



The Acorn

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



Member Appreciation Week is June 3 - 7

Thank you for being apart of Seven Oaks! You help make our center what it is! Seven Oaks continually grows and we know it's because you're spreading the word to friends and neighbors! We appreciate your support and we want to thank you with a week of activities ...

Monday, June 3 from 11:30 am - 1 pm - Free ice cream from Miss Twist Ice cream truck

Tuesday, June 4 from 11 am - 3 pm - Hot popcorn & lemonade served

Wednesday, June 5 from 9:30 am - 2:30 pm - Warm homemade cookies & ice tea
(volunteers needed to help bake!)

Thurs, June 6 at 1:30 pm - Chocolate fountain and Musical Entertainment from McBand

Friday, June 7 at 9:15 am - Friday Café: To Go Goodness - Enjoy coffee and a continental breakfast.
Enjoy it at the center or take it with you!

Saturday, June 8 - Shred-a-thon

We are giving away two \$25 restaurant gift cards and raffling off 1 front of the line pass for Class Registration EACH DAY of Member Appreciation Week. Fill out a raffle ticket for each when you sign in at the front desk. One entry for each per day is allowed.

Shred-a-thon - Saturday, June 8 from 9 am-Noon

The Shred-a-thon is co-sponsored by Seven Oaks Senior Center and the Baltimore County Employees Federal Credit Union. Each vehicle can bring up to four standard sized boxes of personal documents (paperclips, staples, folders, credit cards and CDs are acceptable). Items not acceptable: binders, large clasps, plastics, metal objects, newspapers, magazines, books and clothing.) Please note this is not a recycling event, only personal documents will be permitted. The event ends at 12pm or once the trucks fill up. We'll have 2 trucks and a NEW vendor this year; Iron Mountain will provide the onsite shredding.



Father's Day Luncheon - Friday, June 14

Celebrate Father's Day at Seven Oaks. Our Annual Father's Day Luncheon will be held **Friday, June 14 at 12:45 pm**. Liberator's will cater the meal. On the menu: salad, spaghetti and meatballs, drinks and cake. Tom Delaney will entertain us with his own Father's Day Comedy & Music Show. Members only at this event.
Tickets are \$5 in advance.

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

**Eastside Quarter Auction at Ateaze
Friday, June 21 - See page 4**

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

Look inside!





June Special Events



Healing Rituals with Gilchrist

Tuesday, June 4

10:00 am

Gilchrist returns for its four part series on Grief. Join them as they discuss *Healing Rituals*. Sign up in advance.

Go With Your Gut Bacteria

Tuesday, June 4

10:00 am - 12:00 pm

The Fresh Conversations Program presents information on gut bacteria and foods that help healthy gut bacteria. Sign up in advance.

DIY Succulent Terrarium

Wednesday, June 5

1:00 pm

Join a representative from ALMAR to create a terrarium using 3 different types of succulents. Container will be a used plastic bottle. Limited to 12. Cost is \$25, in advance. Pay at the front desk by 6/3.



SHIP Presents Change in Medicare

Thursday, June 6

1:00 pm

Nothing is ever static, that includes Medicare. Every year, there are changes in the amounts of the Medicare premiums and deductibles. SHIP will be conducting a presentation to keep you up-to-date regarding what is new, updated or just needs to be reemphasized. This presentation is for those who have been on Medicare for several years vs. newcomers.

Suddenly Single

Friday, June 7

10:15 am

As a part of the Doug Burgess Transition Speaker Series, Doug has arranged for Harry Horn, financial planner with Academy Financial to present. He will discuss transitioning after the loss of a spouse or member of your household who handled all of the finances and budget needs. Sign up in advance.

Trivia with Gloria

Friday, June 7

1:00 pm

Gloria will lead a fun and brain stimulating trivia event! Sign up in advance.



Shred-a-thon

Saturday, June 8 from 9 am - 12 pm

See Page 1 for details.

Pet Connection

Monday, June 10

1:00 pm

Pet connection network assists seniors and their pets in making a plan to overcome loneliness and isolation. Learn the importance of having a place to keep your pets when you can no longer care for them. Sign up in advance.

Change in Class Registration

Tuesday, June 11

Only come at 8:15am if you are signing up for **Enhanced Fitness or Strength Training**. The other classes do not fill the first day so you do not need to come early to sign up for those.

Brain Games with ALEXA

Tuesday, June 11

10:30 am

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

Stroke Awareness

Tuesday, June 11

1:00 pm

Provided by Medstar Good Samaritan Hospital, this program is an interactive, hour long educational session with a rehab therapist. The focus is on the risk factors, prevention and signs of stroke. Seniors will learn about techniques to reduce their chances of having a stroke. Sign up in advance.

Adventure Club: Boordy Farmer's Market

Thursday, June 13

3:00 - 7:00 pm

Seven Oaks members and guests are invited to meet at the farmers market. You can pack a picnic/ snacks or buy something to eat from the food truck and other vendors. No outside alcohol permitted but you can buy Boordy's wine. They have picnic tables available if you arrive early or you can bring a lawn chair. Sign yourself and any guests up in advance so everyone knows who to look out for. Feel free to arrange carpooling.



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!

WE NEED YOU... Please consider hosting a Friday Café. There's a sign up sheet and to-do list located by the coffee station.

Father's Day Luncheon
Friday, June 14 at 12:45 pm
See Page 1 for details.

Annual Membership Meeting & Lunch
Monday, June 24 12:30 pm
All members are asked to attend our Annual Council meeting. Councilman Marks will present the Volunteer of the Year Award and our new officer will be sworn in. Drinks and cake served. Sloppy Joe and chips will be served at Noon for \$5. Purchase your lunch ticket in advance. Everyone that attends will be entered in a drawing for a \$50 gift card that we'll give away at the end of the meeting.

Current Events
Wednesday, June 26 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.

TED Talk: Want to Be Happier
Thursday, June 27 1:00 pm
When are humans most happy? To gather data on this question, Matt Killingsworth built an app, Track Your Happiness, that let people report their feelings in real time. Among the surprising results: We're often happiest when we're lost in the moment. Join Jim Lightner as he facilitates a lively talk after the video. Sign up in advance.

Meet Up: The Hive
Thursday, June 27 4:00 pm - 6:00 pm
Meet up for happy hour at Perry Hall's newest restaurant located where Basta Pasta used to be on Belair Rd. Hangout with your friends from Seven Oaks and enjoy happy hour specials. Sign up in advance.

Make & Take with Kara
Friday, June 28 10:15 am
Plants are powerful and can be used for so many things! Join us for an introduction to essential oils PLUS make & take event. We'll mix up a plant-based, chemical free household cleaner sample and concoct a 'zzzz' roller. \$5 per person. Pay in advance at the front desk. Sign up by 6/21. Looking forward to seeing you!

Movie: The Upside
Friday, June 28 12:45 pm
Two mischievous New Yorkers from opposite backgrounds bond as an ex-con is hired to be the caretaker for an affluent quadriplegic. The pair form an unlikely friendship. Rated PG-13 for Drug Use & Sexual Situations. Run time: 2hr. 6 min. Hot popcorn and drinks served. An ET lunch will be served at Noon for \$2.50 donation. Menus located at the front desk. Sign up for lunch by 6/26. Menus at the front desk.

Birds In Your Backyard

Tuesday, June 18 10:00 am
Maryland has an amazing diversity of birds: tiny hummingbirds that migrate across open ocean, wood thrushes with their haunting songs, the majestic raptors and master weavers Baltimore Orioles, among many others. Learn about some of the birds you can see, hear and help in Maryland as we explore their fascinating lives. Sign up in advance.



Herbs, Cooking & their Health Benefits
Wednesday, June 19 10:30 am
Join Mandy, Giant's In-store Nutritionist and Allison, our high school student who is working on her Gold Award Project at Seven Oaks, for an informative program on the health benefits of cooking with herbs and spices. Sign up in advance.

Rising Income
Wednesday, June 19 10:45 am
Join Michael Crabb, from Synergy Financial to learn how to receive rising income throughout retirement. Sign up in advance.

Men's Health Symposium
Thursday, June 20 2 - 3:30 pm
This is a 1.5 hour interactive power point presentation and discussion on Men's Health. For information purposes only: treatment options for Erectile Dysfunction and Stress Urinary Incontinence (bladder leakage). Lite refreshments provided. Sign up in advance.

Eastside Quarter Auction at Ateaze
Friday, June 21 at 12:00 pm
See Page 4 for details.

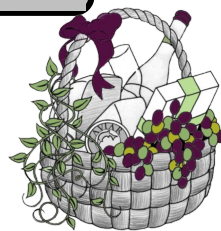
Patriotic Program with the Oakettes
Friday, June 21 12:30 pm
The Center's own, Oakettes will preform a patriotic program to celebrate the 4th of July. If you want a box lunch sign up in advance on the Eating Together clipboard, by 10:15 am on 6/19. Box lunch menu: Cold Cut Sandwich, juice, salad, fruit and milk. Lunch will be served at noon.



Perry Hall Town Fair by the High School
Saturday, June 22 from 10am - 3pm
Check out our booth while you're there!

Eastside Quarter Auction at Ateaze - Friday, June 21

Grab a group of friends or your family and come to the East Region Basket Quarter Auction fundraiser to be held on Friday, June 21 at the Ateaze Senior Center. Doors open at 12 pm and the auction starts at 1 pm. Seven senior centers on the east side of the county will raffle off 7 beautiful and creative baskets each (49 baskets total!). Your \$5 ticket includes 2 paddles and you can purchase additional ones for \$2 each. Basket values will range from \$25 to over \$100. We'll have food and wine/beer available for purchase. The proceeds from each basket goes to the sponsoring senior center. Enjoy a fun afternoon with other senior center members, friends and family to help raise funds all while taking the chance on winning some great gift baskets and door prizes. **Tickets can be purchased at Seven Oaks.** Ateaze Senior Center is located at 7401 Holabird Ave. in Dundalk. For more information, call the center at 410-887-7233.



Executive Board Slate of Officers

As of May 10, the following center members have submitted their name for the following board member positions. Nominations close on May 20. If more than one person is running for a position then we will have elections the week of June 17. You'll need to show your current membership card to vote. Please join us for our annual council meeting on Monday, June 24. We will serve sloppy joe and chips for lunch at noon for \$5, in advance. Councilman Marks will present the Volunteer of the Year Award and the new officers will be sworn in.

President - Jim Lightner

Vice President - Ed Konig

Treasurer - Carol Parks

1st Asst. Treasurer - Gene Laytar

2nd Asst. Treasurer - Gale Griffin

Recording Secretary - Janet Hess

Corresponding Secretary - Edie Dietrich

Sargent at Arms - Gary Durandetto

Member at Large - Walt Wujek

Member at Large - Betty O'Carroll

Red, White & Blue Picnic - Tuesday, July 2

Join us on **Tuesday, July 2 from 1pm - 3pm** to celebrate the 4th of July with an outdoor picnic. Children, grandchildren and other guests welcome. The Sensations will entertain us so bring your lawn chair and BYOB if you'd like! Cruiser's Pit Beef will be serving lunch from their truck! Purchase your lunch ticket in advance for \$10, which includes a sandwich (pit beef, turkey, ham or a burger), a side (loaded potato salad, macaroni salad or cole slaw) and a drink. **Lunch tickets go on sale, Tuesday, June 4**, please indicate sandwich type. Come for dancing, great tunes, tattoos by the PH Library, delicious food and FUN! *A lunch ticket is not required to attend.*



Shrimp Feast - Friday, July 19 at 12:45 pm

Join us on **Friday, July 19 at 12:45 pm** for a fun and tasty afternoon! Menu will include 16/20 Count Steamed Shrimp, Buttered Corn on the Cob, Italian Bread, Cole Slaw, Potato Salad, Dessert, Beer, Wine & Soda. **Cost is \$15 per person. Tickets will go on sale Monday, June 17.** Entertainment by The Reputations, a 5 piece band. Also we are in need of outdoor turkey fryers for the event. If you have one we can borrow please see staff. Special thanks to Wayne Knowles for being our onsite chef for the event!



Senior Center Staff & Executive Board



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

President:	Jim Lightner
Vice President:	Nancy Bach
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, June 17 at 12:45 pm

Membership Meeting:
Monday, June 24
@ 12:30 pm
Come early for lunch at noon!
Sloppy Joe and chips, \$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

Summer Class registration is Tuesday, June 11.
Most classes will begin the 2nd week in July.



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	
9:15 am	10:00am	Outdoor Walking	Staff	Meet at Front Desk	
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	
12:00 pm	3:00 pm	*Social Poker	Volunteers	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)	Celeste Skruch, 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	\$
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	
2:00 pm	3:15 pm	Yoga	Jana Long, CCBC	MPR-extension	\$
2:30 am	3:15 pm	Outdoor Walking	Staff	Meet at Front Desk	

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, June 3, 10 & 17. Sign up for an appt with David Yoon.

BINGO - Tuesday, June 4 & 18 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 recommended donation. Menus are posted at the front desk. Sign up in advance for lunch.

Seated Massages with Doug - Thurs. June 6, Fri. June 14 & Thurs. June 27 - Doug Wittich, Licensed Massage Therapist is offering 10 min. chair massages in the Fitness Center 3x per month. You must fill out a brief health questionnaire before your first massage. It's only \$5 for a 10 min. massage or book back to back sessions for a longer massage for \$12. No refunds if you are a no show.

Blood Pressure - Fri, June 14 at 9:15 am Karen Kansler, RN takes your blood pressure.

Card Making Workshop - Friday, June 14 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, June 24 at 10:00 am Let Alvin Miller help you with your device. Bring your device & passwords. Sign up in advance.

Announcing the Seven Oaks Herb Garden

Have you seen the new community Herb Garden on our back patio? Harvesting can begin mid-June and continue throughout the summer. The raised planters will produce: Parsley, Basil, Rosemary, Sage, Thyme, Oregano, Dill, and Chives. Various Mints and Lemon Balm will be planted in pots around the patio. Lavender and Pineapple Sage will be planted in the ground near the park benches and offer colorful flowers. Scissors and bags will be available in the garden to make cutting herbs for your home use easy. Clipping is required to keep the plants from getting too bushy, so please enjoy! Watch throughout the summer for herb related classes offered by Allison as part of her Girl Scout Gold Award Project, including this month on June 19 at 10:30 am. For anyone interested in helping Allison care for the herb garden, please contact Courtney.



And a big thank you to Allison for the great job she's doing on the garden!

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, June 12 and 26 at 11:15 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 days. **This month lunch is offered on June 4, 11, 18, 21, 25 and 28.** 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 \$4.48 cost of each meal (super special meals \$5.95). 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.**

Fresh Conversations Workshop

The University of Maryland Extension is piloting a new program called Fresh Conversations. The goal of this program is simple, they want to generate enthusiasm and support for older adults in their desire to be the best that they can be – no matter what their age. Maintaining good health and independence is important to almost everyone. Each month they will discuss a new topic and discuss better eating and exercise habits. This pilot program will provide a newsletter as the main teaching tool to outline monthly presentation. The program sessions are full of interactive activities such as physical activity, taste testing recipes, group discussions, and friendly competitions. If you sign up please try to attend all 8 sessions so they can gather data at the end. The group will meet at Seven Oaks.

The topics and dates are as follows:

Lower Your Stroke Risk - **Wednesday, May 29 from 12:30 pm - 2:30 pm**

Go with Your Gut Bacteria - **Tuesday, June 4 from 10:00 am - 12:00 pm**

Should You Worry About Vitamin D Deficiency? - **Friday, July 12 from 12:30 pm - 2:30 pm**

Eating Out and Eating Healthy, Just Got Easier - **Thursday, August 15 from 12:30 pm - 2:30 pm**

Ancient Grains Make a Comeback - **Thursday, September 5 from 12:30 pm - 2:30 pm**

Dairy Case Dilemma: Is It Really Milk? - **Tuesday, October 22 from 10:00 am - 12:00 pm**

Sugar: Sinfully Sweet - **Friday, November 22 from 10:00 am - 12:00 pm**

Heart-Healthy Fat Facts - **December 2019, date TBD.**

Sign up at the front desk in advance.



Bring Us Your Plastic Bags

Projects for Charity needs lots of plastic bags for a project they are working on for the homeless.

Walking with Seven Oaks

Join our walking group led by Kathleen or Courtney. We walk 2 days a week, weather permitting.

Tuesdays at 9:15 am and
Thursdays at 2:30 pm. We leave from the center.

Join Our Bridge Group

Whether you're an experienced player or new to bridge stop in and join the group. Wed. 9 - 11:45 am &
Thurs 10 - 12 pm

Mark Your Calendar!

- ♦ Red, White & Blue Outdoor Picnic - Tuesday, July 2
- ♦ Baltimore Energy Challenge - Monday, July 8
- ♦ Preparing to Downsize - Tuesday, July 9
- ♦ Fresh Conversations - Friday, July 12
- ♦ Strengthening Our Emotional Safety Net - Tuesday, July 16
- ♦ TED Talk - Thursday, July 18
- ♦ Shrimp Feast - Friday, July 19
- ♦ Current Events - Wednesday, July 24
- ♦ The Big 4 and the Beginning of Philanthropy in Baltimore - Tuesday, July 30
- ♦ Keeping Our Seniors Safe Online - Monday, August 5
- ♦ Sound Healing Program - Tuesday, August 13
- ♦ CPR & AED program by the Baltimore County Fire Department - Tuesday, August 27
- ♦ Emergency Preparedness Program - Friday, September 6
- ♦ NARCAN Training - Thursday, September 12
- ♦ Stop the Bleed Program by the Baltimore County Fire Department - Thursday, September 19
- ♦ BCDA's Run/Walk at CCBC—Sunday, September 22
- ♦ All Day BINGO Extravaganza - Wednesday, September 25





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.



2019 Trips

- ♦ **Bi-Monthly Delaware Park Trips** – 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.
- ♦ **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. Monday, Sept. 23 - Friday, Sept. 27. Four nights, five 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. *Waitlist*
- ♦ **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 Smorgasbord** 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.**