



The Acorn

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

Trim the Tree

Friday, December 1 at 12:30 pm

Join the members of Seven Oaks and help decorate the tree and the center. Ron Kutscher will be here to help us get in the spirit with his Holiday Sing-A-Long! Plus we'll have free egg nog & snacks. Sign up in advance if you can help.

Holiday Party at Columbus Gardens

Thursday, December 14 from 12 pm - 4 pm

4301 Klosterman Ave. Tickets \$38 in advance by Dec. 7.

Menu includes: Open Bar, Fresh Vegetables and Assorted Cheese, Tossed Fresh Salad with choice of two dressings, Beef Burgundy over Egg Noodles, Chicken A La Kiev, Bacon & Cheese Twice Baked Potato, Green Bean Casserole, Ice Cream Sundae Bar & Music by Josh & the Good Stuff.



Seven Oaks Elementary Children's Chorus

Tuesday, December 19 at 12:15 pm

Enjoy a holiday performance from the children at Seven Oaks Elementary. They love to perform to a large crowd so please come!

Holiday Karaoke and Pizza Party

Tuesday, December 19 at 12:45 pm

Stay after the children's performance for some fun holiday karaoke with Kathy Snello. She will have all of your favorite songs to sing, plus we'll have free pizza, drinks and egg nog! Sign up in advance if you plan to attend.

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!





December Special Events



Transitions Speaker Series

Friday, December 1

10:15 am

Burgess Law returns to Seven Oaks to present Account Beneficiaries: "The Do's and Don'ts for your Retirement" featuring Financial Planner, Harry A. Horn, CLU, ChCF, CRPC. Sign up in advance.

Mary Kay

Friday, December 1

11:30 am - 1:30 pm

Do the winter months have your skin feeling dry? Do you need some gifts for family for the holidays? Stop by the center and visit the Mary Kay table to pick up some products for yourself or your family and friends.

Trim the Tree

Friday, December 1 at 12:30 pm

See Page 1 for details.

Smart Phone & Tablet Help

Monday, December 4 & 11

Schedule your one-on-one appointment with David Yoon in advance at the front desk. Bring your device with you and your passcodes.

Emergency Preparedness

Monday, December 4

1:00 pm

This presentation will prepare you, your family and maybe your neighbors for the three important



steps needed to prepare for emergencies. Also learn some of the common misconceptions. Sign up in advance.

Learn How to play Pickle Ball!

Beginner Pickle Ball will start Monday, December 4th. This new group will meet at Honeygo Regional Park on **Mondays from 11:30 am - 1:00 pm.**

If you'd like to join us for Pickle Ball you need to be a member of the Center. Stop in to register before then. No experience necessary.



Leaving a Legacy to Your Grandchildren

Wednesday, December 6

12:30 pm

NY Life will provide information on gifting to your children and grandchildren. Desserts will be served. Sign up in advance.

Kitchen Training

Thursday, December 7

2:00 pm

Join Courtney for a kitchen training. Learn the basics of food safety during the holidays. Sign up in advance if you plan to attend.

Blood Pressure

Friday, December 8

9:15 am

Karen Kansler, RN takes your blood pressure.

Card Making Workshop

Friday, December 8

10:30 am-12:30 pm

Students will make 3 cards to take home.

Samples are available at the front desk.

Advance registration required. Cost is \$12.

Winter Holi-daze:

Season got you stressed?

Friday, December 8

1:00 pm

Come chat with the PEERS program about ways to help your mind and body stay happy and healthy this holiday season. Sign up in advance.



Video Learning Network: The Holocaust

Monday, December 11

1:00 pm

Join this live video network presentation to hear the true stories from Holocaust survivor, Ruth Mermelstein. Sign up in advance.

Oh My Aching Back - Pain Clinic

Tuesday, December 12

10:00 am

Back pain is one of the most common medical problems. At this clinic you will learn how physical therapy helps back pain sufferers, simple ways to lower your risk of back pain, how to improve range of motion, how to avoid back pain and tips to staying active with back pain. This 30 minute talk will be followed by 30 minutes of instructional stretching and exercise coaching. 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!

Vitamin E - Fallen Hero

Wednesday, December 13 10:30 am

Observational studies suggest that Vit. E might reduce chronic disease, but almost every major controlled trial has suggested that Vit. E is not the hero we once thought it was. Join our TOPS group for this lecture from our Nutrition Made Clear DVD series. Sign up in advance.

Holiday Party at Columbus Gardens

Thursday, December 14 from 12 - 4 pm

See Page 1 for details.

TED Talk:

Your Body language Shapes Who You Are

Wednesday, December 13 1:30 pm

Amy Cuddy discusses how body language affects how others see us, but it may also change how we see ourselves. Join Jim Lightner as he facilitates a lively discussion after the video. Sign up in advance.

Movie: Paris Can Wait

Friday, December 15

12:45 pm

Anne is at a crossroads in her life. Married to a successful but inattentive movie producer she unexpectedly finds herself taking a car trip from Cannes to Paris with her husband's business associate. What should be a seven hour drive turns into a 2 day adventure and gives her a new lust for life. Hot popcorn and drinks served. An Eating Together lunch will be served at Noon for \$2.50 donation. **On the menu:** Apple Juice, Roast Turkey w/Gravy, Mashed Potatoes, Mixed Vegetables, Mandarin Oranges, and Grain Dinner Roll. Sign up for lunch by Dec. 13.



Computer Troubleshooting

Monday, December 18

10:00 am

Let Alvin Miller help you with your computer, laptop, smart phone or tablet issues. Sign up in advance.

Membership Meeting & Lunch

Monday, December 18

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. A chili lunch for \$5 is served at noon. Purchase your lunch ticket in advance. Everyone that attends the meeting will be entered in a drawing for a \$50 gift card that we'll give away at the end.

Seven Oaks Elementary

Children's Chorus

Tuesday, December 19 at 12:15 pm

Holiday Karaoke and Pizza Party

To follow 12:45 pm

See Page 1 for details.

Women of a Certain Age

Wednesday, December 20

1:00pm

In October this new discussion/sharing group met to discuss what it means to be "Women of a Certain Age." They ended with these wisdom nuggets: Keep Moving, Keep Current, Stay Positive, Accept Graciously, Be Grateful for Today, Make it "Mine", Tell the Truth, and Try New Things. Join this "sharing group" and talk with Dr. Teri Majewski and others about a few of the "wisdom nuggets" related to being a woman of a certain age and the holiday season. Let's talk about: Make it "mine", Give back and Accept graciously. Sign up in advance.

Diabetes Update: What You Need to Know

Wednesday, December 20

2:30 pm

Join Karen Kansler, RN and learn how to improve your diabetes or prevent it. Sign up in advance.

Center Closed - Christmas

Monday, December 25

Meet Up: Liberator's

Thursday, December 28

4:00 pm - 6:00 pm

Meet up for happy hour at Liberator's at the Honeygo Shopping Center. Hangout with your friends from Seven Oaks and enjoy happy hour specials on drinks. Sign up in advance.

Tax Return Tips

Friday, January 5

10:15 am

Burgess Law returns to the Center to provide tips on tax returns. Sign up in advance.



Perry Hall AARP Tax Aide Sign Up Starts in January



The AARP Tax Aide Program is the largest, volunteer-run program assisting eligible taxpayers in preparing and electronically filing their taxes. There is no cost for this service. Perry Hall Library will be taking appointments for the 2017 Tax Year starting January 2, 2018. Appointments will be available on a first come first serve basis. Tax aide service at the Perry Hall Library will be scheduled for Mondays from 9:30am to 2:30pm from February 5th to April 16th, 2018. To schedule an appointment, contact the

Perry Hall Library at 410-887-5195. The Perry Hall Library is located at 9685 Honeygo Blvd. Please make sure you bring the following information to your appointment: (1) Social Security Card (2) Photo ID (3) Last Year's 2015 Return (4) Tax related paperwork such as W-2's, pension or social security statements, investment forms, etc. (5) Receipts for major medical expenses and charitable donations (6) Any other tax-related paperwork that you received (7) Bank routing information for e-filing (available from your bank check). Please note if you file a married/joint return, both spouses must be present. To save time, please open all documents you have received.

Seven Oaks Senior Center Adopts a Child

As discussed at our last Council meeting we've adopted a little girl from the Philippines. Her name is Michaela Jane R. and she is 11 years old. She lives in a concrete house with a metal roof with her parents and four siblings. She sleeps on a mattress on the floor. Her only source of water is a neighbor's faucet. Michaela enjoys drawing and playing with her friends. For only \$32 per month we are providing her with a team from Children's International that will provide clothing, food, health care, and education as well as a chance to break the cycle of poverty.



Consider Helping Those in Need This Holiday Season

FOOD DRIVE - This holiday season Seven Oaks would like to help the less fortunate seniors in our community have a bountiful Christmas dinner. We will be collecting non-perishable food items such as stuffing, instant potatoes, canned veggies, canned fruit, cranberry sauce, crackers, mac and cheese, rice, pasta, sauce, juice, canned potatoes, soups, tuna, baked beans, cookies, etc. Our outreach specialist Jessica will help coordinate the delivery of the donations to clients in need. \$5 or \$10 gift cards to local grocery stores are also appreciated and will be used to purchase non-perishable items. Gift cards should be hand deliver to staff and reusable bags are also appreciated.

SCARF & MITTEN TREE - The cold weather is here and many adults and children in our community are in need of scarves, hats, mittens, gloves and white socks. Please consider donating to our tree during the holiday season. All items are donated to Eastern Family Resource Center and distributed to those in need. Thank you in advance for your generosity!



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:	Donna Stachowski
Sgt. At Arms:	Ed Konig
Past President:	Preston Wollett
Members at Large:	Tom Hock & Walt Wujek

Meeting Schedule

Executive Board Meeting:

Monday, Dec. 4 @ 12:00 pm

Membership Meeting:

Monday, December 18
@ 12:30 pm

Come early for lunch!
Chili and Corn Bread for \$5.
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.

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



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, Vol	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	\$
10:30 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	
<i>(Look for the member with the lime green arm band/scarf)</i>					

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 Registration

Most winter classes begin the week of January 2. Late registrations accepted on a space available basis. Spring registration starts 3/6.

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.

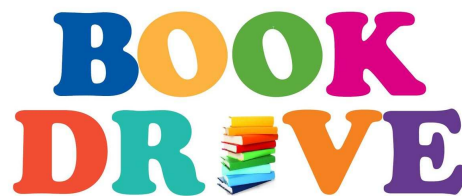
Play Pickle Ball at Honeygo Regional Park

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



Stay tuned...Book Drive in January

Starting in January, with the help of our Librarian, Tom Seven Oaks Senior Center will be collecting books for local veterans' organizations.



Volunteer Needed to Lead Current Events Class



Some of our members have expressed an interest in a Current Events Class at the Center. We'd love to offer this but we need a volunteer to facilitate the class. This could be once a week, every other week or just once a month. If you're interested in helping us start this group please see Kathleen or Courtney to work out the details of when to offer the class.

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.



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, December 13 & 27 at 11:15 am

Fitness Coach Jonathan Toussaint Visits:

Thursday, December 7 & Tuesday, December 19 from 9:00 am - 1:00 pm

While Jonathan's here he's offering a 20 minute Circuit workout. Sign up in advance.

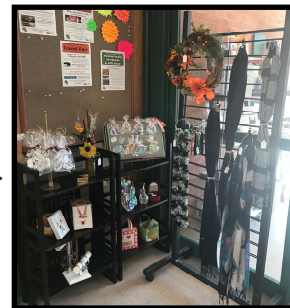
Dine With Us!



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.

Donate to our Mini-Gift Shop!

We've expanded the Gift Shop in the Lobby and Peggy and Connie are accepting donations of new or hand-made items to add to the shelves (knick-knacks, holidays items, jewelry, etc). Maybe you'll receive a gift for the holidays that you don't want? Your donation will benefit the center. Drop off your donation in the labeled bin by the coat closet anytime in the lobby! And be sure to browse the items for sale!



Get Text or E-mail Updates on Weather Delays & Closings

Would you like to receive text messages or e-mail alerts about weather announcements, center closings, special events, schedule changes, etc? If you provide your cell phone number or email address at the sign up sheet at the front desk Kathleen or Courtney can sign you up. Or you can do this yourself by visiting <http://remind.com/join/4ba7aa>

To receive text alerts on your phone: **send a text to 81010** and type as your message: @4ba7aa

To receive e-mail alerts: send **email** to **4ba7aa@mail.remind.com**, the subject line can be left blank.

Julia Child Program - Queen of Cuisine

Award-winning actress Mary Ann Jung cooks up her own unique recipe for fun as Julia Child, the witty Queen of Cuisine. Meet the wonderful woman who changed culinary history because of the great love of her life, Paul Child. He introduced Julia to French cooking and inspired her to follow her dreams. And this at a time when people in America were more interested in tv dinners and getting out of the kitchen! Julia Child was more than just an innovative chef. She was also a terrific author, educator and television personality who set the standards by which all subsequent cooking shows have been judged.

Bon appetite! **Join us on Friday, January 12 for a fun, interactive show, not just a living history lecture.** Plus sign up in advance for a Special Eating Together lunch. Lunch is served at noon and a \$2.50 donation is requested. On the menu: Chicken Condon Blue with chicken gravy, yellow rice pilaf, seasoned green beans, fruit juice, chocolate pudding and milk.

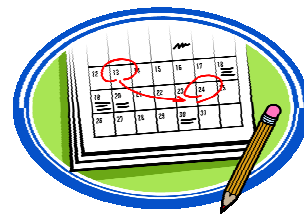


Did you know Seven Oaks has Wi-Fi & iPads Available for Use?

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.

Mark Your Calendar!

- ♦ Tax Return Tips, Doug Burgess Speaking Series - Friday, January 5
- ♦ Julia Child, The French Chef - Friday, January 12
- ♦ Movie: The Mountain Between Us - Friday, January 26
- ♦ The Lyric Opera House: Sweethearts - Friday, February 16
- ♦ St. Patrick's Day Party - Tuesday, March 13
- ♦ Jazz Concert: The Wayne Johnson Ensemble - Friday, April 27
- ♦ Shred-a-Thon - Saturday, April 28





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!



2018 Trips Announced!

- ♦ **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, \$795 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 18. \$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.