

## Vocal Group at Seven Oaks

Fridays 11 a.m.—12:30 p.m.

Leader: Henry King

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.

### Upcoming Special Events

- Country Roads Shindig - Thursday 11/18
- Trim the Tree - Friday 12/3

## Seven Oaks Holiday Party

**Thursday, December 16 from 12:30 pm - 4 pm**  
Hawks Pleasure Club in Essex

**Cost:** \$30 per person

**Menu:** London Broil Beef in Savory Beef Gravy, Chicken Piccata, Baked Ziti with Marinara Sauce, Rice Pilaf, Mashed Potatoes & Gravy, Steamed Veggies, Build Your Own Salad Station, Dinner Rolls & Butter and Open Bar.

**Entertainment:**  
The Sensations

**Tickets go on sale**  
**Wednesday, December 1.**  
Only 150 tickets will be sold.



# Seven Oaks Senior Center

9210 Seven Courts Drive

## Winter 2022 Course Guide



**Registration begins**  
**Monday, Nov. 15 at 8:00 a.m.**  
**FOR....**

**Strength Training & Enhance Fitness**

**Registration is being accepted now for:**  
**All On-Line Classes, Ballroom & Drawing Class.**

If you are signing up for any other classes come after 9 a.m. or later in the week to register.

**Most Classes begin the week of January 3**

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.

**You must show your membership card to sign up for a class!**

## WINTER REGISTRATION PROCESS:

On the MORNING of registration we will sign up those registering for **EnhanceFitness, and Strength Training only. Someone will be in the parking lot in their 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 their respective class. If the line is longer than the number of spots in the class you will be put on the wait list. If neither class fills right away you can sign up for the other class. 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 2 mentioned above ask for a number when you enter the room and then you will sign up with one of the registration volunteers AFTER envelopes are distributed. You cannot sign up someone else up for the above 2 classes. 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 after 9 a.m. to sign up. The rest of our classes do not fill on the first day of registration so no need to come early or on the first day.***

All classes require payment at the time of sign up. If you are due a refund from last year please confirm with the volunteer that your refund is being applied to your new class. **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

### Jokers Wild & Chess

**Mondays 2:30 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

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

### Dominoes & Mexican Train

**Mondays 12:30 p.m. - 2:00 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 wanted!)**

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 Noon - 3 p.m.**

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

### Card Game: Hand Foot Canasta

**Wednesdays 12 Noon - 3 p.m.** No Fee.

### Mah Jongg

**Wednesdays 12 Noon - 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.

### Chess – New Class!

**NEW DAY ~ Tuesdays 10 a.m. — 12 Noon**

Learn to play chess with Tom Appel. New and experienced players are welcome! We need more players! Come join us!

## For Your Mind and Body

**TOPS - Take off Pounds Sensibly**      **Leader: Celeste Skruch**  
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.

**Current Events**      **Leader: Joy Mays**

**4th Wednesday 2:30 p.m.**

**This class is offered in person but also on Zoom.**

**Check the google doc for the Zoom link or contact staff for it.**

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

**1st Wednesday of each Month at 2 pm**      **Instructor: Al Muehlberger**  
Drumming accelerates physical healing and boots your immune system. Drumming reduces tension, anxiety and stress, helps control chronic pain, and releases negative feelings. Come and feel connected with other members and gain a sense of interpersonal support. Sign up in the program binder if you plan to attend. Limited to 20 students. **12/1**

**Friday Sounds of Silence**      **Instructor: Al Muehlberger**

**3rd Friday of each month from 11 a.m. - 12 p.m. Cost: \$5 in advance**

Peaceful MEDITATION with the sound energy of quartz CRYSTAL BOWLS. A way to purposely regulate our attention and energy and thus possibly transform the quality of our daily life experiences. Leaving with a balanced mind, body and spirit will be the goal. **11/19, 12/17**

## Recreational Activities

### Bingo

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

**Leader: Ann Knoerlein**

**Cost: \$10.** Cash prizes provided to winners. Just show up for Bingo. The Eating Together Program has been cancelled until further notice.

### Bridge

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

No fee. Drop in at anytime.

### 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.

## Arts & Crafts

### Crafts and Conversation

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

**Instructors: Ken Sachs & Marsha Webber**

**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. New students should provide one week's advance notice of attending so supplies can be ordered.

### Knitting & Crocheting

**Tuesdays 9:15 a.m. - 11:15 a.m.**      **Leader: Carol Trent Walker**

**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. - 12 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 a.m. - 1:15 p.m.**      **Leader: Barbara Goldsmith**

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 \*NEW DAY & TIME\*

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

**Instructor: Ed Konig**

Ongoing Class

**Cost: FREE**

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.

### Stained Glass

**Instructor: Richard Souders**

**Fridays 1 p.m. - 3:30 p.m.**

**Cost: FREE**

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.

## Arts & Crafts Continued

**Card Making Workshops** Instructor: Claire Blair  
**Fridays 10:30 a.m.- 12:30 p.m.** Dates: 12/10, 1/14, 2/11, 3/11, 4/8  
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. Payable to Seven Oaks Council.

### Watercolor Independent Projects

**Mondays 1:30 p.m. - 3:30 p.m.**

**Instructor: Karen Ruberry**

**Jan 3– March 8 2022 No class 1/17 and 2/21**

**Cost: \$52** Check only payable to CCBC.

8 weeks of instructional assistance while working on your own independent watercolor projects. A project can be assigned to you by the instructor if you prefer. Supplies on your own. Check payable to CCBC and a completed CCBC registration form is required with payment.



### Figure Drawing (in person class)

**Instructor: Alina Kurbiel**

#### Course dates:

**1st session:** Mondays Jan 10 - Feb 28, No Class 1/17, 2/21 (6 weeks)

**2nd session:** Mondays March 7 - Apr 18, No Class 3/21 (6 weeks)

**Cost: \$30**

**Class times: 10 am - 12 pm**

**Class maximum: 13 people**

**Course description:** This is a pencil/charcoal drawing class. In this class we will be learning how to draw people from real life. I'm planning on finding volunteers that can pose for the group. If that's not possible, each time a different student can be selected to pose for everyone else. We will start each class with several gesture sketches and then we'll finish with a longer pose drawing. The course is designed for beginner, intermediate, or advanced artists. *Please give an email address when you sign up to ensure you receive all class information.*

**Models wanted to pose for class. Please see Alina for more details.**

## Online Only Classes Continued

### Watercolor & Ink (on Zoom)

**Wednesdays 10:30 a.m. - 12:30 p.m.** Instructor: Alina Kurbiel

**January 12– February 16, 2022 (6 weeks)**

**February 23– April 6, 2022 (6 weeks) No Class 3/23**

**Cost \$25** for each 6 week class. **Payable to Seven Oaks Council.**

The ink-and-watercolor is a process of drawing lines and painting with watercolor washes to create beautiful pictures. Each session starts by studying reference photographs and drawing simple pencil sketches base on them. Then the lines are added using the water-resistant ink pens. Finally, very loose watercolor washes are applied over the drawings. During this course we paint various subjects as still life, animals and landscape. *Include your e-mail address when you sign up and we'll e-mail the link which will be used for the 6 week session*

### Drawing Portraits of Famous People (on Zoom)

**Thursdays 10:30 a.m. – 12:30 p.m.** Instructor: Alina Kurbiel

**January 13– February 17, 2022 (6 weeks) No class 9/9**

**February 24– April 7, 2022 (6 weeks) No class 11/25**

**Cost: \$25** for each 6 week class. **Payable to Seven Oaks Council.**

Most people find human faces intriguing. Therefore, so many of us think about drawing portraits. Then, we realize that it is not so easy to capture these inherent features that are characteristic of a particular individual's look. This is why in this drawing class we will mostly work on our observation skills using famous peoples' photos. This course is for beginners who always wanted to try drawing portraits and for more advanced artists who would like to polish their skills. Mediums: graphite pencils or charcoal. *Include your e-mail address when you sign up and we'll e-mail the link for the class.*

### Meditation (On Zoom)

**Instructor: Mickey Fenzel**

**Thursdays 12:45 p.m. - 1:45 p.m.**

**January—March 2022**

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 on the sign up book, 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 practice for several years.



## Dance Classes

### Ballroom Dance Class - Waltz

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

**Mini Semester– November 29– Dec 20**

**Cost: \$10 for 4 weeks. Payable to Seven Oaks Council**

**Winter semester: January 10– March 14, 2022 (8 Weeks) No Class 1/17, 2/21**

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

Beginner and experienced students are welcome to join the class.

### Beginner Line Dance Class

**Wednesdays 12 Noon -1 p.m. Instructor: Mary Thau**

**Will be back in March, on Break now**

### Intermediate Line Dance

**Tuesdays 10 a.m. - 11 a.m. (Ongoing) Instructor: Joanne Alleva**

Free 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.

## Fitness Center

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

**Saturdays 8 a.m. - 2 p.m. (Currently not open Saturday.)**

**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. Upcoming Orientations: 11/23, 12/14, 12/28 \* 11:30 am. See staff to sign up.

*If you had a paid membership as of March 17, 2020 your membership will be extended through December 30, 2021*

## Online Only Classes (on Zoom)

### Democracy Café (on Zoom)

**3rd Monday 1 p.m. - 2:30 pm**

**Moderator : Al Muehlberger**

Explore matters related to our democracy in 2021-22 by using topics selected by the group from suggestions offered by the moderator. There will be open discussion without argument, debate or efforts to persuade anyone to change their point of view. Participants prepare ahead of time for the topic then come together to discuss it and, if willing, explain any particular position they may have. We listen with an open heart and mind to the views of others to better understand relevant current matters and hopefully develop an informed more complete position about our democracy and its functions.

*Check the google doc for the Zoom link or ask staff.*

## Fitness Opportunities Off Site

### Pickle Ball at Perry Hall Honeygo Regional Park

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 and outdoors at Honeygo Regional Park located on Honeygo Blvd. Face masks are required while inside the building but NOT while engaged in active play. Masks are not required for outdoor play. Players must be current members of Seven Oaks. This new schedule posted below is good for **ongoing until December 23, 2021.**

Please show your card/lanyard when you show up to play. 2022 times to be announced in December.

**Indoor Pickle Ball – Monday – Friday 12:00 Noon - 4:00 p.m.**

**Outdoor Pickle Ball – Monday - Thursday 12:00 Noon - 4:00 p.m.**

### Barre Fit

**Thursdays 10:15 a.m. - 11:00 a.m. at Inline Barre 9810 Belair Rd  
Jan 6– March 10, 2022 (10 Weeks)**

**Cost: \$55 Cash or Check payable to Seven Oaks Council.**

*Barre Fit combines Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles. It's the latest trend in fitness that incorporates ballet bar, weights, bands, and medicine balls. We are fortunate to partner with Inline Barre for this unique fitness class. All levels and abilities are welcome. **Minimum of 6 students is required to have the class.***



### Gingerbread House Contest

Show us your creativity by decorating your very own Gingerbread House. Gingerbread House kits may be purchased at Seven Oaks for \$10 each.

**December 6** Last day to sign up and pay to purchase a kit.

**December 8 - 10** Pick up kit from Center.

**December 17** Return your Gingerbread House to Center for judging.

**Week of December 20** Members will vote for favorite Gingerbread House.

**December 23** Winner will be announced and awarded a \$50 gift card.

## Exercise Classes

### EnhanceFitness

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

**Jan 3– March 17 (No class 1/17, 2/21 and 3/7) (10 week class)**

**25 Student Limit In-Person, 12 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.*

### Table Tennis

**Wednesdays 1:00 p.m. - 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.*

### Chair Exercise (formerly Senior Rhythms)

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

**Leader: Mary Lou Adams Cost: No fee. Drop in anytime.**

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

### Strength Training

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

**Karen Live class- Jan 4– Feb 11, 2022,**

**Pre-recorded Feb 15– Feb 25. 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 take on Zoom at home.

**Cash or check payable to Seven Oaks Council.**

### Yoga

**Instructor: Karen Kansler**

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

**Jan 3– Jan 31 (mini Semester) , No class 1/17**

**Cost: \$13 for 4 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.

## Exercise Classes Continued

### Chair Assisted Yoga

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

**January 3– January 31, 2022 No class 1/17**

**Cost: \$13 for 4 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.

### Tai Chi

**Instructor: Jeff Herrod**

**Fridays 9:30 - 10:10 am Beginner/Continuing (no prior experience necessary)**

**Fridays 10:20-11:00 am Intermediate/Advanced (experience is required) January 7– March 11, 2022 (10 weeks)**

**Cost: \$30 for 10 week class. Payable to Seven Oaks Council.**

T'ai Chi Ch'uan is a set series of gentle static postures and slow, rhythmic movements. This traditional discipline encourages contemplative relaxation, helps coordinate the mind-body for strength and grace, and provides challenges both physical and intellectual.

*Simplified 37-Posture T'ai Chi Form* is offered.

### Zumba Gold

**Mondays 12:45 p.m. - 1:45 p.m. Instructor: Loretta Wittomski**

**January 3– March 21, 2022 No class 1/17, and 2/21 (10 week class)**

**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.

### CORE de Force (on Zoom)

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

**January 6– February 10, 2022 (6 weeks)**

**Cost: \$21 for the 6 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. This class is tailored for all levels. *Include your e-mail address when you sign up and we'll e-mail the link which will be used for the 6 week session.*