP Smart Driver Course
- ♦ April 14 - Eggstra Day with Grandparents - Pizza/Bunny Soap Carving/Movie
- ♦ April 17-23 - Volunteer Week
- ♦ April 19 - Fresh Conversations: Summer Check-Up
- ♦ April 23 - Shred-A-Thon
- ♦ April 25 - Membership Meeting with Lunch
- ♦ April 26 - Fresh Conversations: Herbs: Don't Miss Out on Summer Flavor
- ♦ April 27 - Current Events
- ♦ April 28 - Seated Massages
- ♦ May 13 - History of Perry Hall Mansion
- ♦ May 14 - Intergenerational: Community Arts Festival
- ♦ May 19 - BCDA Concert in the Park
- ♦ May 24 - New Member Orientation
- ♦ June 14 - Flag Day Breakfast
- ♦ June 25 - Perry Hall Town Fair
- ♦ June 30 - Red, White and Blue Picnic



Don't Forget!
The Center collects used eyeglasses and cell phones. Please place your used items in the boxes located on the newspaper stand in the Center entrance. Thank you.



**Support
Seven Oaks Senior Center**

When you shop at smile.amazon.com, Amazon donates.

[Go to smile.amazon.com](https://smile.amazon.com)

amazonsmile



Travel Opportunities

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

Come along for the ride!



A Tea Affair and Shopping

Thursday, May 5, 2022

Cost: \$65 ~ Full payment due at sign-up.

Trip Hostess: Sharon Crumbaker 410-409-3382

Only 40 seats available.

Join us as we travel to Lititz, PA... America's coolest town!

A Garden Afternoon Tea at 11:30 a.m. will include: Tea and Scones, Fresh Salad, Sweets and Savories, Tea Sandwiches, Crème Brûlée and Pastries. **"A Tea Affair" and Shopping** in the town of Lititz: Book Shop, Watch and Jewelry, Antiques, Home Décor, Fashion Accessories, Clothing, Stationery, Kitchen Products, Unique Candy Store, Boutique Yarn and Fiber, Soaps and Scents, Tea and Coffee, Music Store that sells Instruments, Thrift Shop, Paw Prints – Pet Toys, and Baked Goods – just to name a few! **We will have 2 to 2-1/2 hours to shop!** Be sure to visit "A Tea Affair" Boutique at 34 Main Street while you are shopping. ***Any food dietary restrictions for the Tea Room will be an additional \$5.00 and must be made in advance.**



Beehive ~ The 60's Musical ~ At Totem Pole Playhouse Fayetteville, PA Lunch Buffet at Mountain Gate in Thurmont before the musical.

Thursday, July 21, 2022

Cost: \$90 ~ \$50 deposit due at sign-up. Balance of \$40 due 6/21/22.

Trip Hostess: Sharon Crumbaker 401-409-3382

Bus departs from Weis Shopping Center 9:15 am and returns around 6:15 pm.

The ultimate celebration of the 1960's female empowerment. Featuring such timeless classics as "My Boyfriend's Back," "Be My Baby," "Son of a Preacher Man," and "Me & Bobby McGee," Beehive nostalgically recalls the days of miniskirts, transistor radios and flower power. Told from the perspective of six young women who came of age in this enigmatic decade, these young ladies look back on a host of issues ranging from their first Beehive Dance to the challenges we faced as a nation - all accomplished by a vast array of the most celebrated and memorable songs of the era. **Rated G** (suitable for the whole family).



Delaware Park Casino

March 23, April 27, June 8, July 20, September 14, November 2

Cost: \$25 with \$30 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. **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.

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.
- ♦ 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.
- ♦ Travelers must wear a mask on the bus.