



The Acorn

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



Car Care Clinic

Thursday, June 9 ~ 1:00 pm

Presented by Tim's Automotive & Towing. Learn how to make confident decisions about your vehicle to keep it safe, reliable and cost effective. Enjoy light refreshments as well as door prizes and other fun giveaways. Sign up in the free binder.

June is National Men's Health Month

National Men's Health Week is Monday, June 13 - Sunday, June 19

A time to raise awareness about health care for men and focus on encouraging men to practice and implement healthy living decisions such as healthy bodies, exercise, healthy eating and regular visits to the doctor.

To kick off Men's Health Week let's all wear BLUE on Blue Monday, June 13.



Fathers' Day Event

Thursday, June 16 ~ 12 Noon-3:00 pm

Cost: \$15 Tickets on sale Wednesday, June 1 at 12 Noon.

Let's celebrate and thank fathers and father figures with a catered lunch and fun outdoor games including a mobile ax throwing unit and corn hole. Please wear closed toe shoes and a shirt that allows a range of motion.

The Center will be closed Monday, June 20 for the Juneteenth holiday.

JUNETEENTH

Red, White & Blue Picnic

Thursday, June 30 ~ 1:00 pm-3:00 pm

Cost: \$12 Tickets on sale Wednesday, June 8 at 12 Noon.

Join us to celebrate July 4th with an outdoor picnic. Children, grandchildren and other guests are welcome. DJ Joey McCann will entertain us so bring your lawn chair and BYOB. Cruiser's Pit Beef will be serving lunch from their truck. Purchase your lunch ticket in advance and indicate your choice of sandwich and side. Soft drink included with lunch. Come for the dancing, great tunes, delicious food and FUN! A lunch ticket is not required to attend.



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

Summer Class Registration - June 21 at 8:30 am

Hours Of Operation

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

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

Look inside!





June Special Events



DASH-Plus

Wednesday, June 1 10:00 am

This 8-week high blood pressure management program begins today for participants previously screened and qualified by University of Maryland.

Great Physioballs of Fire

Wednesday, June 1 2:00 pm



Led by Al Muehlberger. Stop in and try this fun, feel good, therapeutic music experience that incorporates music, exercise balls, drum sticks and movement.

Free program **limited to 20 students**. Note this is not an exercise class but more of a meditative type class. Sign up in the free binder.

Happy 10th Anniversary Table Tennis Players

New players always welcome to join us
as we play on our two great tables.

Wednesday and Friday 1:00 pm-3:45 pm

Technology Help

Thursday, June 2 10:00 am-12 Noon

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

TED Talk: Older People Are Happier

Thursday, June 2 1:00 pm

In the 20th century we added an unprecedented number of years to our lifespans, but is the quality of life as good? Surprisingly, yes! Psychologist Laura Carstensen shares research that demonstrates that as people get older they become happier, more content and have a more positive outlook on the world. Join Jim Lightner as he facilitates a lively talk after the video. Sign up in the free binder.

Friday Café

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

Socialize and enjoy breakfast goodies.

Volunteer Hosts Needed!

AARP Smart Driver Course

Friday, June 3 9:00 am-1:00 pm

Check the front desk for available spots for this class and the upcoming July 15 class.

AARP Members \$20/Non-AARP Members \$25.

Cash or check payable to AARP.

Wreaths Across America Meeting

Monday, June 6 10:00 am

Join us to learn more details about the program. Sign up in the free binder.

Survey of the Bible with Friends

Monday, June 6 & 27 1:00 pm

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

Bingo & Eating Together Lunch

Tuesday, June 7 & 21 12:30 pm

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



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

Hearing Screenings

Thursday, June 9 10:00 am-12 Noon

Provided by Baltimore County Department of Health's Audiology Services. Appointments are required and limited. Sign up in the free binder.

Car Care Clinic

Thursday, June 9 ~ 1:00 pm

See front cover for details.

Blood Pressure Screening

Friday, June 10 9:30 am

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

Card Making Workshop

Friday, June 10 10:30 am-12:30 pm

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

National Men's Health Week Monday, June 13-Sunday, June 19

See front cover for information.

Diamond Art Class

Monday, June 13 10:00 am-12 Noon

Led by volunteer Caryl Fletcher for those who pre-registered and paid.

Laminating

Monday, June 13 1:30 pm-3:30 pm

Visit Seven Oaks to have your medical and other cards laminated.

Flag Day & U.S. Army Birthday

Tuesday, June 14 ~ 8:30 am

Chipped Beef Breakfast

Purchase \$3 ticket in advance at front desk.

Show n' Tell

Tuesday, June 14

10:00 am

Do you have something awesome or something you love and cherish to share with others? If so, sign up for Show n' Tell! Presenters will have 10 minutes to talk about their item(s). You need not be a presenter to attend. After everyone presents, attendees may browse to get a closer look and talk to the presenters one on one. Sign up in the free binder.

World Elder Abuse Awareness Day

Wednesday, June 15

Building Strong Support for Elders
Recognize and Report Elder Abuse

Free Hepatitis C and HIV Screening

Wednesday, June 15

9:10 am-12:10 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 recommended. Walk-ins accepted if time allows. Sign up in the free binder.

Eating for Diabetes

Wednesday, June 15

11:00 am

Giant Nutritionist Melanie Berdyck will teach practical and delicious ways to manage your diabetes and keep your sugar in check. Melanie will discuss what to consider when building a meal, with examples. Sign up in the free binder.

Fathers' Day Event

Thursday, June 16 ~ 12 Noon-3:00 pm

See front cover for details.

Happy Hour at Valley View Restaurant

Home of Sour Beef & Dumplings

Thursday, June 16 ~ 4:00 pm-6:00 pm

8712 Satyr Hill Road

Limit 35 Guests

Oakettes Perform Patriotic Program

Friday, June 17

10:00 am

Our very own Seven Oaks Oakettes vocal group will perform a patriotic program in celebration of Flag Day.

Red Hats Annual Meeting

Friday, June 17 ~ 10:00 am-12:30 pm

New members are welcome to join the Red Hats. Check the wall of flyers for information.

Movie: The Intern

and Eating Together Lunch

Friday, June 17

12:45 pm

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back in the game, 70-year-old widower Ben (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben becomes popular with his younger co-workers, including his boss and founder of the company Jules (Anne Hathaway). PG-13 [Some Suggestive Content | Brief Strong Language] Run Time 2 Hours Sign up in the free binder. **Eating Together lunch at 12 Noon.** Sign up in the Eating Together binder.

Power of Produce/

How to Make Produce Last Longer

Wednesday, June 22

11:00 am

Giant Nutritionist Melanie Berdyck returns to teach you how to turn this season's vegetables into new and exciting dishes for your dinner table. Melanie will also discuss the steps to extend the life of fresh fruits and veggies and ways to stretch the life of produce nearing its end. Sign up in the free binder.

Current Events

Wednesday, June 22

2:30 pm

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 free binder.

Intro to Tap Dance Begins Today

Friday, June 24

10:15 am

See page 8 for details about the class.

Perry Hall Town Fair

Saturday, June 25 ~ 10:00 am-3:00 pm

See page 4 for details.

Seated Massages

Thursday, June 30

9:00 am-2:30 pm

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

Red, White & Blue Picnic

Thursday, June 30 ~ 1:00 pm-3:00 pm

**Bring your children, grandchildren
and other guests.**

See front cover for details.

Relationship Psychology Series

Wednesday, June 15, 22 & 29 ~ 11 am

Join Casey Saylor, MSW from the Mental Health Association of Maryland for a discussion about the many ways that relationships change in later life. Participants will learn some of the psychology behind these changes, myths that are hurting relationships, and healthy ways to cope with them. Participants will be invited to share their experiences, tips and resources. **These programs are virtual. Registration link will be sent in a Seven Oaks weekly update.** Participants can register once to attend any event in the series. All events will use the same link. Come as you can. Attendance at all 3 is not required although registration does mention all 3 programs.

Seven Oaks will offer programs 2 and 3 virtually at the center.

1. **Wednesday, June 15 at 11 am** - Grandparenting and friendships later in life
2. **Wednesday, June 22 at 11 am** - Parental relations with adult children and relationships with aging parents and family members
3. **Wednesday, June 29 at 11 am** - Long term romantic relationships, separation/divorce and dating in later life



The Baltimore County Department of Aging is excited to announce the annual Senior Farmers' Market Nutrition Program check distribution. A lottery will be used to draw the names of people qualified to receive a book of checks worth \$35 which can be used at Farmers' Markets across the state.

Between June 27 and July 1, Baltimore County residents age 60 and older who meet income guidelines can register for the lottery by:

• Calling 410-887-0311 or

• Completing an online form at www.baltimorecountymd.gov/eatingtogether

FARMERS' MARKET CHECKS WILL BE MAILED TO THOSE SELECTED IN THE LOTTERY.

To be eligible for the lottery, residents must have an annual income below \$23,828 for an individual and \$32,227 for a two-person household.

Only one book of checks will be distributed per household.

Applicants will need to provide their name, address, telephone number, email address (if available), month and year of birth, ethnicity and race when calling 410-887-0311 or filling out the online form.

Farmers' Market Check Books are provided by the U.S Department of Agriculture and administered in Maryland by the Maryland Department of Agriculture and Maryland Department of Aging. The purpose of the Senior Farmers' Market Nutrition Program (SFMNP) is to:

1. Provide fresh, nutritious, locally grown fruits and vegetables from farmers' markets to low-income seniors.
2. Increase the domestic consumption of agricultural commodities by expanding or aiding in the expansion of domestic farmers' markets.
3. Develop or aid in the development of new farmers' markets.



To learn where open farmers' markets are located, visit www.marylandsbest.net.
For more information, visit www.baltimorecountymd.gov/eatingtogether or call 410-887-3052.

**Perry Hall
Town Fair
Saturday
June 25**

10 am-3 pm

Don't forget to visit
Seven Oaks
Senior Center at the
25th Anniversary
Perry Hall Town Fair.
The Fair will take
place on Ebenezer
Road in front of Perry
Hall High School.
Admission is free but
the Kids Adventure
Zone will have
ticketed games as well
as free activities.
Volunteer at our
booth for a 2-1/2
hour shift in the
morning or afternoon.
Let Beckie or Karen
know you would like
to volunteer for this
fun event.



Senior Center Staff & Executive Board



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

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

Meeting Schedule

Executive Board Meeting:

Monday, June 13 @ 1:00 pm

Membership Meeting:

Installation of Executive Board

Monday, June 27 @ 12:30 pm

Lunch at 12 Noon

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

Menu

Choice of American or
Italian Cold Cut Sub from Maria's
Iced Tea, Water, Cake

*Everyone who attends has
a chance to win a gift card.*

The Seven Oaks Executive Board consists of center members who are elected by the center council/ membership to hold office and make decisions on behalf of the membership. The center council and executive board work to assist staff in accomplishing the center's mission.

Seven Oaks Mission

The purpose and mission of Seven Oaks Senior Center is to provide a progressive and safe environment where seniors can find the opportunity to maintain healthy, active living. Services and assistance are available to the Perry Hall, White Marsh & surrounding communities, meeting the needs of senior individuals and their families.

BCDA Mission

The Baltimore County Department of Aging strengthens lives by providing services, programs and connections to resources.

It is the policy of the Baltimore County Department of Aging that all people who attend classes or programs at the senior center must register as a member each year.

*Baltimore County Department of Aging is
an equal opportunity service agency.*

Minutes from the board and council meetings are posted on the bulletin board in the MPR and also available online at SevenOaksSeniors.org. The financial report is posted in the MPR.

Center Membership and Registration

Senior Center membership is free and granted to Baltimore County residents 60 years of age and older and their spouses (spouse can be under 60 years of age). Non-county residents are also eligible to register as members of the center. Members must be able to function in the center without one-on-one assistance from staff and be able to move independently (with or without assistive devices) within the center. You can join multiple senior centers when you join Seven Oaks. Membership is valid for 1 year from date of sign up.

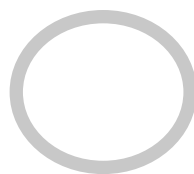
Bi-Monthly Council/Membership Meetings

If you're a member of Seven Oaks then you're a member of the Council! Every other month we hold a council/membership meeting to discuss the business of the center and vote on financial matters. A lunch is usually served at noon and the meeting starts at 12:30 p.m. Members are highly encouraged to attend these meetings and to help shape the future of the center.

We give away a gift card at each meeting!

Have an idea or suggestion?

Please use the suggestion box located behind the front desk.

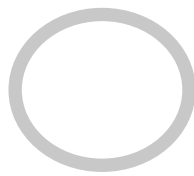


Schedule of Classes



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<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	
10:15 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	Kathy Lally, IC	MPR Extension	\$
1:00 pm	2:00 pm	Survey of Bible (Select Mon)	Nelda Murphy, Vol	Classroom	
1:30 pm	3:30 pm	Watercolor Projects	Karen Ruberry, CCBC	Craft Room	\$
2:00 pm	3:00 pm	Ballroom Dance	Mary Jane Hartner, IC	MPR Extension	\$
<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*	Volunteers	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	
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 Tue)	Mary Kulishek, Vol	MPR	\$
1:00 pm	2:00 pm	Tai Chi Quan	David Huya, CT	MPR & Zoom	\$
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	3:45 pm	Table Tennis	Free Play	MPR Extension	
2:00 pm	3:00 pm	Physioballs (1st Wed)	Al Muehlberger, Vol	MPR Extension	
2:30 pm	3:45 pm	Current Events (4th Wed)	Joy Mays, Vol	Game Room & Zoom	

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



Schedule of Classes



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Thursday</u>					
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	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	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	2:00 pm	Tai Chi Quan	David Huya, CT	MPR & Zoom	\$
1:00 pm	3:00 pm	Bridge*	Volunteers	Game Room	
<u>Friday</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	\$
9:00 am	12:00 pm	Scrabble & Other Games	Volunteers	Game Room	
10:15 am	10:45 am	Intro to Tap Dance	Kathy Lally, IC	MPR 2	\$
10:30 am	12:30 pm	Card Making (2nd Fri)	Claire Blair, Vol	Craft Room	\$
11:00 am	12:30 pm	Vocal Group	Henry King, Vol	MPR 1	
12:00 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.

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.

Beginner Pickleball Monday 12 Noon - 4:00 p.m. AND Tuesday-Friday 2:00-4:00 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.**

Intro to Tap Dance Begins Friday, June 24 - 10:15 am

Seven Oaks is offering a 30-minute Intro to Tap Beginner class on Fridays at 10:15 am for 10 weeks from June 24 through August 26. 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. The August 26 class will be a Performance for the Senior Center...not mandatory to participate, but lots of Fun!!!

Cost of the class is \$20 for 10 weeks. Register at the front desk.

2022 College Scholarship Application due July 1

The Seven Oaks Senior Center is offering a \$1,000 college scholarship to a grandchild, who will be an incoming college freshman in 2022, of a Seven Oaks Senior Center member.

Pick up an application at the front desk or check your Seven Oaks weekly update for a copy of the application which contains the requirements and other information.

Fitness Center

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

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

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

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

All paperwork should be turned into staff.

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

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

Thursday, June 2 at 1:30 pm & Thursday, June 16 at 9:00 am.

Interested in being a Fitness Center Monitor or Need a Refresher Class?

The next **Fitness Monitor Training** is Thursday, June 2 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 May, Eating Together lunch will be offered on **June 7, 17 and 21**. 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.**



Baltimore County Department of Aging 2022 5K Run/Walk • 1 Mile Walk "Stepping into a Brighter Tomorrow!"

Race proceeds support BCDA's wellness programs for older adults

Sunday, September 18, 2022 • 8 a.m.

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

**Roads close at 8 a.m.,
Warm-Up is at 8:15 a.m.,
and 5K begins at 8:30 a.m.**



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



Register at www.getreadygetsetgetfit5k.com or call 410-887-2040.

**Join the Seven Oaks Mighty Oaks 2022 Run/Walk Team.
Watch for the sign up board coming soon.**



Mark Your Calendar!

- ♦ Mon July 4 Center Closed for July 4th Holiday
- ♦ Tue July 5 & 19 Bingo & Eating Together Lunch
- ♦ Wed July 6 Great Physioballs of Fire
- ♦ Thu July 7 TED Talk
- ♦ Fri July 8 Card Making Workshop
- ♦ Mon July 11 & 25 Survey of the Bible with Friends
- ♦ Wed July 13 Medicare Basics
- ♦ Thu July 14 History of Jerusalem Mill
- ♦ Fri July 15 AARP Smart Driver Course; Healthcare Fraud
- ♦ Wed July 20 Gilchrist - It's Never Too Early To Get Things In Order
- ♦ Thu July 21 Seated Massages; New Member Orientation
- ♦ Fri July 22 Movie Matinee & Eating Together Lunch
- ♦ Mon July 25 FBI Baltimore Fraud Protection Class
- ♦ Wed August 10 Changes in Medicare
- ♦ Thu August 11 Shrimp Feast
- ♦ Fri August 19 Deadline for Creative Arts Contest
- ♦ Fri August 26 Center Closed for Staff Learning Day
- ♦ Wed September 14 Register of Wills
- ♦ Thu September 15 No Senior Eats Alone Day
- ♦ Sun September 18 BDCA 5K Walk/Run 1 Mile Walk
- ♦ Wed September 21 Gilchrist - Things My Kids Should Know
- ♦ Wed September 28 Medicare Part D Research





Travel Opportunities

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

Come along for the ride!



2022 Trips

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



Delaware Park Casino

June 8 (WAIT LIST), July 20, September 14, November 2

Cost: \$25 with \$25 cash rebate

Full payment due at sign-up.

Trip Hostess: Cindy Mabus 410-375-2422

Bus departs 9:30 am from Weis and boards at casino at 3:45 pm. Sign up no earlier than the day after the prior trip. Please use a **green envelope** at the travel desk to sign up for Delaware Park Casino trips. **Delaware Park Trip Reminders:** When signing up for the trip, please fill out the chart with your DOB and player card number. On the day of the trip bring your player card and photo ID.

CANCELLED (lack of participants) Cape May, NJ ~ June 1-3

Beehive ~ The 60's Musical at Totem Pole Playhouse, Fayetteville, PA ~ July 21 - \$90

WAIT LIST

Harriet Tubman Underground Railroad Visitor Center &

Fisherman's Crab Deck Crab Feast, Church Creek, MD ~ August 19 - \$110

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

WAIT LIST

Finger Lakes, Upstate, NY ~ September 27-30

\$619 Per Person/Double; \$819 Per Person/Single

The New International Spy Museum, Washington, DC ~ October 13 - \$60
(Only 39 Seats Available)

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

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

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

WAIT LIST

Travel Information & Policies

- ♦ Trips are open to the public 18 years and older. All travelers over 60 years must be a member or register to be a member to travel with us. The first two weeks that a trip is advertised are reserved for center members to sign up.
- ♦ Request for special ADA accommodations must be made when you sign up for a trip.
- ♦ All checks must be made out to **Seven Oaks Senior Center Council**. One check per trip. Fill out an envelope with your information, put your payment inside the envelope, seal and place the envelope in the black lock box on the wall near the travel desk.
- ♦ Travelers will only receive a refund if a replacement can be found.
- ♦ A liability waiver must be signed by each traveler for each trip.
- ♦ All trips depart from the Weis Shopping Center on Joppa Road, unless otherwise noted.
- ♦ Travel insurance is recommended for overnight trips.

