



Seven Oaks Senior Center

9210 Seven Courts Drive
Baltimore, MD 21236

**2nd
Edition**

Winter 2023



Welcome back:

Meditation

Instructor: Mickey Fenzel

Tuesdays 10-11 a.m., In person and On Zoom

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.



Mark Your Calendar!

- ♦ Mon January 2 Center Closed for New Year's Day
- ♦ Tue January 3 & 17 Bingo and Eating Together Lunch
- ♦ Wed January 4 Great Physioballs of Fire
- ♦ Thu January 5 TED Talk
- ♦ Fri January 6 Celebrate Elvis Presley Event
- ♦ Thu January 12 Robert Karp Presents Dr. Martin Luther King, Jr.
- ♦ Fri January 13 Blood Pressure Screening; Card Making Workshop
- ♦ Mon January 16 Center Closed for Martin Luther King, Jr. Holiday
- ♦ Fri January 20 Seasonal Changes and the Brain
- ♦ Mon January 23 A Better Me In '23 Event
- ♦ Thu January 26 Current Events
- ♦ Fri February 10 Valentine's Day Pancake Breakfast
- ♦ Wed February 15 Giant Nutritionist Melanie Berdyck Heart Health
- ♦ Mon February 20 Center Closed for Presidents' Day
- ♦ Sat March 11 Travel Fair
- ♦ Fri March 17 St. Patrick's Day Party

Registration begins

Tues., December 6 at 8:30 a.m.

FOR....

Strength Training & EnhanceFitness

If you are signing up for any other classes come anytime and register at the front desk.

See inside for class start dates and more information or 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 her/his 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.
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

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

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 welcome!)

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.

BUNCO

Every Tuesday at 9:30 am

Join other Seven Oaks players in this fun, easy-to-learn dice game.

We are looking for more players to meet every other Tuesday to play. No experience necessary.



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 \$51 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.

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 Instructor: Al Muehlberger
1st Wednesday of each Month at 2 pm 8/3

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.

Survey of the NIV Bible with Friends
Select Mondays, See Newsletter 1:00 pm
Instructor: Nelda Murphy

This is an educational class about the Bible which will take place on select Mondays each month. The class will give a basic overview of the Bible including What is the Bible? and the Bible's origins, divisions, geography, history, people, places and events. Different aspects of the Bible will be discussed each class. Sign up in advance.

Recreational Activities

Bingo and Eating Together

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

Leader: Mary Kulishek

Cost: \$10. Cash prizes provided to winners. The Eating Together Program will serve lunch at 12 noon. Stop by the front desk for the menu and to sign up. Just show up for Bingo.

Bridge

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

No fee. Drop in at anytime.

Arts & Crafts

Crafts and Conversation

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

Instructors: Ken Sachs & Marsha Weber

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: Joan Shaul

Cost: No fee. Drop in at anytime. Ongoing Class.

Leader

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

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

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

Instructor: Richard Souders

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. 12/9, 1/13, 2/10, 3/10, 4/14
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
1/9-3/13, skipping 1/16, 2/20

Cost: \$50

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.



Pickle Ball

Pickle Ball is back!

Honeygo Regional Park

Monday - Friday, 12- 3 pm

January 2 —June 23

Cost: \$5 for Winter/Spring semester

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. Players must be current members of Seven Oaks. Please show your card/lanyard when you show up to play. To sign up please stop in the Senior Center to purchase your Pickle Play Pass. Must show your pass EACH time you play.

NEW: Sign up online for play times by downloading the TeamReach App and signing into Seven Oaks Senior Center Pickleball.

Code: 7Pickles

For up to date information make sure you download the app.

Online Only Classes Continued

Wet with Wet Watercolor (on Zoom)

Wednesdays 10:30 a.m. - 12:30 p.m. Instructor: Alina Kurbiel
1/25– 2/29 (6 weeks)

Cost \$25 for each 6 week class. Payable to Seven Oaks Council.
Learn how to use water with Watercolor to create depth and details. Alina has mastered this technique and is excited to share with you. *Include your e-mail address when you sign up and we'll e-mail the link which will be used for each 6 week session.*

Drawing with Colored Pencils (on Zoom)

Thursdays 10:30 a.m. – 12:30 p.m. Instructor: Alina Kurbiel
1/26-2/30 (6 weeks)

Cost: \$25 for each 6 week class. Payable to Seven Oaks Council.
Discover how using Color Pencils can make your drawings come alive.

Include your e-mail address when you sign up and we'll e-mail the link which will be used for each 6 week session.

CORE de Force (on Zoom)

Thursdays 9 a.m. -10 a.m. Instructor: Karen Kansler
1/5– 2/23

Cost: \$25 for the 8 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 8 week session.*

Vocal Group

Fridays 11 a.m.—12:30 p.m.

Leader: Cal Goeller

No fee. Drop in 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.

Dance Classes

Ballroom Dance Class - Waltz

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

Payable to Seven Oaks Council

Nov 21- Feb 6, No Class 12/5, 12/26, 1/2, 1/16, (8 Weeks)

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

1/4- 3/8 (10 Weeks)

Cost: \$25 for 10 week session payable to Seven Oaks Council.

This class is for those new to line dance or beginner dancers.

Intermediate Line Dance

Tuesdays 10 a.m. - 11 a.m. (Ongoing)

Instructor: Fore/Alleva

Cost: \$1 per week Pay as you go, drop in anytime. Learn the latest line dance steps at our weekly instructional class.

Intro To Tap Dance

Fridays, December 2- February 3

Two classes to choose from:

10:15 a.m. - 11 am

11:15 am - 12 pm

Cost: \$25 , 10 weeks

Instructor Kathy Lally is a certified Zumba Gold and Tap Dance instructor. Tap Dancers will learn basic Tap skills, terminology and balance while creating catchy rhythms with their feet. Tap shoes are not required, but if desired, Amazon has an affordable selection. Maximum of 20 participants in each class. Sign up begins August 19.

Fitness Center

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

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 completed 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. No Doctor clearance required.

Upcoming Orientations:

Wed. Nov 23 @ 10:30 am, or Wed. Dec 7 and 21 @ 10:30 a.m.

See staff to sign up.

Exercise Classes

Table Tennis

Wednesdays 1:00 p.m. - 3:45 p.m. (Ongoing)

Fridays 1:00 p.m.-3:45 p.m.

Cost: No Fee

Members meet to play singles and doubles. New participants are welcome to join in. *Table Tennis is occasionally cancelled due to special events scheduled in the MPR.*

Chair Exercise

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.

Geri-Fit

Instructor: Libby Bryant

Thursdays 11:30 a.m. - 12:30 p.m.

No fee. Please sign up at front desk.

Geri-Fit® is an evidence-based 45-minute video strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of light dumbbell weights. There's no dancing, aerobics, or choreography to learn and you never have to get on the floor.

Exercise Classes Continued

EnhanceFitness

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

1/4– 3/30 No Class 1/16, 2/20 (10 week class)

25 Student Limit In-Person, 25 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.

Monday Yoga



Instructor: Karen Kansler

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

1/9– 3/13 No Class 1/16 and 2/20

Cost: \$35 for 8 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.

Wednesday Yoga

Instructor: Karen Kansler

Wednesdays @ 10 am

1/4 – 2/22

Cost: \$35 for 8 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

1/9– 3/13, No Class 1/16, 2/20

Cost: \$35 for 8 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.

Zumba Gold

Mondays 12:45 p.m. - 1:45 p.m.

Instructor: Kathy Lally

1/9-3/27, No Class 1/16 and 2/20

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.

Strength Training

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

1/3-2/24

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 Zoom class taken at home.

Cash or check payable to Seven Oaks Council.

Friday Café

Friday Mornings 9:30 – 10:30 am

Volunteer Hosts Needed!!! See clipboard to register.
Questions? See Staff for more information.