



The Acorn

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

February is Black History Month.

Please join us for the following special events:

Movie on Tuesday, February 13 at 12:45 pm

I Am Not Your Negro is based on James Baldwin's unfinished manuscript, *Remember This House*. The film explores the history of racism in the US through Baldwin's reminiscences of civil rights leaders Medgar Evers, Malcolm X, and Martin Luther King, Jr, as well as his personal observations of American history.

An Eating Together lunch will be served at Noon for \$2.50 donation.

On the menu: Multi Bean Soup, Apple Juice, Cottage Cheese Cold Plate, Peach/Pear Slices, Pineapple Ring, Grape Tomatoes, Leaf Lettuce, Wheat Crackers, Milk. Sign up in advance for lunch & the movie.



Baseball & Black History: Live from the Negro Leagues Baseball Museum Wednesday, February 28 at 2:00 pm

Join Dr. Raymond Doswell, Vice President of Curatorial Services (NLBM) as he introduces African American history through the lens of "America's Pastime," baseball, from the end of the Civil War through the beginning of the Civil Rights Movement. Viewers will enjoy short film clips, photographs, artwork, and brief scenes from the Negro Leagues Baseball Museum, Inc. in Kansas City, MO. This is a Virtual Program from the Senior Learning Network.

The Modell Lyric Presents Sweethearts: The Golden Age of Operetta

Friday, February 16 at 1:45 pm

Two singers and a pianist present this delightful trip down Memory Lane featuring the music of Romberg, Herbert, Lehar, and Kern from works such as "Maytime", "The Student Prince", "Naughty Marietta", "The Desert Song", and a special tribute to perennial favorites Jeanette MacDonald and Nelson Eddy. The performance begins at 2:00 pm but come a little early for some Valentine's Day treats to enjoy during the show. Sign up in advance.



Seven Oaks Senior Center

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Baltimore, MD 21236
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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!





February Special Events



Transition Speaker Series

Friday, February 2 10:15 am
Burgess Law Transitions Speaker talks about Continuing Care Retirement Community options in the area. Sign up in advance.



Soup-er Bowl/ Top Chef Cook Off

Friday, February 2 12:30 pm

With Super Bowl right around the corner lets celebrate with Soup! Do you make fantastic soup? Consider entering this Top Chef Cook Off contest by making your favorite pot of soup (1.5 gallon) for a chance to win a \$25 gift card. Members and staff will judge. There will be bread and later cake for dessert. Your soup needs to be cooked at the Center so sign up for a time slot to use the kitchen. Sign up if you plan to attend. NY Life is sponsoring.



Smart Phone & Tablet Help

Monday, February 5 & 26
Schedule your one-on-one appointment with David Yoon in advance at the front desk. Bring your device with you and your passcodes.

Learn About Alexa

Monday, February 5 1:00 pm
Join Leslie to see how the Amazon Echo works and to play some games and trivia using Alexa. Sign up in advance.

Bingo

Tuesday, February 6 & 20 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, February 9 9:15 am
Karen Kansler, RN takes your blood pressure.

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!

Card Making Workshop

Friday, February 9 10:30 am-12:30 pm
Students will make 3 cards to take home. Samples are available at the front desk. Cost is \$12. Advance registration required.

A Hot Time in the Old Town: The Great Baltimore Fire of 1904

Friday, February 9 1:00 pm
Wayne Schaumburg will discuss the Great Baltimore Fire which took place on Feb. 7, 1904. Sign up in advance.

Computer Troubleshooting

Monday, February 12 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.

Movie: I'm Not Your Negro Tuesday, February 13 at 12:45 pm.

Before the movie there will be an Eating Together Lunch. See Page 1.

Valentine's Day Pancake Breakfast

Wednesday, February 14 8:30 am
Start your Valentine's Day with a pancake and sausage breakfast for only \$2. Limited to 48 members and advance tickets required. Special thanks to Ed Konig for cooking.

The Relationship between Diabetes and Alzheimer's Disease

Thursday, February 15 1:00 pm
Alzheimer's is an insidious fatal disease that currently has no cure. Diabetes is a deficiency disease which also has no cure but can be managed. Studies show that there is a strong correlation that a diabetic who's disease isn't under control has a high risk of getting Alzheimer's disease in their later years. This presentation will further speak about the relationship and provide tips on how to lower your risk and lead a healthy diabetic lifestyle without Alzheimer's. Sign up in advance.

The Modell Lyric Presents Sweethearts:

**The Golden Age of Operetta
Friday, February 16 at 2:00 pm.**

See Page 1 for details.

Center Closed - Presidents' Day
Monday, February 19

Nutrition Reset: Kickstarting Your Health and Wellness

Wednesday, February 21 10:30 am

After a winter full of holiday parties and cookies, are you ready to hit the reset button to get your eating back on track? Join Mandy, Giant's in-store Nutritionist during our TOPS group to learn some easy strategies you can use to move your lifestyle closer to your health and wellness goals. Sign up in advance.

TED Talk: The Biology of our Best and Worst Selves

Wednesday, February 21 1:30 pm

In this fascinating talk Robert Sapolsky shares his cutting edge research into the biology that drives our best and worst selves. Join Jim Lightner as he facilitates a lively discussion after the video. Sign up in advance.

Brain Fitness

Thursday, February 22 12:30 pm

Join Robin Zahor, RN for brain games. Sign up in advance.

Meet Up: Sizzle

Thursday, February 22 4:00 pm - 6:00 pm

Meet up for happy hour at Sizzle on Pulaski Hgwy. Hangout with your friends from Seven Oaks and enjoy happy hour specials on drinks. Sign up in advance.

Medication Safety

Friday, February 23 10:00 am

Join the Maryland Poison Center as they discuss medication safety. Sign up in advance.

Movie: Battle of the Sexes

Friday, February 23 12:45 pm

The 1973 tennis match between Billie Jean King and Bobby Riggs became the most watched televised sports event of all time.



Trapped in the media glare, King and Riggs were on opposite sides of a binary argument, but off-court each was fighting more personal and complex battles. Hot popcorn and drinks served. An Eating Together lunch will be served at Noon for \$2.50 donation. **On the menu:** Tomato Juice, Teriyaki Chicken Breast, Vegetable Fried Brown Rice, Diced Pineapple, Seasoned Greens, Whole Wheat Bread and milk. Sign up by 2/21.

Adventure Club: Monster Golf and Remo's
Saturday, February 24 11:00 am

Seven Oaks members and guests are invited to Monster Mini Golf in the Perring Plaza Shopping Center for a game of miniature golf followed by lunch at Remo's. Cost for miniature golf is \$8.99 for seniors. Sign up in advance so we can call in with a headcount.

Membership Meeting & Lunch

Monday, February 26 12:30 pm

All members of Seven Oaks are asked to attend our bi-monthly Council meeting where members are asked to vote on proposed purchases, policy changes, etc. Refreshments served. Lunch for \$4 is served at noon. We are serving soup and grilled cheese -advanced tickets. Everyone that attends the meeting will be entered in a drawing for a \$50 gift card that we'll give away at the end.

Perry Hall Library Overview

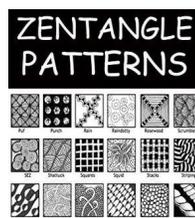
Tuesday, February 27 10:00 am

Starting this month the Perry Hall Library will come to the Center the 4th Tuesday of the month to share their knowledge and resources with our members. Learn about all the exciting events, resources and materials available at the Perry Hall Library. Need a library card? Bring your photo ID and receive a library card on the spot!

Interested in a Zentangle Class?

Tuesday, February 27 1:00 pm

The Zentangle Method is an easy-to-learn, fun and relaxing way to create beautiful images by drawing structured patterns. It increases focus and creativity. Join Angie Gittles for a Zentangle demo to see if you'd be interested in a class in the near future. Sign up in advance.



Current Events

Wednesday, February 28 1:00 pm

Join volunteer Joy Mays as she facilitates a lively Discussion. Sign up in advance.

Baseball & Black History: Live from the Negro Leagues Baseball Museum
Wednesday, February 28 at 2:00 pm.

See Page 1 for details.

Show Your Membership Card

the first 2 weeks in March!

Be prepared to show your Purple membership card in all East side Senior Centers in the beginning of March.

St. Patrick's Day Party

Tuesday, March 13 at 12:45 pm

The menu includes corned beef and cabbage, champs, carrots and Irish soda bread, cupcakes, beer, wine and soda. Entertainment by Tom Delaney with some good ole Irish songs like When Irish Eyes are Smiling and Sweet Rosie O'Grady. **Tickets on sale Monday, Feb 12.** Cost is \$12 in advance.



Spring Class Registration begins Tuesday, March 6

On the first day of registration beginning at 8:15 am we will sign up those registering for Monday Core N' More, Enhanced Fitness, and Strength Training. After you sign in at the front desk, request an envelope if you are signing up for any of these classes. Fill out the envelope and include your payment in it. Return it to the front desk. 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 other classes please go to the MPR, you'll receive a number when you enter the room and then you will sign up with one of the registration volunteers. *Members registering for any other classes please come after 10 am to sign up. The rest of our classes do not fill on the first day of registration so no need to come early and stand in line.* You are permitted to sign up 1 other person for classes if they are unable to come in that day. You must have their payment and phone number with you. All classes require payment at the time of sign up. Please note who checks are payable to under the class description. Checks payable to CCBC are REQUIRED for SPANISH classes only. Cash is accepted for all other classes.

The staff at Seven Oaks strives to offer a variety of programs and classes that is 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.

Spring Bingo Extravaganza - April 3

Tuesday, April 3 10:00 am - 3:00 pm

Come to Seven Oaks for a full day of BINGO! Tickets are \$15 in advance and include 21 games, door prizes and lunch. Arrive at 9:30 and the early bird games will start at 10:00 am for \$1 each. Arrive at 10:30 am and regular BINGO starts at 11:00 am. We will take a break for lunch. On the menu: Lasagna from DeSantis and salad, cake and drinks.

Tickets go on sale Tuesday, February 20. Tickets must be purchased in advance. Open to the Community ages 18 and over.



Receive Text or E-mails About Center Closings or Delays



Would you like to receive Text Messages or E-Mail alerts about weather announcements, delays, closings and Announcements about Special events, programs and classes? Sign up at the front desk and leave either your email or cell phone number and we can sign you up to receive these alerts. **Please see the newsletter insert for our inclement weather policy. We do NOT follow the public school system. If the center opens late, classes before 10:30 am are cancelled.**

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:	Nancy Bach
Vice President:	Jim Lightner
Treasurer:	Gene Laytar
1st Asst. Treasurer:	Carol Parks
2nd Asst. Treasurer:	Gale Griffin
Recording Secretary:	Edie Dietrich
Coresp. Secretary:	Vacant
Sgt. At Arms:	Ed Konig
Past President:	Preston Wollett
Members at Large:	Tom Hock & Walt Wujek

Meeting Schedule

Executive Board Meeting:

Monday, February 12 @
12:00 pm

Membership Meeting:

Monday, February 26
@ 12:30 pm

Come early for lunch \$4. Soup
& grilled cheese served.

*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.

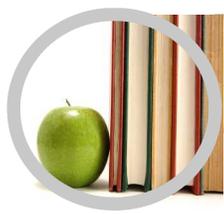
Center Membership and Registration

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 winter classes begin the week of January 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	\$
11:30 am	1:00 pm	Beginner Pickle Ball	Joe Palmere, CPTP	Honeygo Regional Park	
11:45 am	12:45 am	Core N' More	Gary Lentz - Be Fit	MPR extension	\$
11:45 am	1:15 pm	Projects for Charity	Volunteers	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	\$
9:00 am	11:30 am	Ladies Social Poker (1st & 3rd week)		Game Room	
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	
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.	Class 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	
9:00 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	\$
11:00 am	12:30 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	\$
1:30 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	11:30 am	Drawing Class	Alina Kurbiel	Game Room	\$
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 Regional	
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	*Men's Social Poker	Volunteers	Class Room	
1:00 pm	1:45 pm	DrumFit	Gary Lentz - Be Fit	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	Tod & Lisa Waterman 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	
1:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

Sunday

1:00 pm	2:30 pm	Outdoor Walking	Volunteers	Gough Park	
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(Look for the member with the lime green arm band/scarf)

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.

Class Information

Spring Registration begins March 6 and most Spring classes begin April 2.

New 7 Week Stepping On Class Starts March 7

Stepping On is a free class that helps reduce the risk of falls, improve self management and increase the quality of life. Sign up in the free program binder at the desk. Wed. 9-11 am from March 7- April 18.

Play Pickle Ball at Honeygo Regional Park

Join us for indoor play at Honeygo Regional Park on Tuesdays & Thursdays at 10:00 am, Wednesdays at 11:00 am and Fridays at 1:00 pm. Beginners play on Mondays 11:30 am.
All supplies provided.



Trip Highlight

Thursday, May 3, 2018

Cost: \$40 per person

Come travel with Seven Oaks to Ocean City, MD, for a day of fun! Springfest serves up a continuous variety of musical performances on two stages; indoor & outdoor. Enjoy the delicious food, live entertainment, and over 184 crafters under 4 Big Top Tents and the Ocean City air. Springfest has the most delicious food from famous Eastern Shore, as well as a wide assortment of ethnic foods so bring your appetite with you! Over 30 food vendors serve a variety of delicious food. Meals are on your own. Admission is free to all day events. All this plus plenty of places indoor and outdoor to eat, rest, shop and listen to music while enjoying Ocean City's scenery. Bus leaves Weis Foods on Joppa Rd at 8:30 am and returns at 7:30 pm.



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 are March 5 and 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.

The next new member orientation for the fitness center:

Wednesday, February 14 & 28 at 11:15 am

Fitness Coach Jonathan Toussaint Visits:

Mon. February 5 & Wed. February 14 & Mon. February 26 from 9:00 am - 1:00 pm
While Jonathan is here he's offering a 20 minute Circuit workout. Sign up in advance.

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.

Lately we've had too many leftovers. Please cancel your meal if you decide you cannot make it to the lunch.

Thank You For Your Donations which Helped People in Our Community

- ◆ \$500 was donated by the Council to the Community Outreach Program along with many non-perishable items.
- ◆ 100+ coats were donated by members and given to the Perry Hall United Methodist Church to be donated to people in the community.
- ◆ Our tree was filled with mittens, scarves, hats and gloves which were donated to the Eastern Family Resource Center.
- ◆ Our Veteran's Toiletry Drive helped the Loch Raven VA Community Living and Rehab Center which has 100 residents. The Council purchased \$600 in toiletries in addition to what members donated.



2018 Upcoming Special Events

- ◆ St. Patrick's Day Party - Tuesday, March 13
- ◆ Spring Dance with Sensations - Friday, March 23
- ◆ Bunny Woodcarving - Fri., March 30
- ◆ BINGO Extravaganza - Tues, April 3
- ◆ Roy Orbison Tribute - Friday, April 6
- ◆ Aromatherapy for the Emotions - Tuesday, April 10
- ◆ Caregiver's Conference - Sat, April 14
- ◆ AARP Driving Course - Fri, April 20
- ◆ Volunteer Week - April 16-20
- ◆ Jazz Concert: The Wayne Johnson Ensemble - Friday, April 27
- ◆ Shred-a-Thon - Saturday, April 28
- ◆ Mother's Day Event - Friday, May 11
- ◆ Modell Lyric presents Made In America - Tuesday, May 22
- ◆ Flag Day Breakfast - Wed, June 13
- ◆ Father's Day Lunch - Friday, June 15
- ◆ Red, White & Blue Picnic - Tue, June 26

Stepping On Class



Stepping On is a multifaceted falls-prevention program (guest experts are invited: vision expert, pharmacist, pedestrian safety expert, PT/OT, etc.) About 30% of older people who fall lose their self-confidence and start to go out less often. Inactivity leads to social isolation and loss of muscle strength and balance, increasing the risk of falling. Stepping On aims to break that cycle, engaging people in a range of relevant fall preventive strategies. Stepping On content draws on current evidence for falls prevention.

The program has been proven to reduce falls. This is a FREE 7 week class! Class will be held on Wednesdays from 9-11 am, Feb. 28 - April 18, 2018. Sign up in the free program binder.

Mark Your Calendar!

- ◆ Transition Series: Burial/ Cremation Options - Friday, March 2
- ◆ Introduction into Dream Interpretation from the SLN - Monday, March 12
- ◆ Making Plans for Whole Body Donation - Thursday, March 15
- ◆ Movie: Just Getting Started - Friday, March 16
- ◆ Soap Carve a Bunny - Friday, March 30



Did you know Seven Oaks has Wi-Fi & iPads Available for Use?

You can bring your mobile devices to the center and access the internet to surf the web, check your e-mail, play games and much more! Ask the front desk for the secure password.

We also have two Apple iPads available for your use in the lobby.



Travel Opportunities

Come along for the ride!

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.



2018 Day & Overnight Trips

- ◆ **Bi-Monthly Delaware Park Trips**– will re-start in March. We're still looking for someone to take over running these trips. \$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.
- ◆ **Death at the Garage Sale** and lunch at Rainbow Comedy Playhouse in Paradise, PA. Wed. Feb. 28. Cost \$75.
- ◆ **Oh What a Night! A Musical Tribute to Frankie Valli and the Four Seasons at Dover Downs** Thurs, April 12 - Fri, April 13. Cost \$140 double pp/ \$190 single. Trip includes show ticket, room at Dover Downs, buffet breakfast, \$30 slot play, plus 4 hr. stop at Delaware Park with \$30 slot play.
- ◆ **Parade of Nations and an Evening Showing of the VA International Tatoo in Norfolk, Virginia** Thurs. April 26-Sun. April 29. \$550 double, \$750 single.
- ◆ **Springfest, Ocean City, MD** - Thurs, May 3. Cost \$40. Enjoy music, food, craft booths and strolling the boardwalk.
- ◆ **Odyssey II Monument Cruise & Lunch** - Wed, June 6. Cost \$100. Elegant three course lunch, live band and cruise to view the historic monuments of Washington, DC from the Potomac River.
- ◆ **Newport, Rhode Island** Mon, June 18-Thur, June 21. Tour historic Newport, Marble House, The breakers plus Cliffwalk, Newport Harbor Cruise, wine tasting and optional Newport slots. \$535 double, \$695 single.
- ◆ **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.
- ◆ **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.
- ◆ **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.

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.