



The Acorn



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

Check Out Our Upcoming Adventure Club Outings

Looking for a fun activity to do this summer? Join our Adventure Club in July and August! On **Friday evening, July 13 from 6:30pm - 9:30pm** we're going to meet at **Feet On The Street** in Towson. The Jury will perform and everyone loved listening to them at the Concert in the Park. Feet on the Street is located on Allegheny Avenue and features a bar with a variety of beers, wine, and cocktails as well as a moon bounce and face painting. Bring your friends and family for a fabulous Friday night!



On **Friday, August 3 from 5pm - 9:30pm** we'll be going to **First Friday in Harve de Grace**. It's a family-friendly, festive celebration on closed downtown streets with live entertainment, cafe seating, merchant specials and more! Located in downtown Havre de Grace.

Members and their guests of any age are welcome to join the fun. Sign up in the binder at the front desk for event details and to find out the meeting spot for the group. Members are encouraged to carpool and are welcome to park in the lot here at Seven Oaks.

Gospel Show and Lunch - Friday, July 20 at 12:45 pm

Join us for a fried chicken lunch at 12:45 and the Gospel Show will follow at 1:30pm. Tickets are \$10 in advance. Tom Delaney returns after his lively St. Patrick's Day performance with classic gospel songs, such as "Just A Closer Walk With Thee", "By and By", "Wayfaring Stranger", and "Love Will Roll the Clouds Away", along with novelty songs like "Dem Bones". Tom also has a host of stories about parish life that will surely entertain everyone.

Gospel Show

Center Closed Wednesday, July 4

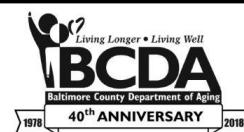
Happy 4th of July

Seven Oaks Senior Center

9210 Seven Courts Drive
Baltimore, MD 21236
Phone: 410-887-5192
Fax: 410-887-5140
Travel Office: 443-608-0613
www.baltimorecountymd.gov/aging
sevenoakssc@baltimorecountymd.gov
www.SevenOaksSeniors.org

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

Look inside!






July Special Events



In an effort to get to know our fellow members please wear a name tag the first two weeks of July.


Ask A Lawyer or Financial Planner, Doug Burgess Transition Series

Friday, July 6 10:15 am

 Sign up for a 10 minute slot and bring your financial or legal documents for help. Or if you have questions about your device bring it along. Sign up in advance.


Facebook Lesson for Android Users

Friday, July 6 1:00 pm

 Do you have an android device? Do you want to learn how to use Facebook or get a refresher? Join Courtney for a Facebook lesson for android users. Limited to 10 people.


Scrapbook Travel: Peru and Chile

Monday, July 9 1:00 pm

 Join member, Rosemary Ward as she flips through her scrapbook and shows pictures from her travels.


Maryland Library for the Handicap

Tuesday, July 10 1:00 pm

 Join an Outreach Librarian to hear about the many resources the Maryland State Library for the Blind and Physically Handicapped can provide Marylanders who are unable to read standard print. Sign up in advance.


Living Healthy with High Blood Pressure

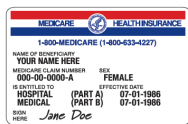
Tuesday, July 10 1:00 - 3:00 pm

 This 2 hour workshop is for those diagnosed with hypertension or high blood pressure and want to learn how to better manage their condition. The following topics will be covered: what is high blood pressure, handling salt and sodium intake, knowing your numbers and home monitoring tips. Limited to 20 participants. Sign up in advance.

Are You 65 or Older and Retiring?

Thursday, July 12 10:30 am


 Join Henita R. Schiff of Wealth Preservation Advisors to learn how to navigate, receive your Medicare card and enroll in a Supplemental, Drug or Advantage Plan and avoid penalties. She takes you through the process and makes it easy to understand. Sign up in advance.



Personal Security

Friday, July 13


11:00 am

 Join Public Safety Officer, Bryan Dietsch from the Baltimore County Police Department for a presentation on Personal Safety. Sign up in advance.

The Star Spangled Town of 1814

Friday, July 13

1:00 pm

 Join Baltimore historian and educator Wayne R. Schaumburg for the second of three programs on Baltimore and the War of 1812. This illustrated presentation will focus on what it was like to live in Baltimore at the time. By 1814, Baltimore's population had surpassed 50,000 people making it the largest city in Maryland. It's economy was based on trade, ship building, and flour milling. The program will look at major landmarks that are still standing today. We will identify the "movers and shakers" of the city who include William Patterson, General Sam Smith, and Alexander Brown among others. The talk will also focus on where people worked and lived as well as how they spent their leisure time. Finally, we will look at our city government, established in 1797, and discover that many of the urban problems we have today existed back in 1814. So join us for a chance to go back in history 204 years!

Adventure Club: Feet on the Street

Friday, July 13 6:30 - 9:30 pm

See page 1 for details.

Tickets for Our Seven Oaks Honfest on


Friday, August 17 go on sale on

Monday, July 16. See page 4 for details.

It's All About the Calories!

Wednesday, July 18

10:30 am

 Join our TOPS group for this lecture from our Nutrition Made Clear DVD series on Calories! Here's a little fact: If you need 2000 calories a day but you consume an extra 100 a day, you're going to gain 10 pounds every single year. Sign up in advance.

Friday Café - 9:15 - 10:15 am

Join Us every Friday morning!


New and current center members are invited to get to know one another by enjoying good conversation along with coffee and baked goods.

Please wear a name tag!

Current Events

Wednesday, July 18


2:30 pm

 Join volunteer Joy Mays and other members to discuss current news and politics. If you'd like bring a newspaper article to share. Sign up in advance.

Brain Fitness with Robin Zahor, RN

Thursday, July 19


11:00 am

 Join Robin for brain games that will keep your mind active. Sign up in advance.

Understanding Your Pets Body Language

Thursday, July 19

1:00 pm

 How many times have you wished your pet could talk so you know exactly what he is thinking? Join the MD SPCA for a discussion on your pet's body language and how to understand what your pet is saying by their actions. Sign up in advance.

Gospel Show and Luncheon


Friday, July 20 at 12:45 pm

See page 1 for details.

Walking with the Perry Hall Library

Saturday, July 21


9:00 am

 Join the Perry Hall Library's monthly walking club. They will meet at HoneyGo Run Regional Park at the picnic pavilion closest to the parking lot. Wear comfortable shoes and bring water.

Facebook Lesson for Apple Users

Monday, July 23


1:30 pm

 Do you have an apple device? Do you want to learn how to use Facebook or get a refresher? Join Kathleen as she walks you through Facebook for iPhones/iPads. Limited to 10 people. Sign up in advance.

Healthcare Fraud and Abuse

Tuesday, July 24


1:00 pm

 Even if you do everything right, you could still be a target of health care fraud. Learn how to spot deceptive practices and identity scams. Learn how to recognize and report billing errors. This presentation will be conducted by BCDA's Senior Medicare Patrol. Sign up ahead.

New Member Orientation

Thursday, July 26


2:00 pm

 New members of Seven Oaks are invited to learn more about the center and the programs and services offered onsite and through the Dept. of Aging. Sign up in advance.

Women Of A Certain Age

Wednesday, July 25


1:30 pm

 This group identified ourselves as women of a certain age and pin pointed some 'Wisdom Nuggets' Let's continue the exploration & talk about: How you "**Keep Current**" & "**Do New Things**". Join us to share tips, ideas, laugh a little & stretch our boundaries. Last month we identified ways to Stay Positive which included: prayer, reading devotionals, remembering those in need, planning your day, setting up a work area, getting out of bed and getting dressed, use the Acorn to organize ways to connect with others, make goals and enjoy nature by looking at the moon and stars or taking a walk. Sign up in advance.

Meet Up: The All American Steakhouse

Thursday, July 26

4:00 pm - 6:00 pm

 Meet up for happy hour at the All American Steakhouse on Joppa Rd. Hangout with your friends from Seven Oaks and enjoy happy hour specials. Sign up in advance so we can call ahead with a headcount.

Movie: I Can Only Imagine

Friday, July 27

12:45 pm

The inspiring and unknown true story behind MercyMe's beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness. An Eating Together lunch will be served at Noon for \$2.50 donation. On the menu: OJ, Venetian Chicken Breast w/Tarragon Shallot Cream Sauce, Harvest Rice, Green/Wax Bean Blend, WG White Wheat Bread, Cinnamon Applesauce and 1% Milk. Sign up for lunch by 7/25.



Brain Games with Alexa

Monday, July 30


12:30 pm

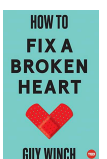
Join Leslie as she has Alexa tax your brain. Sign up in advance.

Ted Talk: How To Fix a Broken Heart

Tuesday, July 31

1:30 pm

 Psychologist Guy Winch reveals how recovering from heartbreak starts with a determination to fight our instincts to idealize and search for answers that aren't there -- and offers a toolkit on how to, eventually, move on. Our hearts might sometimes be broken, but we don't have to break with them. Join Jim Lightner as he facilitates a lively talk after the video. Sign up in advance.



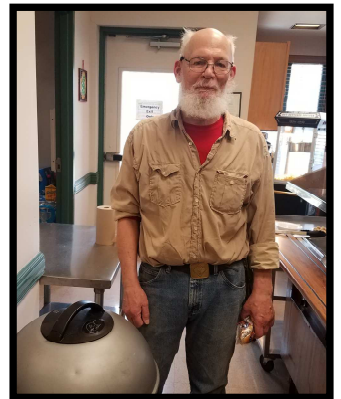
Art Submissions Wanted

Art & Craft Contest—Friday, August 24 from 9:15 am – 11 am

Winners of this competition will compete in October at the **Baby Boomer /Senior Expo** Art/Craft Contest on October 3 & 4. . Entries wanted! Stop by the front desk for an entry form which includes entry rules. Voters are needed the day of the contest so be sure to stop by at the Friday Café and vote for your favorite art pieces! Categories include: *Carving/ Sculpture, Ceramics, Drawing, Fabric and Fiber, Glass Art, Jewelry, Painting and Photography*. We will also have our own needlecraft category (sewing, quilting, knitting, crocheting) which is not included at Expo.

Volunteer of the Year - Ed Koenig

Congratulations to our Volunteer of the Year, Ed Koenig! Ed has served on the board as Sergeant at Arms for the past 2 years. He also has been teaching the woodcarving class for many years at Seven Oaks. In addition to the woodcarving he taught members and their grandchildren to soap carve for special Intergenerational events. Ed volunteers to cook breakfast for Veteran events, our Valentine's Day breakfast (and uses cute little heart molds for the pancakes), Volunteer Week and Member Appreciation Week breakfasts. He can be counted on to put furniture together for the center, fix broken items, and he takes inventory of the center's property. Ed is always willing to lend a hand. He helps at special events by setting up, serving and cleaning up. He's a hard worker and staff often calls on him to help with odd jobs around the center like installing shelving, installing coat hooks, hanging pictures or clocks and cleaning out the shed. He is a kind and giving person and Seven Oaks is lucky to have someone like Ed who is always ready to help when asked. Thank you Ed for all you do for Seven Oaks!



Honfest at Seven Oaks - Friday, August 17 at 12:45 pm



Come join the fun, Hon! at our own little Honfest on **Friday, August 17 at 12:45pm**. We'll have a crab cake lunch with cole slaw and potato salad catered by Bear Bros. We'll also have cake, lemon peppermint sticks and Natty Boh's. After lunch we'll be entertained by two Hons from the Baltimore HonHive. They will share some history of the era, sing a song and maybe do some chicken dancing! They will give us a lesson in Balmerese ...Can you master the lingo? Come dressed up for a Best Hon Contest or you can dress up with some of their props! **Tickets are \$18 and go on Sale Monday, July 16.**

Farmer's Market - Coupon Distribution

Baltimore County seniors 60 years or older who meet the income eligibility guidelines may receive \$30 worth of farmer's market coupons. We will be distributing the coupons at Perry Hall Middle School on Friday, July 6 from 9-11 am (note to come early as we usually run out of coupons before 11 am). Maximum monthly income for a household of 1 is \$1,860; for 2 people- \$2,504; for 3 people - \$3,149. Pick up a flier in the center for additional locations and income guidelines.



Senior Center Staff & Executive Board



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

President:	Gale Griffin
Vice President:	Jim Lightner
Treasurer:	Gene Laytar
1st Asst. Treasurer:	Carol Parks
2nd Asst. Treasurer:	Anne Bauer
Recording Secretary:	Edie Dietrich
Coresp. Secretary:	Janet Hess
Sgt. At Arms:	Ed Koenig
Past President:	Nancy Bach
Members at Large:	Walt Wujek & Leony SanMiguel

Meeting Schedule

Executive Board Meeting:

Monday, July 16

Membership Meeting:

Monday, August 27

at 12:30 pm

Come early for lunch at noon.

Buy your ticket in advance.

Win a \$50 restaurant gift just by attending the meeting.

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

Seven Oaks Mission

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

BCDA Mission

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

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

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

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

Center Membership and Registration

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

Bi-Monthly Council/Membership Meetings

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

Please use the suggestion box located behind the front desk.



Schedule of Classes



Most Summer Classes begin the week of July 2.

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Monday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:30 am	11:30 am	Craft Projects	Hepding & Shorey, Vol.	Craft Room	
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo,	Vol MPR	
10:00 am	12:00 pm	Tablet/Smart Phone Help	David Yoon, Vol	Game Room	
10:30 am	12:00 pm	Spanish Continuing	Ron Browning, CCBC	Classroom	\$
10:30 am	11:30 am	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
10:00 am	1:00 pm	Beginner Pickle Ball	Joe Palmere, CPTP	Perry Hall Middle Sch	
11:45 am	12:45 am	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
11:45 am	1:15 pm	Projects for Charity	Barbara Goldsmith	Craft Room	
12:30 pm	3:30 pm	Jokers Wild /*Chess	Volunteers	Classroom	
12:30 pm	3:30 pm	Mexican Train	Volunteers	Classroom	
1:00 pm	2:00 pm	Ballroom Dance	Mary Jane	MPR extension	\$
1:30 pm	3:30 pm	Watercolor Techniques	Dottie Bishop, IC	Craft Room	\$
2:15 pm	3:15 pm	Zumba Gold	Loretta Witomski, IC	MPR-extension	\$
<u>Tuesday</u>					
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR extension	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:15 am	11:15 am	Knitting & Crocheting	Volunteers	Craft Room	
10:00 am	11:00 am	Int. Line Dance	Trudy Knight, IC	MPR	\$
10:00 am	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle Sch	
11:00 am	12:00 pm	Senior Rhythms	Audrey Doemling, Vol	MPR	
11:30 am	1:30 pm	Sewing	Volunteers	Craft Room	
12:00 pm	3:00 pm	*Men's Social Poker	John Tolliver, Vol.	Game Room	
12:30 pm	3:30 pm	Bingo 1st & 3rd week	Ann Knoerlein, Vol.	MPR	\$
<u>Wednesday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:45 am	9:45 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:00 am	11:45 am	Bridge	Volunteers	Classroom	
9:15 am	12:00 pm	*Ladies Pinochle	Volunteers	Game Room	
9:50 am	10:50 am	Int. Line Dance	Joanne Alleva, Vol.	MPR	\$
9:45 am	11:30 am	TOPS (Weight Loss)	Judy Coleman, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
10:00 am	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle Sch	
12:00 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol.	Classroom	
12:00 pm	1:00 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
1:00 pm	2:00 pm	Seated Yoga	Jana Long	MPR	\$
1:30 pm	3:30 pm	Acrylic Painting	Dottie Bishop, IC	Craft Room	\$
12:00 pm	3:00 pm	Hand Foot	Volunteers	Game Room	
1:30 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

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

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Thursday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR extension	\$
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo, Vol	MPR	
10:00 am	12:00 pm	Bridge	Volunteers	Class Room	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol.	Craft Room	
10:00 am	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle	
10:30 am	11:30 am	Barre Fit	New Class!	Inline Barre	\$
10:45 am	11:40 am	Senior Rhythms		MPR-extension	
11:45pm	12:45 pm	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
12:00 pm	3:30 pm	Canasta	Volunteer	Craft Room	
12:00 pm	3:00 pm	*Men's Social Poker	Volunteers	Game Room	
12:30 pm	2:30 am	Drawing Class	<i>(On break for the summer)</i>		Class Room \$
2:00 pm	3:15 pm	Yoga	Jana Long, CCBC	MPR-extension	\$

Friday

8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:30 am	Woodcarving	Ed Konig, Volunteer	Craft Room	
9:15 am	10:15 am	Friday Café	Hazel Ashworth, Vol	MPR	
9:30 am	11:00 am	Tai Chi	Jeff Harold, IC	MPR extension	\$
10:00 am	12:00 pm	Scrabble and Other Games		Craft Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR extension	
1:00 pm	3:30 pm	Stained Glass	Volunteers	Craft Room	
10:00 am	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle	
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 particular class. Generally, fee-based classes run on 10-week semester system with fees that vary depending on the specific class.
- ♦ The Baltimore County Department of Aging recommends that you check with your physician before participating in any physically demanding activity.
- ♦ See the Quarterly Course Guide for further details on class descriptions, dates and fees. www.SevenOaksSeniors.org or pick up a copy at the center.



Ongoing Monthly Events & Workshops

Tablet/Smart Phone Help - Monday, July 2, 9 & 16 Sign up for an appointment with David Yoon.

BINGO - Tuesday, July 3 & 17 at 12:30 pm Ann Knoerlein calls out the lucky numbers for afternoon Bingo with cash prizes; cost \$7.00. An Eating Together lunch will be served at Noon for \$2.50 donation. Menus are posted at the front desk. Sign up in advance for lunch.

Blood Pressure - Friday, July 13 at 9:15 am Karen Kansler, RN takes your blood pressure.

Card Making Workshop - Friday, July 27 from 10:30 am-12:30 pm Students will make 3 cards to take home. Samples are available at the front desk. Cost is \$12 in advance.

Computer Troubleshooting - Monday, July 30 at 10:00 am Let Alvin Miller help you with your computer, laptop, smart phone or tablet issues. Bring your device and passwords and he can help with issues you're having. Sign up in advance.

Fitness Center

Improve your physique and enhance your overall well-being at our state-of-the-art fitness center. Great low cost of \$100 per year can't be beat. The fitness center also provides free blood pressure screenings to all center members. Receive a personalized exercise program that addresses your fitness needs for an added fee with a certified personal trainer. Personal training packages range from \$25 to \$130; see personal training pamphlet for more information. Free fitness equipment orientations are available to fitness members each month. *Please note the fitness centers will be closed if there is no monitor available to supervise the room. If you're interested in being a monitor for the Fitness Center the next Monitor Trainings is October 1 from 12:30 pm - 2:00 pm.



GET YOUR BLOOD PRESSURE TAKEN FOR FREE!

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

Cost: \$50.00 for 6 months or \$100 for one full year

Stop in to pick up your application! Individuals must be a current senior center member and receive medical clearance in order to participate. All paperwork should be turned into the office. Once we receive your medical clearance you will be signed up for a required fitness center orientation.

**The next fitness center orientation for
new members is:**

Wed. July 11 & 25 at 11:15 am

Dine With Us!



Are you tired of eating at home alone? Come and dine with us! A catered lunch is occasionally offered at the center. Individuals interested in attending the meal must **sign up at the front desk at least 48 hours in advance** and 4-5 days in advance if a deli, box or super special lunch is offered. A minimum of 10 participants is required in order for the center to have the lunch. Stop by the front desk to pick up a menu. Cost: Please contribute as much as you can towards the \$4.36 cost of each meal (super special meals \$5.79). If you cannot contribute the full amount, a voluntary minimum contribution of at least \$2.50 is recommended to keep this program strong. *Notice: When the center is hosting a special event with food included, the catered meal will be canceled. To reduce leftovers **please cancel your meal if you decide you cannot make it to the lunch.**

Join us for Lunch EVERY Tuesday!

Starting in July we will be offering an Eating Together lunch (as long as at least 10 people sign up) every Tuesday. Enjoy the camaraderie of fellow members while having a nutritious meal. Check out some of the July meals offered at the center to get an idea of the delicious menus the Eating Together program provides. Hope you can join us for lunch! Please note the sign up dates below.

Tuesday, July 3

Hamburger
American Cheese
WG Hamburger Roll
Lettuce/Tomato/Onion
Baked Beans
Pepper Slaw
Watermelon
Apple Pie
1% Milk

Sign up by 6/26

Tuesday, July 10

Orange Juice
Chicken Breast w/
Sherry
Cream Sauce
Yellow Rice Pilaf
Seasoned Green Beans
Diced Pears
WG White Wheat Bread
1% Milk

Sign up by 7/6

Tuesday, July 17

Sloppy Joe Sandwich
WG Hamburger Bun
Dilled Carrots
Pepper Slaw
Cinnamon Apples
1% Milk

Sign up by 7/13

Tuesday, July 24

Fruit Punch
Turkey Tetrazzini
Summer Blend Veggies
Whole Orange
WG White Wheat Bread
1% Milk

Sign up by 7/24

Council Accomplishments

As the fiscal year 2018 comes to a close here is a look back at some of the accomplishments Seven Oaks has achieved. They include helping the community, improving the center with the donations to the Enhancement Fund and implementing ideas from the suggestion box.

- Sponsored a toiletry donation drive for the Loch Raven VA Hospital
- Donation drive for the pregnancy center
- Sponsored Community Concert at Angel Park for Grandparents Day
- Started a Mini-Gift Shop in the lobby
- Created a college scholarship for a center member's grandchild
- Purchased a new storage shed
- Removed the kilns and installed shelving in the Kiln room to create more storage
- Replaced front desk book shelf/cabinet
- Purchased a waffle maker
- Repaired the lockers and locks in the fitness center
- Purchased Alexa
- Adopted a child from the Philippines
- Provided financial support to the COS worker's clients throughout the year and at the holidays
- The Projects for Charity class donated over 250 items to local charities in 2017
- Purchased a second seated elliptical machine for the Fitness Center

Special thanks to Council President Nancy Bach for spearheading many of these initiatives!

\$1,000 Seven Oaks Scholarship for a Member's Grandchild

The Seven Oaks Senior Center is offering a \$1,000 college scholarship to a grandchild of a Seven Oaks Senior Center member who is an incoming college freshman. The 2018 application deadline is July 1 and is available online at <http://www.sevenoaksseniors.org/scholarship-application.html> or in the center.

Get Ready! Get Set! Get Fit! Join Our Team! 5k Run/Walk



Save the date for BCDA's 5 K Run/Walk which benefits programs for seniors as well as the fitness centers. It will be held on Sunday, September 16 at 8 am at the CCBC Essex Campus. Please consider joining our team!!! Even if you're unable to participate that day we still want you to be part of our team! Entry fees are \$20 for seniors, \$35 for adults & \$20 for children. The first 200 that show up at the run will receive a swag bag. **There will be a grand prize drawing of \$500 but you must be present to win.** You'll also receive

a high quality performance long sleeve T-shirt and be entered in a drawing to win a 6 month fitness center membership to Seven Oaks. Pick up a registration form at the center or register online at www.getreadygetsetgetfit5K.com. Drop the form off in the director's office. year! Sign up today!

Mark Your Calendar So You Don't Miss Out

- ♦ Adventure Club: First Friday in Havre de Grace - Friday, August 3
- ♦ Hearing Screenings - Friday, August 17
- ♦ Baltimore Honfest - Friday, August 17
- ♦ Art Show - Friday, August 24
- ♦ End of Summer Celebration - Tuesday, August 28
- ♦ Gilchrist Grief Presentation for Grief Awareness Day - Thursday, August 30
- ♦ Country Roads Lunch & Show - Friday, September 21





Travel Opportunities

Travel Cell Phone: 443-608-0613

This cell phone will also be brought on trips.
Save this number in your contacts and if you need to reach the hostess during a trip call this number.

Come along for the ride!



2018 Day & Overnight Trips

- ♦ **Bi-Monthly Delaware Park Trips** – July 18, September 19 and November 7. \$25 with \$30 casino rebate. Bus departs at 9:30 am at Weis and boards at 3:45 pm. Sign up no earlier than the day after the prior trip. Delaware Park Trip Reminders: When signing up for the trip please fill out the chart at the front desk with your DOB and player card number.
- ♦ **The Gershwin Theater in NY: *Wicked*** - Wed, July 11. Cost \$175. Bus trip to NY for this Broadway sensation. Dinner is on your own at Mostaris Restaurant on the way home. *Wait List*
- ♦ **St. Michael's Day on the Bay** - Wed, August 15. Cost \$95. Visit Historic St. Michael's for sightseeing and shopping. Trip includes admission to the Chesapeake Maritime Museum.
- ♦ **Newseum in Washington, DC** Wednesday, Sept. 12. \$50 and lunch is on your own.
- ♦ **Sunfest in Ocean City! There's still space!!!** Thurs, Sept. 20. \$40 per person. Enjoy music, food, craft booths and strolling the boardwalk.
- ♦ **Crab Feast at Fisherman's Inn** in Grasonville, MD. Thursday, October 4. \$80 and includes a stop at the Queenstown Outlets.
- ♦ **American Treasures Museum** - Wed, November 14. Cost \$75. This all-indoor massive collection of Americana is located in Oak, PA. Includes lunch and museum tour.
- ♦ **The First Noel, American Music Theater** - Sat, Dec. 1. Cost \$90. Trip includes the show, lunch at Shady Maples and transportation. *Wait List*



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

Travel Information & Policies

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



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