

## Vocal Group at Seven Oaks

Fridays 10:30 a.m.– 12 p.m.

Leader: Henry King

Cost: No fee, drop in at 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.

### 10 Minute Seated Massages

Doug Wittich, Licensed Massage Therapist is offering 10 minute chair massages in the Fitness Center three times a month from 9am - 3pm. You must to fill out a brief health questionnaire before your first massage. No refunds if you no show or cancel the day of your appointment.

Walk-ins are welcome if there is space.

Cost: \$5 for 10 minutes and \$12 for 25 minutes

### Upcoming Special Events

- Member Appreciation Week—June 3-7
- Father's Day Celebration - Friday, June 14
- Quarter Basket Auction at Ateaze - Friday, June 21
- Red, White & Blue Picnic - Tuesday, July 2
- Shrimp Feast—Friday, July 19
- Bingo with the Little Ones - Tuesday, July 23
- Art Show—Friday, August 23
- Fall Class Registration Begins—Wed, Sept. 4
- No Senior Eats Alone—Thursday, Sept. 12
- Bingo Extravaganza—Wed, Sept. 25
- AARP Driving Course—Tues, Oct. 1
- Halloween Party—Friday, November 1
- Veteran's Breakfast—Wed, November 6
- Veteran's Day Celebration—Friday, November 8
- Raven's Chili Cook Off - Friday, November 15
- 2020 Travel Fair - Friday, November 22 at 1:30 pm

### Walking Group! Join Us Outside!

Tuesdays at 9:15 am and Thursdays at 2:30 pm. Staff will lead the group on a walk through our neighborhood for 1-2 miles depending on your pace. Meet us in at the circle in front.. Weather Permitting!



## Seven Oaks Senior Center

9210 Seven Courts Drive  
Baltimore, MD 21236

## Summer 2019 Class Offerings



**Registration Begins Tuesday,  
June 11 at 8:15 am for  
Strength Training &  
Enhanced Fitness Class.**

All others classes come after 9 am or later  
in the week to register.

**Most Classes begin the week of July 8.**

For more information on classes please 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.

## **SUMMER REGISTRATION PROCESS:**

On the first day of registration **beginning at 8:15 am** we will sign up those registering for **Enhanced Fitness AND Strength**

**Training only.** After you sign in at the front desk, proceed to the MPR and get in line for the one class of your choice. We will distribute envelopes to those in line for their respective class. If the line is longer then the number of spots in the class you will be put on the wait list. 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 other classes 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 can not sign up someone else up for the above two classes. If you can't come that day please send someone to sign you up who is not in the class. It doesn't have to be a member who signs you up.

**This change is only for the five classes mentioned above.** You must have their payment and phone number with you.

**Members registering for any other classes please come after 9:00 am to sign up. The rest of our summer 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. 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.

**Call the Travel Office with any questions about our upcoming trips. 443-608-0613 (leave a message)**

## Recreational Activities Cont'd

### **Jokers Wild & Chess**

Mondays from 12:30 p.m. - 3:30 p.m.

No fee, drop in anytime. Your choice of game to play. The object of Jokers Wild is to move all your marbles around the board from your "Start," or "Home," to your "Castle."

### **Social Pinochle**

Tuesdays 12:30-3:45 (*New players wanted!*)

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 pm

No fee. Members meet to play Poker on a weekly basis. *This group is looking for more players for a second table.*

### **Mah Jongg**

Wednesdays 12-3 p.m.

Instructor: Thelma Neifeld

No fee. Members meet to learn how to play Mah Jongg on a weekly basis, new participants are welcome.

### **Pinochle**

Mondays and Thursdays 9:00 am - 12:30 pm

No fee. Members meet to play Pinochle on a weekly basis, new participants are welcome.

### **Scrabble and More**

Fridays 10 a.m.-12:00 p.m.

No fee. Members meet to play scrabble or other board games.

### **Card Game: Hand Foot Canasta**

Wednesdays 12-3 pm

No Fee.

### **Friday Café - Join Us!**

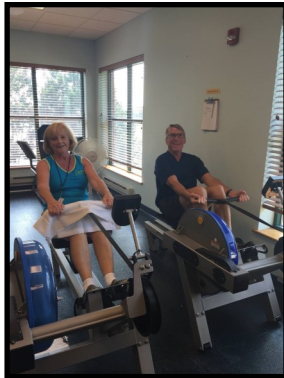
New and current center members are invited to get to know one another by enjoying good conversation along with coffee and baked goods. Fridays from 9:15-10:15 am.

## 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 filled out and medical clearance received 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. Orientations are usually held on the 2nd & 4th Wednesday of the month from 11:15 am - 1 pm.



## Recreational Activities

### Bingo

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

Leader: Ann Knoerlein

Cost: \$7. 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

Wednesdays 9-11:45 a.m. & Thursdays 10 a.m.-Noon

No fee, drop in at anytime.

### Canasta

Thursdays 12 noon-3:30 p.m.

No fee, drop in at anytime. Members meet to play Canasta on a weekly basis.

### Dominoes Mexican Train

Mondays from 12:30 - 3:30 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."

## Health & Nutrition

### TOPS - Take off Pounds Sensibly

This weekly group meets on Wednesdays from 9:45-11:30 a.m. The fee is \$32 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.

**Leader: Celeste Skruch**

*The Road to Success is  
Better Traveled with  
a Friend...  
Join us at TOPS.*



## Arts & Crafts

### Crafts and Conversation

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

Instructors: Bonnie Shorey

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.

### Knitting & Crocheting

Tuesdays 9:15-11:15 a.m.

Cost: No fee, drop in at anytime. Ongoing Class.

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. - 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 am - 1:15 pm

This group works on a variety of projects such as lap robes, baby hats, scarves, prayer shawls, etc. Projects can be knitted, quilted, crochet, sewn, etc. Volunteer hours earned for students in this class. Please join us! Some materials are provided.

## Arts & Crafts Continued

### Woodcarving

**Fridays 9-10:30 a.m.**

Ongoing Class

**Instructor: Ed Konig**

Cost: FREE

Students to 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 1-3:30 p.m.**

**Instructor: Richard Souders**

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.

### Card Making Workshops

**Instructor: Claire Blair**

**Fridays from 10:30 am-12:30 pm: 6/14, 7/12, 8/9, 9/13, 10/11**

Offered once a month and you make 3 cards per workshop. Cost is \$12 per workshop and advance sign up is required. Payable to Seven Oaks.

### Drawing Class - *On Break for the summer*

Thursdays 12:30 – 2:30 pm

**Instructor: Alina Kurbiel**

Cost: \$35 for 10 week class. Payable to Seven Oaks Council

This drawing workshop is suited to all levels from complete beginners to more experienced artists. The program helps to develop an understanding of value, composition, perspective, measuring and proportion while working from still life setups. For the first class please bring your drawing pad, graphite pencils (one soft and one hard), eraser, smudging stump. Later you will also use ink pens.

### 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 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.

## Dance Classes

### Ballroom Dance Class

Mondays 1 - 2:00 pm Instructor: Mary Jane Hartner

**July 8-August 26, 2019** (8-week class)

Cost: \$25 for 8 weeks. Payable to Seven Oaks Council

Beginner and experienced students are welcome to join the class.

### Beginner Line Dance Class

Wednesdays 12-1 pm Instructor: Mary Thau

**July 10– Sept. 11, 2019** (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

Wednesdays 9:50-10:50 a.m. (Ongoing)

Volunteer Instructor: Joanne Allewa

Cost: \$1 per week, pay as you go, drop in anytime. This is a great way to have fun and exercise at the same time.

### Intermediate Line Dance

Tuesdays 10-11 a.m. (Ongoing)

Instructor: Trudy Knight

Cost: \$2 per week, pay as you go, drop in anytime. Ongoing Class.

Learn the latest line dance steps at our weekly instructional class.

## Continuing Education

### Spanish Conversation Continuing

Mondays 10:30a.m. - 12:00 p.m.

**July 8-Sept. 16, 2019** (10 weeks) No Class 9/2



Instructor: Ronald Browning, CCBC.

Cost \$35 payable by check to CCBC. This course is designed to enable the student to acquire continuing communication skills in Spanish. Some basic Spanish knowledge is required. Book required: See It and Say It in Spanish by Margarita Madrigal which you can buy online.



## Exercise Classes Continued

### Zumba Gold-TONING

Wednesdays 11 a.m.-12 p.m. Instructor: Kim Privett

**July 11-Sept. 12, 2019** (10-week class)

Cost: \$25 for the 10 weeks. Payable to Seven Oaks Council

This class combines spicy Latin dance rhythms with light weights to enhance muscle strength, tone & endurance. This unique combination of cardio & resistance exercise makes this an effective total body workout that can improve balance, posture and coordination. A pair of 1 or 2 pound weights are recommended or purchase maraca-like toning sticks from the instructor.



### Zumba Gold

Mondays 2:15-3:15 p.m. Instructor: Loretta Wittomski

**July 8-Sept 16, 2019** (10-week class) **No Class 9/2**

Cost: \$25 for the 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.

### Tai Chi

Fridays 9:30-10:15am Beginners & 10:15-11am Adv. Students

Instructors: Jeff Herrod Assisted by Tod & Lisa Waterman

**July 12-Sept. 13, 2019 (10 weeks) for \$30**

Payable to Seven Oaks Council

Slow, rhythmic movements based on Chinese philosophic principles that present intellectual puzzles to stimulate the cerebral processes, meditations to relax the mind-body and exercises to strengthen the legs and improve balance. All levels welcome especially beginners. Wear loose, comfortable clothing. Students can come to both classes if they want to.

### Water Aerobics & Warm Water Therapy

Classes are held at Kids First Swim on Belair Road.

Classes are \$6 each and you choose how many days in the month you want to swim. **Classes begin the first Monday of the month and you sign up and are charged by the month.** No refunds given.

Water Aerobics: M, T, Th and F: 9 – 9:45 am & also offered in the Evenings on M, W, Th 7:45-8:30pm

Warm Water Therapy: M, T, Th and F 9:45 – 10:30am.

Cost is \$6 per class or \$45 for unlimited for the month. Check payable to Seven Oaks Council. There is open swim class on Monday & Wednesdays 2-3 pm (free with unlimited plan, \$5 for all others) but schedule is subject to change. **Sign up at Seven Oaks to receive the discounted pricing at Kids First Swim .**

## Fitness Opportunities Off Site

### Pickle Ball at Perry Hall Middle School

Pickle Ball is a fun sport that combines many elements of tennis, badminton and ping pong. It is played with a paddle and plastic ball. All equipment provided. Please wear sneakers. We play indoors in the summer at Perry Hall Middle School and in the fall at Honeygo Regional Park. Open play hours: Tuesday, Wed & Thurs from 10 am– 1 pm and Fridays 1-4 pm.

### Beginner Pickle Ball Instructional Play

Instruction provided by Joe Palmere and other experienced players.

**Mondays 11 am—1 pm at PHMS.**

**Hiking** - To receive information on upcoming hikes please join our e-mail/text service. To receive information by text: text this message - @sevenoakss to 81010. To receive e-mail messages - send a message to sevenoakss@mail.remind.com. Beginner and experienced hikers welcome! **If you would like to lead a hike please see Kathleen in the office; we are in need of more leaders.**

### Barre Fit

Thursdays 10:30-11:30 am at Inline Barre 9810 Belair Rd

**July 11-Sept. 12, 2019** Cost: \$55 for 10 Weeks

Cash or Check payable to Seven Oaks

Barre Fit combines Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles. It's the latest trend in fitness that incorporates ballet bar, weights, bands, and medicine balls. We are fortunate to partner with Inline Barre for this unique fitness class. All levels and abilities are welcome.

### Kettle Bell Class: Strength After Sixty

This senior fitness program uses advanced strength training techniques which have been scaled to meet the needs of older adults. This program has been shown to build strength and increase bone density (as measured by DEXA scan). The focus is on functional exercises based on activities of daily living and mobility drills that improve posture and balance. This class is taught by Dan Cenidoza, a senior fitness specialist, former winner of the Maryland Strongest Man contest, and owner of Baltimore Kettlebell Club. This class is held at Baltimore Kettle Club located at 8019 Belair Rd #12 (by Skateland).

**The class is offered at 9:30 am on Wednesdays. July 11-August 29.**

Cost is \$45 for 8 weeks. Sign up at Seven Oaks.



## Exercise Classes

### Enhance Fitness *(Note this class starts in March)*

Mondays 9-10 a.m., Wednesdays 8:45-9:45 a.m. & Thurs 9-10 a.m.

**June 27-Sept 9, 2019 (10 week class)**

**No class 7/4, 9/2**

Instructor: Carole Gittings

Cost: \$25 for 10 weeks. Payable to **Baltimore County** 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. *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.*

### Table Tennis

Wednesdays 1:30-3:45 p.m. (Ongoing)

Fridays 1:00-3:45 p.m. Cost: No fee

Members meet to play single and doubles; new participants are welcome to join in. *Table Tennis is occasionally cancelled due to special events scheduled in the MPR on Fridays.*

### Senior Rhythms

Tuesdays 11 am-Noon & Thursdays 10:45-11:40 am (Ongoing)

Leader: Audrey Doemling Cost: No fee, drop in anytime.

This chair based exercise program is designed to enhance participants endurance, as well as cardiovascular health.

### Strength Training *(Limited to 30 students)*

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

**July 9-August 30, 2019 Cost is \$25 for the 8 week class.**

This class focuses on increasing strength and improving balance, coordination, endurance and flexibility. Cash or check payable to Seven Oaks Council. This is an 8 week class with the instructor and then it is led by volunteers during the break without cost to the students.



## Exercise Classes Continued

### Yoga

**Thursdays 2-3:15 p.m.**

Instructor: Jana Long

**July 11 - September 12, 2019 (10 week class)**

Cost: \$35 for 10 week class. Payable to Seven Oaks Council

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 fill out a CCBC registration form.*



### Chair Assisted Yoga

**Wednesdays, 1:15-2:15pm**

**July 10-September 11, 2019**

Cost: \$25 for 10 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 consists of fewer postures held for an extended period and incorporates 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. *Please fill out a CCBC registration form.*

### Core N' More

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 low back pain. This one hour class will focus on the muscles of the abdominals, torso, back and glutes. Plus, there will be some other key all body exercises. This class is tailored for all levels. If you have a yoga mat please bring it.

**Mondays from 10:30-11:30 am** Instructor: Gary Lentz

**July 8 –Sept. 16, 2019 (10-week class) No Class 9/9**

**\$25 for the 10 week class Payable to Seven Oaks Council**

**Mondays from 11:45 am-12:45 pm** Instructor: Gary Lentz

**July 8 –Sept. 16, 2019 (10-week class) No Class 9/9**

**\$25 for the 10 week class Payable to Seven Oaks Council**

**Thursdays 11:45 am –12:45 pm** Inst: Gary Lentz

**July 11- Sept. 12, 2019 (10 week class)**

**\$25 for the 10 week class. Payable to Seven Oaks Council**