

Seven Oaks Senior Center



The Acorn



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

Maryland Opera presents **"I Will Lift Mine Eyes"** Tuesday, March 12 at 12:30 pm

Maryland Opera will present "I Will Lift Mine Eyes" a celebration of sacred music over the centuries from many religions and traditions. Two singers and a pianist will offer a moving program of music guaranteed to inspire and uplift. An Eating Together lunch will be served at noon. On the menu: Orange Juice, Pulled Pork BBQ, Midwest Baked beans, Cole Slaw, WG Sandwich Bun, Pineapple Tidbits and 1% Milk. Sign up for lunch by March 8 on the Eating Together clipboard.

St. Patrick's Day Party Friday, March 15 at 12:45 pm



Join us to celebrate St. Patrick's Day. The menu includes corned beef and cabbage, champs, carrots, Irish soda bread, beer, wine and soda. Entertainment by Jack of All Trades. Tickets are \$12 in advance. This event usually sells out before March 1st.



Mix, Match & Mingle - Speed Dating at Seven Oaks Friday, March 22 from 12:45 - 3pm

☐ SINGLE
☐ TAKEN
☒ **DEPENDS**
WHO'S ASKING

Looking for companionship? Someone to enjoy a movie with or a meal out? Come to this fun singles event and get to know other single/ widowed/ divorced members of Seven Oaks. We'll start with some drinks, snacks and ice breaker games, followed by short timed individual visits with each of the ladies and gents. The last hour will be mingling and dancing to our live DJ. We'll provide ice breaker questions at each table. At the end of the event we'll share the ladies contact info with select gents at her request. Free but please sign up.

Show Your **PINK** Membership Card the first 2 weeks in March and receive a kiss!



Seven Oaks Senior Center

9210 Seven Courts Drive
Baltimore, MD 21236
Phone: 410-887-5192
Fax: 410-887-5140

Travel Office: 443-608-0613
sevenoakssc@baltimorecountymd.gov
www.SevenOaksSeniors.org

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

Look inside!





March Special Events



Doug Burgess Transition Speaker Series

Friday, March 1 10:15 am

As part of the Doug Burgess Transition Speaker Series join us for a presentation on how to handle bills and creditors in the probate process. Sign up in advance.

American Diabetes Program

Friday, March 1 12:00 pm

Paul Sheitel, a representative from the American Diabetes Association will present information about Diabetes, warning signs, its effects on you and your family, etc. Sign up in advance.

Grief Pathways:

Understanding the Journey

Tuesday, March 5 10:00 am

Join Deborah Jones from Gilchrist Hospice for the start of this 4 part series on Grief. She will facilitate this program along with 3 others this year. Save the dates: 6/4, 9/10 and 12/3 at 10 am. Sign up in advance.

Brain Fitness with Robin Zahor, RN

Monday, March 4 12:30 pm

Robin Zahor, RN will teach fun ways to exercise your mind, increase your memory and grow your brain for better brain health. Sign up in advance.

10 Minute Seated Massages

Thursday, March 7, 14 & 21 from 9am - 3pm

Doug Wittich, Licensed Massage Therapist is offering 10 minute chair massages in the Fitness Center three times per month from 9am - 3pm. You must fill out a brief health questionnaire before your massage. It's only \$5 for a 10 minute massage or book back to back sessions for a longer massage. No refunds if you are a no show or cancel the day of your appointment. Walk-ins welcome if there is space.

TED Talk: Beyond Closure

Thursday, March 7 1:00 pm

On Grief Awareness Day, in August, the center had both a program from Gilchrist and a TED talk on Grief. Jim Lightner, our TED Talk facilitator recommended we follow this month's Gilchrist program with another TED talk on Grief. Join us for this talk and discussion. Sign up in advance.

Patriot Mobile Sponsoring Café

Friday, March 8 from 9:15 - 10:15 am

See their paid ad, pages 10 or 11.

Movie: The Last Laugh

Friday, March 8 12:45 pm

Retired talent manager Al reconnects with former client Buddy, a comedian who gave up performing decades ago, and urges him to go back out on the road. Rated for Mature Audiences. Run time: 98 min. Hot popcorn and drinks served. An ET lunch will be served at Noon for \$2.50 donation. On the menu: Multi Bean Soup, Curried Chicken, Pineapple/Raisin Salad, Baby Spinach bed, w/Grape Tomatoes, Dilled Baby Carrots, WG White/Wheat Bread, Hot Cinnamon Apples and Fat Free Chocolate Milk. Sign up for lunch by 3/6.

Handbag Auction Tickets on Sale

Monday, March 11

Tackling the Clutter Monster

Monday, March 11 1:00 pm

Join Debby Dempsey, owner of Elder Partner Solutions to learn ways to help yourself or your loved one downsize. Sign up in advance.

Maryland Opera presents

I Will Lift Mine Eyes

Tuesday, March 12 at 12:30 pm

See Page 1 for details.

Brain Games with ALEXA

Thursday, March 14 11:00 am

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

MD SPCA's: Ask the Expert

Thursday, March 14 1:00 pm

This is a free class for pet parents who are interested in learning more about their pets. Receive tips for dealing with behavior issues and learn some of the basic methods we use in our training courses. Come w/ questions and concerns about your dogs and cats, but **leave your pets at home!** This is a time to learn more about simple, effective, and humane methods of managing issues, without the distraction of wiggly cuteness. Sign up in advance.



Friday Café Join Us from 9:15 -10:15 am!

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!

St. Patrick's Day Dance
Friday, March 15 at 12:45 pm
See Page 1 for details.

Adventure Club: McFadden Glassblowing
Saturday, March 16 10:30 am

Seven Oaks members and guests are invited to McFadden Art Glass Blowing Studio at 6802 Eastern Ave. in Essex to create your own glass piece with the help of a glass artist. Types of glass pieces and prices are available on their website: mcfaddenartglass.com. If more than 10 people sign up the group will receive \$5 off of each piece. The workshop is about 1 - 1.5 hrs. Afterwards the group will go to the Habachi Grill at 7911 Eastern Ave. for lunch. Sign yourself and any guests up in advance so we can make the reservation.

Spring Class Registration Begins
Tuesday, March 19

Current Events

Wednesday, March 20 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.

Clear Creeks Project

Thursday, March 21 1:00 pm

Amy Young, Gunpowder Valley Conservancy's Clear Creeks Project Volunteer/Outreach Coordinator, will discuss Bay-friendly practices you can incorporate into your yard to keep our local waterways clean. The Clear Creeks Project has grant funding to provide residents in the greater Perry Hall area with 50 - 80% discounts on rain barrels and rain gardens. She will also discuss how you can volunteer with the Gunpowder Valley Conservancy—tree plantings, stream clean-ups, and native plant workshops—to improve the Gunpowder River and surrounding lands for future generations. Website: www.gunpowdervalleyconservancy.org/clearcreeks

Mix, Match & Mingle
Friday, March 22 at 12:45 pm
See Page 1 for details.

Tax Free Income

Monday, March 25 1:00 pm

Michael Crabb returns to provide information on tax free income. Sign up in advance.

Perry Hall Library - BINGO

Tuesday, March 26 10:00 am

The Perry Hall library series returns to Seven Oaks. This month we'll play Bingo! Sign up in advance.

Social Isolation

Tuesday, March 26 1:00 pm

The Department of Aging's initiative this year is Social Isolation. Join the Mental Health Players for this interactive program on Social Isolation. Bring your thinking caps for this stimulating presentation! Sign up in advance.

B Vitamin Basics

Wednesday, March 27 10:30 am

Learn about B vitamins from our Nutrition Made Clear DVD series, during TOPS. Sign up in advance.

New Member Orientation

Thursday, March 28 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 Department of Aging. Sign up in advance if you plan to attend.

Meet Up: Remo's

Thursday, March 28 4:00 pm - 6:00 pm

Meet up for happy hour at Remo's on Waltham Woods Rd. Hangout with your friends from Seven Oaks and enjoy happy hour specials. Sign up in advance.

Coffee with a Cop

Wednesday, April 3 9:00 am

Officer, Carey Kus presented the CRASE training at the center in December and she's agreed to come back and speak with members over coffee. Bring your questions and sit and chat. Sign up in advance.

Opening Day

Thursday, April 4 1:00 pm

Winter doldrums got you down? The O's will soon be back in town! Come out to enjoy some "popcorn, peanuts and cracker jacks, and root, root, root for our home team."

Hot dogs, nachos with cheese and beer also will be served. We'll prepare ourselves for an Orioles win over the Yankees that day! Tickets are \$5 in advance and will be on sale Monday, March 4.



AARP Safe Driving Class - Friday, April 5 from 9 - 1 pm

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. Over 15 million participants have gone through AARP Driver Safety classroom and online courses, taught by more than 4,000 AARP Driver Safety volunteers. You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details. AARP membership is not required to take the course and there are no tests to pass. The classroom course costs only \$15 for AARP members and \$20 for nonmembers. Pay at the front desk in cash or check, made payable to AARP.

Spring Slate Painting - Friday, April 5 at 1 pm

The Spirited Sisters return to Seven Oaks on Friday, April 5 at 1:00 pm for a spring slate painting that would look great in the garden. Come paint and enjoy wine and snacks. Cost is \$30 and registration is required in advance. Open to the community; all ages welcome.



Tim's Automotive: Free Car Care Clinic & Lunch

On **Friday, April 19 at 12:30 pm** Tim's Automotive Car Care Clinic will return to Seven Oaks. Tim's Automotive feels that education to the consumer is key to empowering their customers so that you feel confident about all of your car care needs. This informative and interactive clinic allows you to get familiar with your vehicle. They will be supplying lunch so sign up in advance in our free binder.



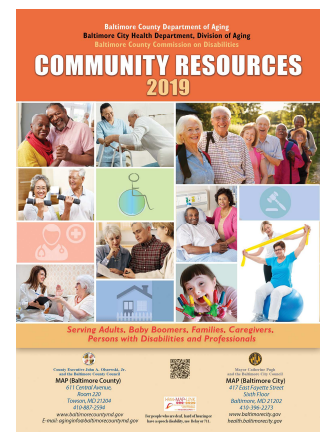
The event is conducted by Tim's Automotive and Tim's Towing employees. Some of the topics they will discuss are:

- Tips on maintaining your vehicle for a longer life
- Checking and maintaining proper fluid levels
- How to recognize potential problems and how to prevent your car from a breakdown
- How do you know when your specific vehicle requires maintenance and why
- How to read a tire, as well as checking tire pressure and tread depth
- Safety issues on the road AND SO MUCH MORE!!!

Please join us for this fun and educational afternoon!

Pick Up Your Complimentary Copy

Community Resources 2019 is Baltimore County Department of Aging's regional publication celebrating its 22nd edition. The publication's content includes a wide range of resources and services for every member of your community. Please pick up a complimentary copy of the directory at your local senior center. Living connected through resources empowers Baltimore County residents with options and information for living longer and living well. For enhanced accessibility, please view on-line at www.baltimorecountymd.gov/communityresources.



Senior Center Staff & Executive Board



Center Director: Kathleen Young
Assistant Director: Courtney Gonce
Community Outreach Specialist: Jessica Pontown
Center Custodian: Tanika
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 Konig
Past President:	Nancy Bach
Members at Large:	Walt Wujek & Judy Coleman

Meeting Schedule

Executive Board Meeting:
Monday, March 18 @ 12:45 pm

Membership Meeting:

Monday, April 22
@ 12:30 pm

Come early for lunch!
\$5 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

Spring Class registration is Tuesday, March 19.
Most classes will begin the 2nd week in April.



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	\$
11:45 am	12:45 am	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
11:30 am	1:00 pm	Beginner Pickle Ball	Joe Palmere, CPTP	Honeygo Regional Park	
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	12:30 pm	Pickle Ball	Volunteers	Honeygo Regional Park	
12:30 pm	3:00 pm	Advanced Pickle Ball	Volunteers	Honeygo Regional Park	
11:00 am	12:00 pm	Senior Rhythms	Audrey Doemling, Vol	MPR	
11:30 am	1:30 pm	*Scrapbooking	Bonnie Shorey, Vol	Craft Room	
12:00 pm	3:00 pm	*Social Poker	John Tolliver, Vol.	Game Room	
12:30 pm	3:45 pm	*Social Pinochle	Volunteers	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	
9:30 am	10:15 am	Strength After 60	Instructor at BKC	Balto Kettlebell Club	\$
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	\$
11:00 am	1:00 pm	Pickle Ball	Volunteers	Honeygo Regional Park	
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	\$
1:15 pm	2:15 pm	Chair Assisted Yoga	Jana Long	MPR- extension	\$
1:30 pm	3:30 pm	Painting	Dottie Bishop, IC	Craft Room	\$
12:00 pm	3:00 pm	Hand & Foot Canasta	Volunteers	Game Room	
1:30 pm	3:45 pm	Table Tennis	Free Play	MPR ext	

* 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	12:30 pm	Pickle Ball	Volunteers	Honeygo Reg. Park	
12:30 pm	3:00 pm	Beginner Pickle Ball	Volunteers	Honeygo Reg. Park	
10:30 am	11:30 am	Barre Fit	Instructor at Inline	Inline Barre	\$
10:45 am	11:40 am	Senior Rhythms	Audrey Doemling, Vol	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	*Social Poker	Volunteers	Game Room	
12:30 pm	2:30 pm	Drawing Class	Alina Kurbiel	Class Room	\$
1:00 pm	1:45 pm	Drum Fit	Mary Lewis	MPR extension	\$
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 Herrod, 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	
1:00 pm	3:30 pm	Stained Glass	Richard Souders, Vol.	Craft Room	
12:00 am	3:00 pm	Pickle Ball	Volunteers	Honeygo Reg. Park	
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, March 4, 11 & 18. Sign up for an appointment with David Yoon.

BINGO - Tuesday, March 5 & 19 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 - Fri, March 8 at 9:15 am Karen Kansler, RN takes your blood pressure.

Card Making Workshop - Friday, March 8 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, March 25 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.

Travel with Us to Villa Roma

Travel with Seven Oaks to Villa Roma in the Catskill Mountains, Callicoon, NY. Monday - Friday, September 23-27, 2019

Cost: \$699 dbl, \$835 single. Your package begins with Coffee & Cake on arrival. Enjoy a full day of scheduled activities with indoor and outdoor Bocce & Shuffleboard Tournaments, BINGO, Horse and Turtle Racing, Water Aerobics, Sit & Get Fit, Arts & Crafts, Dance classes, Cosmetic Demonstrations and much more. The Daily Activity Schedule is planned by our Social Director, Doc Holiday, and his fantastic team. Our group will be seated together for meals in the Main Dining Room and there is a wide variety on our menus. After dinner the fun continues, with Nightly Entertainment, ranging from Comedians, Singers, Karaoke, Talent Show, Movies & Game Night in the Forum Night Club. There is also a DJ & Dancing each night in Marty's Lounge. Indoor & Outdoor Bocce & Shuffleboard Courts, Indoor & Outdoor Pools and Jacuzzis, Outdoor Tennis, Ping Pong, Billiards, Handball, Hiking Trails, and More! *As of Feb. 4 there were 7 seats left! Book now!*



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 check in with staff for the next training date.



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 orientation.

The next fitness center orientation for new members is:

Wednesday, March 13 at 11:15 am & Friday, March 22 10:30 am

Dine With Us!



Are you tired of eating at home alone? Come and dine with us! A catered lunch is offered most Tuesdays and on Friday movie day. **This month lunch is offered on March 5, 8, 12, 19 & 26.** 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. To reduce leftovers **please cancel your meal if you decide you cannot make it to the lunch.**

Handbag Auction - Tuesday, April 23



We are gearing up for our fabulous handbag auction on Tuesday, April 23, 2019 at 12:45 pm. **Tickets go on sale Monday, March 11.** Tickets are \$10 and include lunch: shrimp salad sandwich, coleslaw, chips, drinks, dessert and cocktail drink. We are happy to announce that Chad will be back as the Auctioneer! Advance tickets are required and the event is open to the community so feel free to bring a friend or family member! Please consider donating a gently used or new handbag to the auction. All donations are tax-deductible so if you've been holding onto a designer bag that you just don't

want to give away, donate it to Seven Oaks and get a tax write off for it! Donation receipts are readily available. Please drop your donation off in the staff office.

Consider Serving on Your Center's Board

Would you be interested in serving on the executive board? Term: June 2019 - May 2020. You would be required to attend monthly board meetings and bi-monthly council meetings. Job descriptions of each position are available in the lobby. You do not need prior experience serving on a board, just a love of your senior center. See staff for more information.

Save the Date for Concert in the Park **Thursday, May 23**

Sounds of Summer will be held at Oregon Ridge.

Get Help with Your Electronic Devices

Our new intern, Jane is available to help Tuesday - Friday from 11 am - 3 pm.
Stop in to see her!

Looking for New Players

Social Pinochle - meets on Tuesdays at 12:30 pm and
Bridge - meets on Wednesdays at 9:15 am and Thursdays at 10 am

Mark Your Calendar!

- ◆ Coffee with a Cop - Wednesday, April 3
- ◆ SHIP presents Medicare Fraud and Abuse - Thursday, April 4
- ◆ O's Opening Day - Thursday, April 4
- ◆ AARP Safe Driving Course - Friday, April 5
- ◆ Slate Painting - Friday, April 5
- ◆ Clear Captions Lunch & Learn - Tuesday, April 9
- ◆ Joyce White presents Sugar & Desserts - Thursday, April 11
- ◆ Center Closed for Staff Training - Friday, April 12
- ◆ TED Talk - Thursday, April 18
- ◆ Handbag Auction - Tuesday, April 23
- ◆ Wayne Schaumburg presents Baltimore 101: What Puts the Charm in Charm City - Tuesday, April 30
- ◆ Line Dance Party - Friday, May 3
- ◆ Sound Healing - Tuesday, May 14
- ◆ Star Spangled Banner's Flag House - Friday, May 17
- ◆ Concert in the Park at Oregon Ridge - Thursday, May 23
- ◆ That 70's Show with Trish & Frank Curreri - Tuesday, May 28
- ◆ Father's Day Luncheon - Friday, June 14
- ◆ East side Quarter Auction at Ateaze Senior Center - Friday, June 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!



2019 Trips Announced!

- ♦ **Bi-Monthly Delaware Park Trips** – March 13, May 1, July 10, Sept 4 and Nov. 13. Cost \$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 with your DOB and player card number. On the day of the trip bring your player card and photo id.
- ♦ **Nana Does Vegas** at the Rainbow Comedy Theatre in Lancaster, PA. Wed, March 20. \$80. *Waitlist*
- ♦ **National Building Museum** in DC. Wed, April 17. Explore architecture in America. Lunch on your own. \$50.
- ♦ **Springfest in Ocean City MD** Thurs, May 2. Enjoy music, food vendors, craft boots and strolling the boardwalk. \$40
- ♦ **Hall of Fame in Ohio** May 19 - May 22. Visit the Rock and Roll Hall of Fame and the Football Hall of Fame. Trip includes daily breakfast, complimentary happy hour, 1 dinner cruise, 1 dinner, 1 lunch, Christmas Story House tour, 9/11 Memorial in Shanksville PA, Wade Chapel by Tiffany. \$635/double; \$565/triple and \$835/single.
- ♦ **C&O Canal and National Harbor Trip** in DC. Friday, June 21. Take a leisurely ride on a replica C&O canal boat. Then have lunch on your own at the National Harbor with shopping at Tanger Outlets, sightseeing and ride the capital wheel, or gambling at MGM Casino. \$40. *Waitlist*
- ♦ **Ottawa & Thousand Islands, Canada Trip.** July 14 - July 18. \$695/double; \$935/single. Includes beautiful guided tour of Ottawa, St. Lawrence river cruise, 4 nights lodging, 4 breakfasts & 3 dinners. *Waitlist*
- ♦ **Crab Feast at Fisherman's Deck** Tuesday, Aug. 20. \$80. Enjoy a crab feast followed by shopping at the Queenstown Outlets.
- ♦ **Villa Roma Resorts** in the Catskill, NY. Mon, Sept. 23 - Fri, Sept. 27. 4 nights, 5 days of fantastic food, nightly theater shows, daily activities all with a dirty dancing theme. Bring your costumes and join the fun. \$699/ double; \$835/ single.
- ♦ **Dover Downs 4 x 4 Tribute** Thurs, Oct. 24 - Fri, Oct. 25. Trip includes Beatles, BeeGees, Beach Boys and Motown Tribute show, hotel stay, \$50 slot bonus, breakfast buffet. Stop at Delaware Park on return with \$30 slot bonus. \$170/ double; \$210/ single. *Waitlist*
- ♦ **American Music Theatre & Shady Maples Smorgesborg** Fri, Dec. 6. \$90. *Waitlist*

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.