

Vocal Group at Seven Oaks

Fridays 10:30 a.m.– 12 p.m.

Leader: Henry King

Cost: No fee, drop in at 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.

Diabetes Self Management Class

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 is a FREE 7 week class! Class will be held on Tuesdays from 1-2:30 pm, April 24-June 5, 2018.

Sign up in the free binder.

Upcoming Special Events

- Adventure Club: Monster Golf & Lunch at Remos -Sat. Feb. 24
- St. Patrick's Day Party - Tuesday, March 13
- Spring Dance with the Sensations - Friday, March 23
- Adventure Club: Trivia at Great American Steak—March 27
- Bunny Soap Carving - Friday, March 30
- Bingo Extravaganza - Tuesday, April 3
- Caregiver's Conference - Sat. April 14
- Jazz Concert: The Wayne Johnson Ensemble - Fri. April 27
- Shred-a-Thon - Saturday, April 28 from 9-1
- AARP Safe Driver - Friday, May 6
- Mother's Day Lunch—Friday, May 11
- Lyric: Made in America - Tuesday, May 22 at 1 pm
- Family Feud - Friday, May 25
- Father's Day Lunch - Friday, June 15



Seven Oaks Senior Center

9210 Seven Courts Drive
Baltimore, MD 21236

Spring 2018 Class Offerings



**Registration for Enhance Fitness,
Monday Core N' More, & Strength Training
Begins Tuesday, March 6 at 8:15 am**

**Registration for ALL OTHER Classes begins
Tuesdays, March 6 at 10 am**

NEW CLASSES!

**Diabetes Self Management
Stepping On Fall Prevention**

Most Classes begin the week of April 2.
For more information on classes please 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.

REGISTRATION PROCESS:

On the first day of registration beginning at 8:15 am we will sign up those registering for **Monday Core N' More, Enhanced Fitness, and Strength Training**. After you sign in at the front desk, request an envelope if you are signing up for any of these classes. Fill out the envelope and include your payment in it. Return it to the front desk (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 other classes please go to the MPR, you'll receive a number when you enter the room and then you will sign up with one of the registration volunteers.

Members registering for any other classes please come after 10 am to sign up. The rest of our classes do not fill on the first day of registration so no need to come early.

You are permitted to sign up 1 other person for classes if they are unable to come in that day. You must have their payment and phone number with you. All classes require payment at the time of sign up.

Please note who checks are payable to under the class description. Checks payable to CCBC are REQUIRED for SPANISH classes only. Cash is accepted for all other classes.

The staff at Seven Oaks strives to offer a variety of programs and classes that is 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.

Call the Travel Office with any questions about our upcoming trips. 443-608-0613 (leave a message)

Recreational Activities Cont'd

Jokers Wild & Chess

Mondays from 12:30 p.m. - 3:30 p.m.

No fee, drop in anytime. Your choice of game to play. The object of Jokers Wild is to move all your marbles around the board from your "Start," or "Home," to your "Castle."

Pinochle

Wednesdays 9 a.m.-12 noon *(New players wanted!)*

No fee. Members meet to play Pinochle on a weekly basis, new participants are welcome.

Men's Poker

Tuesdays and Thursdays 12 noon-3 pm

No fee. Members meet to play Poker on a weekly basis. *This group is looking for more players for a second table.*

Mah Jongg

Wednesdays 12-3 p.m.

Instructor: Thelma Neifeld

No fee. Members meet to learn how to play Mah Jongg on a weekly basis, new participants are welcome.

Pinochle

Mondays and Thursdays 9:30 am - 12:30 pm

No fee. Members meet to play Pinochle on a weekly basis, new participants are welcome.

Scrabble and More

Fridays 10 a.m.-12:00 p.m.

No fee. Members meet to play scrabble or other board games.

Card Game: Hand Foot

Wednesdays 12-3 pm

Travel with Us!

Odyssey II Monument Cruise - Wed, June 6. Cost \$100

Newseum in Washington, DC - Wed, Sept. 12. Cost \$50

Crab Feast at Fisherman's Inn - Thurs. Oct. 4. Cost \$80

American Treasures Museum - Wed. Nov. 14. Cost \$75

Fitness Center

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

Cost: \$50 for 6 months or \$100 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 filled out and medical clearance received before being scheduled for an orientation. All forms should be turned into the staff office before signing up for an orientation. Stop by the Fitness Center for an application and tour. Orientations are usually held on the 2nd & 4th Wednesday of the month from 11:15 am - 1 pm.



Recreational Activities

Bingo

1st and 3rd Tuesday of each month. 12:30-3:30 p.m.

Leader: Ann Knoerlein

Cost: \$7. Cash prizes provided to winners. The Eating Together Program will serve lunch at 12 noon.

Bridge

Wednesdays 9-11:45 a.m. & Thursdays 10 a.m.-Noon

No fee, drop in at anytime.

Canasta

Thursdays 12 noon-3:30 p.m.

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

Dominoes Mexican Train

Mondays & Thursdays from 12:30 - 3:30 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."

Arts & Crafts

Crafts and Conversation

Mondays 9:30-11:30 a.m.

Instructors: Shirley Nohe & Trudy Griffith

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.

Knitting & Crocheting

Tuesdays 9:15-11:15 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

Thursdays 10 a.m. - Noon

Instructor: Lorraine Wagner

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.

Handmade Projects for Charity

Mondays 11:45 am - 1:15 pm

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

Sew Your Own Project (s) (*New Instructor!*)

Tuesdays 11:30 am– 1:30 pm in the Craft Room **April 3-June 5**

Cost: \$45 for 10 week class. Instructor Barb McCrea.

Projects are subject to instructor approval in advance.

Friday Café - Join Us!

New and current center members are invited to get to know one another by enjoying good conversation along with coffee and baked goods. Fridays from 9:15-10:15 am.

Arts & Crafts Continued

The following 2 art classes are taught by Dottie Bishop. Classes are 10 weeks and students are to bring their own supplies.

Cost: \$35 per class, **Cash or Check to Seven Oaks Council**

Watercolor Techniques for Beg-Advanced

Mondays 1:30-3:30 pm April 2– June 11 (No class 5/38)

Acrylic Class

Wednesday 1:30-3:30 pm (April 4-June 6)

Woodcarving

Fridays 9-10:30 a.m.

Instructor: Ed Konig

Ongoing Class

Cost: FREE

Students to 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

Fridays 1-3:30 p.m.

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.

Card Making Workshops

Fridays from 10:30 am-12:30 pm: 2/9, 3/9, 4/13, 5/11, 6/1

Instructor: Claire Blair

Offered once a month and you make 3 cards per workshop. Cost is \$12 per workshop and advance sign up is required.

Drawing Class (New Time)

Thursdays 12:30 – 2:30 pm

Instructor: Alina Kurbiel

Cost: \$35 payable to Seven Oaks Council

March 29-May 31, 2018

The course is divided into three parts. The first part is an introduction to black and white media. Part two learn to draw with ink and part three is introduction to charcoal and smudging. A supply list is available when you sign up. Space is limited so sign up early.

Dance Classes

Ballroom Dance Class

Mondays 1 - 2:00 pm Instructor: Mary Jane

April 3-May 21, 2018 (8-week class)

Cost: \$20 payable to Seven Oaks Council

Beginner and experienced students are welcome to join the class.

Beginner Line Dance Class

Wednesdays 12-1 pm Instructor: Mary Thau

April 4-June 6, 2018 (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

Wednesdays 9:50-10:50 a.m. (Ongoing)

Volunteer Instructor: Joanne Alleva

Cost: \$1 per week, pay as you go, drop in anytime. This is a great way to have fun and exercise at the same time.

Intermediate Line Dance

Tuesdays 10-11 a.m. (Ongoing)

Instructor: Trudy Knight

Cost: \$2 per week, pay as you go, drop in anytime. Ongoing Class.

Learn the latest line dance steps at our weekly instructional class.

This is a great way to have fun and exercise at the same time.

Health & Nutrition

Stepping On

Wednesdays February 28-April 18 from 9-11 am

Stepping On is a falls-prevention program that draws on current evidence for falls prevention. The program has been proven to reduce falls. Guest experts are invited: vision expert, pharmacist, pedestrian safety expert, PT/OT, etc. Free! Sign up in the free program binder.

TOPS - Take off Pounds Sensibly

This weekly group meets on Wednesdays from 9:45-11:30 a.m. The fee is \$32 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. **Leader: Judy Coleman**

Exercise Classes Continued

Zumba Gold-TONING

Wednesdays 11 a.m.-12 p.m.

Instructor: Kim Privett

April 4-June 6, 2018 (10-week class)

Cost: \$25, payable to Seven Oaks Senior Center

This class combines spicy Latin dance rhythms with light weights to enhance muscle strength, tone & endurance. This unique combination of cardio & resistance exercise makes this an effective total body workout that can improve balance, posture and coordination. A pair of 1 or 2 pound weights are recommended or purchase maraca-like toning sticks from the instructor.



Zumba Gold

Mondays 2:15-3:15 p.m.

Instructor: Loretta Wittomski

April 9-June 18, 2018 (10-week class) **No Class 5/28**

Cost: \$25, payable to Seven Oaks Senior Center

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.

Water Aerobics & Warm Water Therapy

Classes are held at Kids First Swim on Belair Road.

Classes are \$6 each and you choose how many days in the month you want to swim. Classes begin the first Monday of the month and you sign **up and are charged by the month**. No refunds given.

Water Aerobics: Mon, Tues, Thurs, Friday 9-9:45 am

Warm Water Therapy: Mon, Tues, Thurs & Friday 9:45-10:30 am

To calculate your total cost due: multiple the number of days that you will attend times \$6. Pay at Seven Oaks and check payable to Seven Oaks Council.

Travel with Us!

Delaware Park - March 21. Cost is \$25 with \$30 casino rebate
Parade of Nations in Norfolk, VA. 4/12-4/13. Cost \$550 double.

New Port, RI - 6/18-6/21. \$535 double.

Wicked at Gershwin Theatre in NY - July 11. Cost \$175.

Continuing Education

Spanish Conversation Continuing

Mondays 10:30a.m. - 12:15 p.m.

April 2-June 4, 2018. No Class 5/28 (9 weeks)

Instructor: Ronald Browning, CCBC. Cost \$35 payable by check to CCBC. This course is designed to enable the student to acquire continuing communication skills in Spanish. Some basic Spanish knowledge is required. Book required: See It and Say It in Spanish by Margarita Madrigal which you can buy online.

Fitness Opportunities Off Site

Pickle Ball at Honeygo Regional Park

Pickle Ball is a fun sport that combines many elements of tennis, badminton and ping pong. It is played with a paddle and plastic ball. All equipment provided. Please wear sneakers. We play indoors.

Tuesdays & Thursdays from 10 am - 12:30pm

Wednesdays from 11 am- 12:30 pm & Fridays from 1-4 pm

Beginner Pickle Ball Instructional Play

Mondays 11:30 am—1 pm

Walking Group—Saturdays at Honeygo Park from 9:30-10:30 starting April 28. Led by the Perry Hall Library.

Hiking—To receive information on upcoming hikes please join our e-mail/text service. To receive information by text: text this message - @sevenoakss to 81010. To receive e-mail messages - send a message to sevenoakss@mail.remind.com. Beginner and experienced hikers welcome! If you would like to lead a hike please see Kathleen in the office; we are in need of more leaders.

Sign up for Weather Alerts such as Delays and Closings!

Sign up at the front desk with your cell phone number to receive text messages or your e-mail address to receive e-mail notifications.

Exercise Classes

DrumFit

Thursdays 1-1:45 pm

April 5-June 7, 2018 Cost: \$30

Instructor: Gary & Jen Lentz (Be Fit)

You'll love this new way to work out! We provide the ball and drum sticks and the heart pumping music! Get ready to sweat and have a great time while working out. Exercises can be modified for ability.

Enhance Fitness

Mondays 9-10 a.m., Wednesdays at 8:45-9:45 a.m.

& Thursdays 9-10 a.m.

April 2—June 11, 2018 (10 week class) No class 5/28

Instructor: Carole Gittings

Cost: \$25, check payable to **Baltimore County** 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. A maximum of 25 students may enroll in the class.

Table Tennis

Wednesdays 1:30-3:45 p.m. (Ongoing)

Fridays 1:00-3:45 p.m. Cost: No fee

Members meet to play single and doubles; new participants are welcome to join in. *Table Tennis is occasionally cancelled due to special events scheduled in the MPR on Fridays.*

Senior Rhythms

Tuesdays 11 am-Noon & Thursdays 10:45-11:40 am (Ongoing)

Leader: Audrey Doemling Cost: No fee, drop in anytime.

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

Strength Training *(Limited to 25 students)*

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

April 6-May 29, 2018 Cost is \$25.

This class focuses on increasing strength and improving balance, coordination, endurance and flexibility. Cash or check payable to Seven Oaks Council.

Exercise Classes Continued

Core N' More

Instructor: Gary Lenz—Be Fit Personal Trainer

Mondays from 10:30-11:30 am

Mondays from 11:45-12:45 pm

April 2-June 11, 2018 - No class 5/28

Thursdays from 11:45 am –12:45 pm (April 5-June 7)

PLEASE NOTE the Monday classes fills quickly.

\$25 Per Session - 10 week class Payable to Seven Oaks

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 low back pain. This one hour class will focus on the muscles of the abdominals, torso, back and glutes. Plus, there will be some other key all body exercises. This class is tailored for all levels. If you have a yoga mat please bring it.

Tai Chi

Fridays 9:30-10:15am Beginners & 10:15-11am Advanced Students

Instructors: Jeff Herold Assisted by Tod & Lisa Waterman

March 2-30 (5 week class) for \$15

April 6-June 15 (10 weeks) for \$30

Payable to Seven Oaks Council

Slow, rhythmic movements based on Chinese philosophic principles that present intellectual puzzles to stimulate the cerebral processes, meditations to relax the mind-body and exercises to strengthen the legs and improve balance. All levels welcome especially beginners. Wear loose, comfortable clothing. Students can come to both classes if they want to.

Yoga

Thursdays 2-3:15 p.m.

Instructor: Jana Long

April 5-June 7, 2018 (10 week class)

Cost: \$35, payable to Seven Oaks Council

This class incorporates a system of breathing practices, physical exercise, posture and meditation intended to integrate the mind, body and spirit. It is



Travel with Us!

Check out all of our 2018 trips on the travel bulletin board.