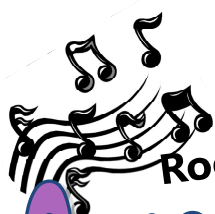




# The Acorn

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



Rock it like it's 1978 at this year's

## Concert in the Park

Presented by the  
Baltimore County Department of Aging

**Tuesday, May 22** At Oregon Ridge Park Concert Pavilion  
**11 am - 2 pm** 13401 Beaver Dam Rd, 21030

Back by popular demand, musical entertainment by  
**THE GRAND JURY** with an added female vocalist.

To celebrate BCDA's 40th Anniversary, the band will entertain us with a musical focus on classic pop and rock hits from the 70's that will have you singing and dancing along. Enjoy a 70's themed afternoon with door prizes, trivia, covered pavilion with picnic tables, 50/50 raffle, classic cars from the 70's, tie dye station (bring your own white shirt) and more. Pack a picnic or purchase from Cruiser's Pit Beef selling a variety of delicious sandwiches for \$6. BYOB (no glass). Tickets are \$4 in advance beginning 4/9 at your local senior center and \$5 at the door. Seven Oaks is sharing a bus with a couple of other centers. If you need a ride, the cost is \$5, payable when you purchase tickets. Bus departs Weis at 10am.

Note: Walking required on steps and grassy surfaces. Picnic table seating in pavilion. Participants must bring a beach chair and/or blanket for show in front of amphitheater; chairs not provided. For more information call 410-887-2040.



### Seven Oaks Senior Center

9210 Seven Courts Drive

Baltimore, MD 21236

Phone: 410-887-5192

Fax: 410-887-5140

Travel Office: 443-608-0613

[www.baltimorecountymd.gov/aging](http://www.baltimorecountymd.gov/aging)

[sevenoakssc@baltimorecountymd.gov](mailto:sevenoakssc@baltimorecountymd.gov)

[www.SevenOaksSeniors.org](http://www.SevenOaksSeniors.org)

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

### Mother's Day Tea

**Tuesday, May 8 at 1pm**

**\* Note the date change**

Let's celebrate Mom with an informal tea party. Lite fare will include mini sandwiches, scones, fruit, chocolates, wine and tea. \$5 in advance. *Bring your own tea cup.*



### The Modell Lyric Presents

#### Made in America:

#### The American Songbook

**Tuesday, May 22 at 1pm**

An exploration of the American Songbook featuring composers such as Johnny Mercer, Heusen & Cahn, Duke Ellington, Gershwin, Loewe & Lerner and others. Come listen to the classic hits of cabaret, jazz, Broadway and Hollywood while learning about the composers and singers that made them famous. Snacks will be served.



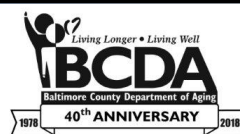
### Family Feud Game Show

**Friday, May 25 at 12:30 pm**

Which team do you think will win... Canasta, Fitness Center, Enhance Fitness, Strength Training, Pickle ball Players or the Line Dances? Come for a fun afternoon with host, Jack of All Trades. \$7 includes pizza, salad, beer, wine, sodas and popcorn.



Look inside!






# May Special Events




## Law Day

**Tuesday, May 1 10:00 am - 3:00 pm**  
Doug Burgess of Burgess Law LLC will be volunteering to help you complete your Advance Directive or Living Will. Schedule your appointment in advance.

## Making Your Income Last

**Wednesday, May 2 1:00 pm**  
 Join NY Life to hear about the challenges retirees face when it comes to managing their retirement money so it lasts. We will discuss strategies to help you achieve this goal. Sign up in advance.


## AARP Safe Driving Course

**Friday, May 4 9:00 am - 1:00 pm**  
 Cost is \$15 for AARP Members & \$20 for Non-Members. Register in advance at the front desk. Call your insurance company to see if you qualify for a discount if you take the class.



## Mindfulness:

### The Secret to Chronic Happiness

**Friday, May 4 12:00 pm**  
 Join PEERS for a discussion on mindfulness based stress reduction techniques and how they can have a profound impact on your day to day life. Sign up in advance.

## Movie: The Post

**Friday, May 4 12:45 pm**  
 A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government. Hot popcorn and drinks served. Sign up for the movie in the free book. An Eating Together lunch will be served at Noon for \$2.50 donation. On the menu: Grape Juice, Pulled Pork BBQ, Baked Beans, WG Sandwich Bun, Cole Slaw, Pineapple Tidbits and Milk. Sign up for lunch by 5/2.




## Adventure Club:

### Garden Festival at Ladew Gardens


**Saturday, May 5 10:00 am**  
Seven Oaks members and guests are invited to join the Adventure Club at Ladew Gardens for its annual festival. Festival opens at 10am. We will meet right by the entrance. Cost is \$15 in advance and \$20 at the door. Check out Ladew's website for a list of 45+ vendors and to purchase tickets in advance. [www.ladewgardens.com](http://www.ladewgardens.com) Sign up at the desk if you plan to attend.

## Energy Conservation


**Monday, May 7 1:00 pm**  
 MedStar NRH Rehab. Network's PT and OT will discuss simple tips to conserve energy, the therapists role in helping people to keep moving and adapt to challenging environments and physical limitations. They will also discuss ways to modify activities to prevent exhaustion and use of strategies to do the things you have to do, while saving energy for the things you want to do. Sign up in advance.

**Mother's Day Tea**  
**Tuesday, May 8 at 1pm**  
See page 1 for details.

## Giant Grocery Store Tour

**Wednesday, May 9 11:00 am**  
 Join Mandy Katz, a registered dietitian and In-store nutritionist at Giant, for a free "Healthy Eating" store tour at Giant - 8905 Belair Rd. Learn how to find the healthiest items in every aisle and convenient short cuts that will make eating healthy, quick, and easy. Space is limited to the first 12 who register. If needed, a second store tour will be scheduled at a later date. Sign up in advance.

## Brain Fitness with Robin Zahor, RN

**Thursday, May 10 11:00 am**  
 Join Robin for brain games. Sign up in advance.

## Scrapbook Travel to Israel and Egypt

**Monday, May 14 1:00 pm**  
Join member, Rosemary Ward as she flips through her scrapbook and shows pictures from her travels. Sign up in advance.


**Friday Café - 9:15 -10:15 am - Join Us every Friday morning!**

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!

## **Revive Your Recipe**

**Monday, May 14**


**12:30 pm**

 Join a rep from our Nutrition Office to learn how to make your favorite recipes healthier! Discover small changes you can make to choose healthier ingredients, substitute herbs/spices for salt, and pick up new cooking techniques. Sign up in advance.

## **Not All Carbs Are Created Equal**

**Wednesday, May 16**


**10:30 am**

 Carbs account for approx. 50% of the American diet. This much maligned nutrient is actually a nutritional powerhouse. Join our TOPS group to view this segment from our Nutrition Made Clear DVD. Sign up in advance.

## **Seated Yoga Demonstration**

**Wednesday, May 16**

**1:00 pm**

 Have you ever wanted to do yoga but had some concerns? Come to this demonstration and see if this class is for you! If there's enough interest we'll start this 1 hour class in the summer on Wednesdays at 1pm. Sign up in advance for the demo.



## **Update with Senator Klausmeier**

**Friday, May 18**


**10:15 am**

Find out what actions the MD General Assembly has recently taken.

## **Residential Security**

**Friday, May 18**

**11:00 am**

 Join Public Safety Officer, Bryan Dietsch from the Baltimore County Police Department for a presentation on residential safety. Sign up ahead

## **Patriotic Songs from Our Oakettes**

**Friday, May 18**

**1:00 pm**

Come listen to patriotic songs by the Seven Oak's Oakettes. Come early at noon for an Eating Together lunch. Sign up for lunch by 5/16.

## **Perry Hall Library Series - Brain Games**

**Tuesday, May 22**

**10:00 am**

The Perry Hall Library series returns with Brain Games. Join in this fun activity and play 'Guess that song' as well as some other fun brain teasers and stretchers. Sign up ahead.

**Tickets for Father's Luncheon on June**

**15 go on sale Monday, May 14.**

**Tickets for the Red, White & Blue Picnic on June 26 go on sale May 21.**

## **Modell Lyric - Made in America**


**Tuesday, May 22 at 1:00 pm**

See page 1 for details.

## **Women Of A Certain Age**

**Wednesday, May 23**


**1:30 pm**

 In November a group of us at Seven Oaks identified ourselves as women of a certain age & pin pointed some "Wisdom Nuggets". Let's continue our exploration & talk about **Staying Positive**. Join us to share tips, ideas, laugh a little & stretch our boundaries. Sign up in advance.

## **Current Events**

**Wednesday, May 23**

**2:30 pm**

 Join volunteer Joy Mays to discuss and debate current news. Bring a newspaper article to share. Sign up in advance.

## **New Member Orientation**

**Thursday, May 24**

**2:00 pm**

New members of Seven Oaks are invited to learn more about the center and the programs and services offered onsite and through the Dept. of Aging. Sign up in advance if you plan to attend.

## **Meet Up: Applebee's**

**Thursday, May 24**

**4:00 pm - 6:00 pm**

Meet up for happy hour at the new Applebee's at 5231 Campbell Blvd. Hangout with your friends from Seven Oaks and enjoy happy hour specials on drinks and appetizers. Sign up in advance.

## **Family Feud Game Show**

**Friday, May 25 at 12:30 pm**

See page 1 for details.

## **Center Closed for Memorial Day**

**Monday, May 28**




## **TED Talk:**

### **What We Can Do To Prevent Alzheimer's**

**Tuesday, May 29**

**1:30 pm**

 Alzheimer's doesn't have to be your brain's destiny, says neuroscientist/ author of "Still Alice," Lisa Genova. She shares the latest science investigating the disease and some promising research on what each of us can do to build an Alzheimer's-resistant brain. Join Jim Lightner as he facilitates a lively talk after the video. Sign up in advance.

## **Vision Screenings**

**Thursday, May 31**

**9:00 am - 11:00 am**

Your eyesight is a precious gift. Protect it! Come for a FREE Vision Screening! Sign up in advance.



## May is Older American's Month



Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The theme for 2018 is Engage at Every Age, which emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being and celebrates the many ways older adults make a difference in our communities. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. Seven Oaks offers many ways to Engage at Every Age. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

## Consider Serving On Your Center's Board

If you are interested in serving on the executive board please see someone on the nominating committee (Betsy, Evelyn or Paul) or see staff for more information. Term: June 2018 - May 2019. You would be required to attend monthly board meetings and bi-monthly council meetings. Job descriptions of each position are available in the lobby. You do not need prior experience serving on a board, just a love of your senior center.

## Father's Day Lunch - June 15 at 12:45 pm



Our Father's Day Lunch will be held Friday, June 15 and the \$5 tickets go on sale Mon, May 14. John Hadfield has a fantastic comedy show for adults that combines nostalgic and original funny songs, robots, magic, juggling, audience participation, whoopee cushion percussion, and a lovable performing dog named Reggie - who steals every show and the audience members' hearts. Lunch catered by Bear Bros. On the menu: Hot Roast Beef and Gravy, potatoes, vegetables and bread and butter.

## Change Coming to Class Registration Process



In an effort to meet the needs of all of our members and to have a fair process for signing up for classes we are implementing yet another change for the classes that fill quickly. On the first day of registration, June 12, if you are signing up for Strength Training, Core N' More (all 3 classes) or Enhanced Fitness you will need to choose which class is your priority and get in line for that class for an envelope. Once you get an envelope you are welcome to get in line for another one of those classes. In addition, you can no longer sign up someone else. 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.

## Senior Center Membership Survey

Every three years, the Department of Aging conducts a member satisfaction survey. This survey provides important feedback regarding members' likes and dislikes and new program and service ideas. It also provides quantifiable data on the impact senior center programs have on participants – an important measure to use for funding applications. To complete a survey online, visit [www.baltimorecountymd.gov/seniorcenters](http://www.baltimorecountymd.gov/seniorcenters). Paper copies of the survey are also available at the front desk. The surveys are completely anonymous. Surveys will be accepted until May 31, 2018, and results will be available in early July. If you have any questions about the survey, please call 410-887-2040 or ask center staff.

# Senior Center Staff & Executive Board



Center Director: Kathleen Young  
Assistant Director: Courtney Gonce  
Community Outreach Specialist: Jessica Pontown  
Center Custodian: Pat Whitaker  
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:	Anne Bauer
Sgt. At Arms:	Ed Konig
Past President:	Preston Wollett
Members at Large:	Tom Hock & Walt Wujek

## Meeting Schedule

### **Executive Board Meeting:**

Monday, May 21

### **Membership Meeting:**

Monday, June 25 at 12:30 pm

Come early for lunch at noon.

Buy ticket 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](http://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 begins Tuesday, June 12.**

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<b><u>Monday</u></b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:30 am	11:30 am	Craft Projects	Hepding & Shorey, Vol.	Craft Room	
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo,	Vol MPR	
10:00 am	12:00 pm	Tablet/Smart Phone Help	David Yoon, Vol	Game Room	
10:30 am	12:00 pm	Spanish Continuing	Ron Browning, CCBC	Classroom	\$
10:30 am	11:30 am	Core N' More	Gary Lentz - Be Fit	MPR extension	\$
11:30 am	1:00 pm	Beginner Pickle Ball	Joe Palmere, CPTP	Honeygo Regional Park	
11:45 am	12:45 am	Core N' More	Gary Lentz - Be Fit	MPR extension	\$
11:45 am	1:15 pm	Projects for Charity	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	\$
<b><u>Tuesday</u></b>					
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	
10:00 am	11:00 am	Int. Line Dance	Trudy Knight, IC	MPR	\$
10:00 am	3:00 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.	Game Room	
12:30 pm	3:30 pm	Bingo 1st & 3rd week	Ann Knoerlein, Vol.	MPR	\$
<b><u>Wednesday</u></b>					
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	
9:15 am	12:00 pm	*Ladies Pinochle	Volunteers	Game Room	
9:50 am	10:50 am	Int. Line Dance	Joanne Alleva, Vol.	MPR	\$
9:45 am	11:30 am	TOPS (Weight Loss)	Judy Coleman, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
11:00 am	12:30 pm	Pickle Ball	Volunteers	Honeygo Regional Park	
12:00 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol.	Classroom	
12:00 pm	1:00 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
1:30 pm	3:30 pm	Acrylic Painting	Dottie Bishop, IC	Craft Room	\$
12:00 pm	3:00 pm	Hand Foot	Volunteers	Game Room	
1:30 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

*\* Indicates that these classes are looking for new players to join their group!*

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<b><u>Thursday</u></b>					
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	3:00 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	Game Room	
12:30 pm	11:30 am	Drawing Class	Alina Kurbiel	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	Jeff Harold, 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	

### **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](http://www.SevenOaksSeniors.org) or pick up a copy at the center.



## **Ongoing Monthly Events & Workshops**

**Bingo - Tuesday, May 1 and 15 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 donation. Menus are posted at the front desk. Sign up in advance for lunch.

**Tablet/Smart Phone Help - Monday, May 7, 14 & 21** Sign up for an appointment with David Yoon.

**Computer Troubleshooting - Tuesday, May 8 at 10:00 am** Let Alvin Miller help you with your computer, laptop, smart phone or tablet issues. Bring your device and passwords and he can help with issues you're having. Sign up in advance.

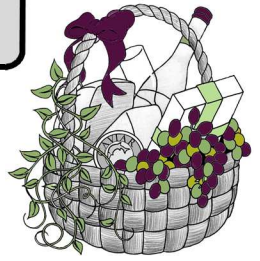
**Blood Pressure - Friday, May 11 at 9:15 am** Karen Kansler, RN takes your blood pressure.

**Card Making Workshop - Friday, May 11 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.



## Basket Quarter Auction-June 22-Save the Date!

Grab a group of friends or your family and come to the East Region Basket Quarter Auction fundraiser to be held on Friday, June 22 at the Ateaze Senior Center. Doors open at 12:30 pm and the auction starts at 1 pm. Seven senior centers on the east side of the county will raffle off 8 beautiful and creative baskets each (56 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 starting May 1 at Seven Oaks.** Ateaze Senior Center is located at 7401 Holabird Ave. in Dundalk. For more information, call the center at 410-887-7233.



## Fitness Center

Improve your physique and enhance your overall well-being at our state-of-the-art fitness center. Great low cost of \$100 per year can't be beat. The fitness center also provides free blood pressure screenings to all center members. Receive a personalized exercise program that addresses your fitness needs for an added fee with a certified personal trainer. Personal training packages range from \$25 to \$130; see personal training pamphlet for more information. Free fitness equipment orientations are available to fitness members each month. \*Please note the fitness centers will be closed if there is no monitor available to supervise the room. If you're interested in being a monitor for the Fitness Center the next Monitor Trainings is October 1 from 12:30 pm - 2:00 pm.



**GET YOUR BLOOD PRESSURE TAKEN FOR FREE!**

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

Cost: \$50.00 for 6 months or \$100 for one full year

Stop in to pick up your application! Individuals must be a current senior center member and receive medical clearance in order to participate. All paperwork should be turned into the office. Once we receive your medical clearance you will be signed up for a required fitness center orientation.

**The next fitness center new member orientation is :**

Wednesday, May 16 & 23 at 11:15 am

**Fitness Coach Jonathan Toussaint Visits:**

Wed. May 9, Mon. May 21 and Thurs. May 31 from 9:30 am - 1:30 pm

While Jonathan is here he's offering a 20 minute Circuit workout.

Sign up in advance at the desk in the Fitness Center.

## Dine With Us!



Are you tired of eating at home alone? Come and dine with us! A catered lunch is occasionally offered at the center. Individuals interested in attending the meal must **sign up at the front desk at least 48 hours in advance** and 4-5 days in advance if a deli, box or super special lunch is offered. A minimum of 10 participants is required in order for the center to have the lunch. Stop by the front desk to pick up a menu. Cost: Please contribute as much as you can towards the \$4.36 cost of each meal (super special meals \$5.79). If you cannot contribute the full amount, a voluntary minimum contribution of at least \$2.50 is recommended to keep this program strong. \*Notice: When the center is hosting a special event with food included, the catered meal will be canceled. Lately we've had too many leftovers. Please cancel your meal if you decide you cannot make it to the lunch.



## Member Appreciation Week June 11 - 15



Thank you for being apart of the Seven Oaks Senior Center! You help make our center what it is! Seven Oaks continually grows and we know it's from our members spreading the word to their friends and neighbors! We appreciate the support of each of our members and we want to thank you with a week of activities planned for you!

**Monday, June 11** - Warm homemade cookies & ice tea (volunteers needed to help bake!)

**Tuesday, June 12** - Hot popcorn & lemonade served

**Wednesday, June 13** - Chipped Beef breakfast

**Thursday, June 14** - Free soft serve ice cream from Miss Twist  
Baltimore's premier ice cream truck!

**Friday, June 15** Friday Café: To Go Goodness -

Enjoy coffee and a continental breakfast. Enjoy it at the center or take it with you!

**We are giving away two \$25 restaurant gift cards each day! Fill out a raffle ticket when you sign in at the front desk. One entry per day is allowed.**

**On Monday, we will draw 2 names and the winners will get a front of the line pass to class registration on Tuesday, June 12.**

## Seven Oaks Adventure Club Outings

There is so much to see and do in our community but not everyone has a group of friends to go out with and sometimes coordinating group plans can be stressful and overwhelming. Seven Oaks started the Adventure Club last year so members of the center can join in on fun activities in the community with a group of people that they know. On May 5 at 10 am we're planning on going to the Ladew Garden Festival. In June, we will be heading back to Boordy Vineyard for their Thursday farmer's market featuring live music, wine and local goods. In July, we will be going to Feet On The Street in Towson where the Grand Jury will perform and in August we'll be going to First Friday in Harve de Grace. We welcome members and their guests of any age to join us. Sign up in the binder at the front desk so we can call ahead with an approximate count. Do you have an idea for the Adventure Club? We are looking for your suggestions of places to visit in the fall and winter months. Drop your ideas in the suggestion box!



## Red, White & Blue Picnic - June 26

Join us on **Tuesday, June 26 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 Monday, May 21**, please indicate sandwich type. Come for dancing, great tunes, yard games, tattoos by the PH Library, delicious food and FUN! *A lunch ticket isn't required to attend.*



## Mark your Calendar So You Don't Miss Out

- ♦ Member Appreciation Week - June 11 - 15
- ♦ Story Behind our National Anthem - Wed. June 13
- ♦ Basket Auction at Ateaze Senior Center - Fri., June 22
- ♦ Star Spangled Town of 1814 with Wayne - Friday, July 13
- ♦ End of Summer Party - Tuesday, August 28

mark  your **Calendar**



# Travel Opportunities

Come along for the ride!

Travel Cell Phone: 443-608-0613

This cell phone will also be brought on trips.  
Save this number in your contacts and if you need to reach the hostess during a trip call this number.



## 2018 Day & Overnight Trips

- ♦ **Bi-Monthly Delaware Park Trips** – May 9, July 18, September 19 and November 7. \$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 at the front desk with your DOB and player card number.
- ♦ **Springfest, Ocean City, MD** - Thurs, May 3. Cost \$40. Enjoy music, food, craft booths and strolling the boardwalk. *Waitlist*
- ♦ **Odyssey II Monument Cruise & Lunch** - Wed, June 6. Cost \$100. Elegant three course lunch, live band and cruise to view the historic monuments of Washington, DC from the Potomac River.
- ♦ **Newport, Rhode Island** Mon, June 18-Thur, June 21. Tour historic Newport, Marble House, The breakers plus Cliffwalk, Newport Harbor Cruise, wine tasting and optional Newport slots. \$535 double, \$695 single.
- ♦ **The Gershwin Theater in NY: Wicked** - Wed, July 11. Cost \$175. Bus trip to NY for this Broadway sensation. Dinner is on your own at Mostaris Restaurant on the way home.
- ♦ **St. Michael's Day on the Bay** - Wed, August 15. Cost \$95. Visit Historic St. Michael's for sightseeing and shopping. Trip includes admission to the Chesapeake Maritime Museum.
- ♦ **Newseum in Washington, DC** Wednesday, Sept. 12. \$50 and lunch is on your own.
- ♦ **Crab Feast at Fisherman's Inn** in Grasonville, MD. Thursday, October 4. \$80 and includes a stop at the Queenstown Outlets.
- ♦ **Sunfest in Ocean City! Just Added!!!** Thurs, Sept. 20. \$40 per person. Enjoy music, food, craft booths and strolling the boardwalk. *Waitlist*
- ♦ **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.