

NEW INSTRUCTOR ALERT!!!
Conversational Basic Sign Language
Fridays from 1:30 p.m. to 3:00 p.m.
TBA

Description: Learn the basic fundamentals of conversational American Sign Language (ASL) such as signed alphabet, and essential nouns, pronouns, verbs, adverbs, and adjectives, and researching and choosing appropriate signs from an ASL dictionary. Learning about the Deaf Culture will also be covered.

Cost per student: \$60 per student
(\$70 if student is under the age of 60).

General Housekeeping

In order to promote a welcoming environment for all Classes, Programs and Special Events, please silence all cell phones.

No side conversations and or interrupting each other when someone else is speaking.

If you are late, please come in quietly and do not create a disturbance when coming in.

Remember to be kind and respectful of other people.



Seven Oaks Senior Center

9210 Seven Courts Drive
Baltimore, MD 21236

*1st
Edition*

Fall 2023



Tuesday September 12 is Class registration for EnhanceFitness ONLY

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

See inside for class start dates and more information or call Seven Oaks Senior Center at 410-887-5192.
Center Closed: 9/4, 10/9, 11/10 and 11/23



Welcome!

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

You must show your BC-PASS scan card to register for a class!

FALL REGISTRATION PROCESS:

On the MORNING of registration we will sign up those registering for **EnhanceFitness only. Someone will be in the parking lot in her/his car giving out numbers. After you get a number you can wait in your car or outside. DO NOT ARRIVE BEFORE 7:30 A.M.** The building will open at 8:15 a.m. and after you sign in at the front desk, proceed to the MPR. We will distribute envelopes to those in line for EnhanceFitness. If the line is longer than the number of spots in the class you will be put on the wait list. Fill out the envelope and include your payment in it. Return it to the designated basket (don't seal the envelope). You can pick up your receipt later in the week at the front desk if you ask for it. If you are signing up for any classes other than the 1 mentioned above see the front desk at anytime. Most classes are not on the same schedule as EnhanceFitness. You cannot sign up someone else up for the above class. If you can't come that day please send someone to sign you up who is not in the class you want to register for. It doesn't have to be a member who signs you up. They must have your payment and phone number with them.

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

All classes require payment at the time of sign up.

EnhanceFitness is payable to Baltimore County, MD.

All other classes are payable to Seven Oaks.

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

**Have a Suggestion for a New Class?
Leave it in the suggestion box in the lobby! We love new ideas!**

Recreational Activities Cont'd

Canasta

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

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

Pinochle

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

Dominoes & Mexican Train

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

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

Social Pinochle

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

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

Poker

Tuesdays and Thursdays 12:15 p.m. - 3 p.m.

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

Hand Foot Canasta

Wednesdays 12 Noon - 3 p.m.

No Fee.

Mah Jongg

Wednesdays 12:15 p.m. - 3 p.m.

No fee. Members meet to play Mah Jongg on a weekly basis.

New participants are welcome.

Scrabble

Fridays 9 a.m. - 12:00 Noon

No fee.

BUNCO

Every other Tuesday at 9:30 am

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

Bridge

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

No fee. Drop in at anytime.

For Your Mind and Body

Advanced Spanish FREE Class

Instructor: Maria Luque, Wednesday 10– 11:30 a.m.

Join Volunteer instructor Maria as she teaches you how to speak Spanish. Previous knowledge of Spanish suggested.

TOPS - Take off Pounds Sensibly Leader: Claudia Maher

This weekly group meets on Wednesdays from 9:45 a.m.-11:30 a.m.

The fee is \$51 to join with a yearly renewal of \$39 and \$1 per week & \$.25 penalty for weight gain. Weigh in weekly and learn about healthy eating, exercise tips, and how to make better food choices.

Current Events

Leader: Joy Mays

4th Wednesday 2:30 p.m.

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

Great Physioballs of Fire

Instructor: Al Muehlberger

1st Wednesday of each Month at 2 pm

Drumming accelerates physical healing and boosts your immune system. Drumming reduces tension, anxiety and stress, helps control chronic pain, and releases negative feelings. Sign up in the program binder if you plan to attend. Limited to 20 students.

Survey of the NIV Bible with Friends

Select Mondays, See Newsletter 1:00 pm

Instructor: Nelda Murphy

This is an educational class about the NIV Bible which will take place on select Mondays each month. The class will give a basic overview of the Bible including the Bible's origins, divisions, geography, history, people, places and events. Different aspects of the Bible will be discussed each class. Sign up in advance.

Recreational Activities

Bingo and Eating Together

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

Leader: Mary Kulishek

Cost: \$10.

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

Florida Canasta

Fridays 12:30 p.m. - 3:45 p.m.

No fee. Drop in at anytime.

Arts & Crafts

Crafts and Conversation Instructors: Ken S. & Marsha W.
Mondays 9:30 a.m. - 11:30 a.m. Cost: Small fee.

Drop in at anytime. Ongoing Class.

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

Knitting & Crocheting

Tuesdays 9:15 a.m. - 12:15 p.m.

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.

Leader: Joan Shaull

Cost: No fee.

Quilting - Hand & Machine

Thursdays 10 a.m. - 12 Noon

Drop in at anytime. Ongoing Class.

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

Instructor: Volunteer

Cost: No fee.

Projects for Charity

Leader: Barbara Goldsmith

Mondays 11:45 a.m. - 1:15 p.m.

Cost: No fee.

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

Woodcarving

Thursdays 8:30 a.m. - 9:45 a.m.

Ongoing Class

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

Instructor: Ed Konig

Cost: No fee

Stained Glass

Fridays 1 p.m. - 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.

Instructor: Amy Rynes

Cost: No fee

Arts & Crafts Continued

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

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

Discover Acrylic Painting
Mondays 1:30 p.m. - 3 p.m. Instructor: Penny Potter
10/16- 12/18.
Cost: \$60 (checks made payable to CCBC)

In this beginners course, receive an overview of acrylic painting including types of brushes, paints and basic color theory and how to use the color wheel to balance color and composition. Explore how to use and mix colors and pigments, how to apply techniques using different kinds of brushes, mediums, and materials. Bring basic painting supplies to first class: canvas pad, three nylon brushes, palette, and primary paint colors. No previous drawing or painting experience needed.

Pickle Ball

Honeygo Regional Park Monday - Friday, 12-3 pm
August 28- December 22 Cost: \$5 for Fall semester
Pickle Ball is a fun yet challenging sport that combines many elements of tennis, badminton and ping pong. It is played with a paddle and plastic ball. Players should be generally athletic if they do not have prior paddle sports experience. Players should bring their own paddle. Please wear sneakers. We play indoors. Players must be current members of Seven Oaks. Please show your pickle pass when you show up to play. Passes on sale **August 14** limited to 150 passes.

Must show your pass EACH time you play.

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

Code: 7Pickles

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

Online Only Classes

Sky in Watercolor (on Zoom)
9/13- 10/18

Cost: \$25 per 6 weeks

Description: During this session we will observe everyday sky. We will paint various weather conditions. We'll start easy with sunny sky and later try some stormy one. Sunrise, sunset, day, and night, we will try it all. We will practice loose approach to painting to enjoy watercolor unpredictable nature.
Everyone is invited.

Drawing the Forest (on Zoom)
9/14-10/19

Cost: \$25 per 6 weeks

Description: During this course we will learn how to draw various trees, shrubs, berries. We will also try to draw forest animals like deer, squirrels, and foxes. We will try to pay attention to the light in the shade of the trees. Everyone is invited.

CORE de Force (on Zoom)

Thursdays 9 a.m. -10 a.m. Instructor: Karen Kansler
TBA

Cost: \$25 for the 8 week class.

Payable to Seven Oaks Council.

Join this 1 hour core class to tone, stretch, and strengthen the entire core area (upper & lower abs, hips, thighs, buttocks and lower back.) A strong core makes everything you do easier! Having a strong core is important for overall body strength, improved posture and balance and will help prevent lower back pain.

Meditation

Instructor: Mickey Fenzel

Tuesdays 10-11 a.m., In person and On Zoom **No Fee**

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

Friday Café

Friday Mornings 9:30 – 10:30 am

Volunteer Hosts Needed!!! See clipboard to register.

Questions? See Staff for more information.

Dance Classes

Ballroom Dance Class

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

Payable to Seven Oaks Council

8/7- 10/2, No class 9/4 Next class 10/16-12/4

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

Beginner and experienced students are welcome to join the class.

Cost increase next semester to \$25.

Beginner Line Dance Class

Wednesdays, 12- 1 pm

9/6-11/8

Instructor: Mary Thau

Cost: \$25 per 10 weeks

Learn the basics of line dance and have fun while learning.

Intermediate Line Dance

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

Instructor: Fore/Alleva

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

Advance Tap Dance

Fridays, 10/6- 12/15 No Class 11/10 @ 10- 10:45 am

Cost: \$30 for 10 weeks

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

Maximum of 20 participants in each class, Minimum 10.

Beginner Tap Dance

Fridays, 10/6- 12/15 No Class 11/10 @ 11- 11:45 am

Cost: \$30 for 10 weeks

See description above.

Music

Acoustic Guitar Lessons - Free

Thursdays 10 a.m-11 a.m.

Volunteer Ron Kraft teaches you how to play acoustic guitar.

Oakettes Vocals Group

Fridays 11 a.m.—12:30 p.m.

Leader: Cal Goeller No fee. Drop in anytime.

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

Fitness Center

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

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

Improve your physique and enhance your overall well-being at our state of the art fitness center. A Fitness Center application must be completed before paying for a membership. Stop by the Fitness Center for an application and tour.

No Doctor Clearance or Orientation required .

Upcoming Orientations: (Optional, No longer Mandatory)

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

See staff to sign up for orientation.

Exercise Classes

Table Tennis

Wednesdays 1:00 p.m. - 3:45 p.m.

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

Cost: No Fee

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

Chair Exercise

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

Leader: Mary Ann Benner Cost: No fee. Drop in anytime.

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

Geri-Fit

Instructor: Libby Bryant

Thursdays 11:30 a.m. - 12:30 p.m. (Ongoing)

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

Exercise Classes Continued

EnhanceFitness

Mon, Wed & Thurs 8:30 a.m.—9:30 a.m. (3 days per week class)

10/4 - 12/20 (10 week class), No Class 10/9, 10/26, 11/9, 11/23

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

Instructor: Debbie Jobson

Cost: \$25 for 10 weeks.

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

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

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

Monday Yoga

Instructor: Karen Kansler

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

TBA

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

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

Wednesday Yoga

Instructor: Karen Kansler

Wednesdays @ 10 am

TBA

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

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

Classes in red are classes that are awaiting instructor schedule.

Exercise Classes Continued

Chair Assisted Yoga

Mondays 11:30 a.m. - 12:30 p.m. Instructor: Karen Kansler

TBA

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

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

Zumba Gold

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

Instructor: Kathy Lally

10/2– 12/11, no class 10/9

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

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

Strength Training

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

TBA

Instructor: Karen Kansler

25 student limit in person. No student limit on Zoom.

Cost is \$25 for the 8 week class.

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

Cash or check payable to Seven Oaks Council.

Beginner Spanish FREE Class

In-person at Seven Oaks and on Zoom

Instructor: Maria Luque

Tuesdays 8:45– 9:45 a.m. Beginning 9/5

Join Volunteer instructor Maria as she teaches you how to speak Spanish and gives weekly assignments.

Everyone welcome.