

Seven Oaks Senior Center



The Acorn

December
2019

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

Trim the Tree & the Center

Join us on **Monday, December 9 at 1pm** and help Nancy and her elves decorate the tree and the center for the holidays. Wear your favorite holiday sweater and participate in a sweater contest. Drinks and snacks will be served. Sign up in advance.

An Afternoon of Chance - Friday, December 13

Join us on **Friday, December 13 anytime from 12 - 3pm** for An Afternoon of Chance. Bring some cash to try your luck and come and go as you please. Peggy and Connie are putting together an afternoon of fun and it's sure to be a hit! There will be lay downs, a money wheel, a wine/sangria wheel, silent auction, Chinese auction, bingo and big bubba instant pull-offs, as well as personalized ornaments for purchase. There will be limited seating. This event will be more of a day of games, fun and mingling as opposed to a sit down lunch. Lite fare/ Hors d'oeuvre will served. There will be a Bloody Mary bar, sangria, wine and sodas. You can play games, walk around and mingle, dance, if you'd like and have something to eat and drink. Joey C will play 50s and 60s music. **The cost will be \$5 in advance but bring plenty of singles with you! Tickets will be sold up until it sells out.**

Have Your Heard the News? We're Open on Saturdays!



**WE'VE
EXPANDED
OUR HOURS!**

The Department of Aging received money from a grant which has allowed us to open the Center on Saturdays from 8 am - 2 pm (a least through the end of June). In November we were able to open the center as well as the fitness center with the help of an Activity Specialist and our wonderful volunteers. This has allowed our members to work out and will allow for additional fitness classes and programs starting this month. Here's what's planned so far...

Saturday, December 7

Dealing with Dementia Workshop from 8am - 1pm (see pg 2 for details)
Holiday Family Photo Shoot - 8am-1 pm. \$75 for 20 min. apt. (see pg 4 for details)
Football 101 for Ladies 11am - free (see page 2 for details)

Saturday, December 14

Tai Chi Class from 9:30am - 11am (make-up for current students and free drop-in class)

Saturday, December 21

Let's Move with Kara at 9am - free demo (see pg 3 for details)
Holiday Crab Shell Painting Class at 12pm (\$12, see pg 3 for details)
Holiday Sounds of Silence at 10:30am - Free! (see pg 3 for details)

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 am to 4 pm
Saturdays 8:00 am - 2 pm

Look inside!





December Special Events



TALMAR - DIY Door Swag

Monday, December 2 1:00 pm

Make a holiday door swag for \$10 in advance. Sign up and pay by 11/27.



Hope for the Holidays After Grieving

Tuesday, December 3 10:00 am

Join Gilchrist for their last part to this series on grief. All are welcome, it's not necessary to have come to the other programs.

Great Physio Balls of Fire Demo

Wednesday, December 4 2:30 - 3:30 pm

Drumming accelerates physical healing and boosts your immune system. It reduces tension, anxiety and stress. Stop in and try this fun, feel good, therapeutic music experience that incorporates music, exercise balls, drum sticks and movement. Although this is similar to drums alive **this is not an exercise program**. This is a free program and it will be offered once a month. Limited to 20 students. All supplies provided.

Fresh Conversations

Thursday, December 5 12:30 - 2:30 pm

This is the last program in this series. Come and learn about Heart Health Fat Facts. Have you ever wondered why some fats are good and some fats are bad? Discuss the effects fats have on your heart and health. Receive a newsletter with the latest scientific info plus recipes and games.

Center Closed for Staff Training

Friday, December 6

Dealing with Dementia Workshop

Saturday, December 7 9:00 - 1:00 pm

Are you a family caregiver? Do you need help understanding dementia, managing problem behaviors, handling stress and finding time for you? This workshop sponsored by the Rosalynn Carter Institute for Caregiving and the Baltimore County Department of Aging will help empower you to effectively use the Dealing with Dementia Guidebook, discover answers when you need them, using the Guide, increasing self care and be bolder in your caregiving. The workshop and 300+ page Guidebook are free. Light refreshments will be served. Limited to 20. Pre-registration is required: 410-887-4724 or caregivers@baltimorecountymd.gov

Football 101 for Ladies

Saturday, December 7

11:00 am

Will Young will explain the ins and outs of football. Open to the community.

TED Talk: 10 Ways to Have a Better Conversation

Tuesday, December 10

11:00 am

When your job hinges on how well you talk to people, you learn a lot about how to have Conversations. Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations. Join Jim Lightner discussion after the video.

Anti-Inflammation Diet

Thursday, December 12

1:00 pm

Join Anne, from BCDA's Nutrition office to learn how to prevent chronic inflammatory diseases through food! Discover foods that help & harm.

Meet Up: Valley View

Thursday, December 12

4:00 - 6:00 pm

Meet up for happy hour at the Valley View. Hangout and enjoy happy hour specials.

A Afternoon of Chance

Friday, Dec. 13 come between 12 and 3 pm

See page 1 for details

Annual Holiday Party

Tuesday, December 17 at 12:45 pm

Lunch and music by the Reputations! Cost \$12, in advance includes sandwiches, sides, beer, wine, soda and desserts.

Love Your Guts

Wednesday, December 18

10:30 am

Did you know that your gut health plays an important role in the health of the rest of your body? Join Mandy Katz, registered dietitian and in-store nutritionist at Giant for a discussion on why gut health is so important and the foods you should add to your diet – those pre and probiotics – to improve your gut health. This is during the TOPS group but all members are welcome with the teacher.

Seven Oaks Elementary Choir

Thursday, December 19 12:00 pm

The children from the Elementary school will sing your favorite holiday songs! We'll be serving warm cookies and egg nog.

Please sign up, in advance, for programs, in the free binder to provide us a headcount.

The Oakettes Holiday Program and an Eating Together Lunch

Friday, December 20 at noon

The Center's own, Oakettes will perform a holiday program at 12:30 pm. Come early for an Eating Together lunch served at noon. Menus at the front desk. Sign up in advance.

Snowman Crab Shell Painting

Saturday, Dec. 21 at 12 pm

Hand paint a crab shell Ornament with a local artist. All ages welcome! Cost is \$12 in advance and includes supplies and light refreshments.



Membership Meeting & Lunch

Monday, December 23

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. Lunch is grilled cheese and tomato soup. Lunch will be served at Noon for \$5. Purchase your lunch ticket in advance. Everyone that attends will be entered in a drawing for a \$50 gift card that we'll give away at the end of the meeting. Cake will be served to celebrate the Nov. and Dec. birthdays.

Holiday Movie following Friday Café

Friday, December 27

10:30 pm

Still in the holiday spirit? Stick around after Friday Café for a holiday favorite, Miracle on 34th Street. In this classic, an old man going by the name of Kris Kringle fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. Kringle proves to be such a hit that he is soon appearing regularly the main store in midtown Manhattan. When Kringle surprises customers and employees by claiming that he really is Santa Claus, it leads to a court case to determine his mental health and, more importantly, his authenticity.



Alexa - Holiday Trivia

Monday, December 30

12:30 pm

Join Leslie as she has Alexa tax your brain with Holiday trivia.

Ongoing Monthly Events & Workshops

Tablet/Smart Phone Help - Monday, December 2 & 9. Sign up for an appt with David Yoon.

BINGO - Tuesday, December 3 at 12:30 pm Ann Knoerlein calls out the lucky numbers for afternoon Bingo with cash prizes; cost \$7.00. An Eating Together lunch will be served at Noon for \$2.50 recommended donation. Menus are posted at the front desk. Sign up in advance for lunch.

Seated Massages with Doug - Thursday, December 12 & Monday, December 23 - Doug Wittich, Licensed Massage Therapist is offering 10 min. chair massages in the Fitness Center 2 - 3x per month. You must fill out a brief health questionnaire before your first massage. It's only \$5 for a 10 min. massage or book back to back sessions for a longer massage for \$12. No refunds if you are a no show.

Card Making Workshop - Friday, December 13 from 10:30 am-12:30 pm Students will make 3 cards to take home. Samples are available at the front desk. Cost is \$12 in advance.

Computer Troubleshooting - Monday, December 16 at 10:00 am Let Alvin Miller help you with your device. Bring your device & passwords. Sign up in advance.

Current Events - Wednesday, December 18 at 2:30 pm - Join volunteer, Joy Mays and other members to discuss current news and politics. If you'd like, bring a newspaper article to share.

Blood Pressure - Friday, December 13 at 9:15 am Karen Kansler, RN takes your BP.

Holiday Drive - Please Consider Helping Those in Need!!!

This year we will continue to support our local food pantry and seniors in our community by collecting gently used or new clothing and coats, as well as, non-perishable food items. We will also have a Giving Tree. Our local



HOLIDAY GIFT DRIVE

need to make their holidays a little brighter. Thank you for your generosity!

elementary schools are going to identify families who can't afford to provide gifts for their children at the holidays. We will set up a Giving Tree in our lobby and you can take a gift tag with the child's info (age, gift ideas, clothing size, etc), purchase the gifts, wrap them and return them here with the gift tag identifier attached. Then the gifts will be given to families in



Holiday Family Photo Shoot - Sat. Dec. 7

Need a photo for your holiday card or just to send to family and friends? Sign up for a 20 min. appointment with professional photographer Lacey Braden between 8am-1:30 pm. You get all the prints digitally. Photos will be taken outside using the pictured scenery. Call for your appointment. \$75 payment due the day of. Open to the community.

bradeneventphotography.zenfolio.com



Save the Date - An MLK Celebration - Friday, January 17

Plan to join us to celebrate Dr. Martin Luther King, Jr.'s birthday on **Friday, January 17 at 12:30 pm**. Mr. Charles Sullivan will entertain us with music and share stories about the life of this African American Christian minister and activist who became the most visible spokesperson and leader in the Civil Rights Movement from 1955 until his assassination in 1968. An Eating together lunch will be served at noon. Check out the menu and sign up in advance on the Eating Together clipboard located at the front desk.



Save the Date - Soup-er Bowl Party - Friday, January 31

Wayne Knowles chaired the shrimp feast this summer and it was a wonderful event! He's *tackling* a new event and just in time for Super Bowl! Join us on **Friday, January 31 at 12:45 pm**. He will be making 4 hot, homemade soups: Touchdown Butternut Squash Bisque, Cheeseburger in Raven Paradise Soup, Wild Card Fish Chowder and Halftime Tripilini Chicken & Vegetable served with bread, salad and of course dessert. Wear your football jersey and get decked out in football gear for a chance to win a gift card! Come for a fun afternoon and warm up from the cold with his delicious soups! We'll also be serving purple beer in honor of the Ravens! **Tickets go on sale Monday, January 6 and cost \$10.**



AARP Tax Aide at The Perry Hall Library

The AARP Tax-Aide Program provides **free** tax return preparation. The Perry Hall Library will once again be hosting Tax-Aide on Mondays beginning in February 2020. Appointments will be available on a first come-first serve basis and can be made beginning January 2, 2020. Tax Aide service at the Perry Hall Library is scheduled for Mondays from 9:30am to 2:30pm from February 3 through April 13, 2020. To reserve an appointment, contact the Perry Hall Library at [410-887-5195](tel:410-887-5195).

Senior Center Staff & Executive Board



Center Director: Kathleen Young
Assistant Director: Courtney Gonce
Community Outreach Specialist: Jessica Pontown
Center Custodian: Mary Bingamon
Activity Specialists: Judy Seechuk, Carol Cullison and Doris Hall
Home Team Coordinator: Barb Wilt

President:	Jim Lightner
Vice President:	Ed Konig
Treasurer:	Carol Parks
1st Asst. Treasurer:	Gene Laytar
2nd Asst. Treasurer:	Gale Griffin
Recording Secretary:	Janet Hess
Coresp. Secretary:	Edie Dietrich
Sgt. At Arms:	Gary Durandetto
Members at Large:	Walt Wujek & Betty O'Carroll
Past President:	Nancy Bach

Meeting Schedule

Executive Board Meeting:

Monday, December 16 12:45 pm

Membership Meeting:

Monday, December 23 at 12:30 pm

Buy your lunch ticket in advance.
Lunch is served at noon, grilled
cheese and tomato soup.

*Win a \$50 restaurant gift just by
attending the meeting.*

The Seven Oaks Executive Board are center members who are elected by the center council/membership to hold office and make decisions on behalf of the membership. The center council and executive board work to assist staff in accomplishing the center's mission.

Seven Oaks Mission

The purpose and mission of Seven Oaks Senior Center is to provide a progressive and safe environment where seniors can find the opportunity to maintain healthy, active living. Services and assistance are available to the Perry Hall, White Marsh & surrounding communities, meeting the needs of the senior individual and their family.

BCDA Mission

The Baltimore County Department of Aging strengthens lives by providing services, programs and connections to resources.

It is the policy of the Baltimore County Department of Aging that all people who attend classes or programs at the senior center must register as a member each year.

Baltimore County Department of Aging is an equal opportunity service agency.

Minutes from the board and council meetings are posted on the bulletin board in the MPR and also available online at SevenOaksSeniors.org. The financial report is posted in the MPR.

Center Membership and Registration

Senior Center membership is free and granted to Baltimore County residents 60 years of age and older and their spouse (spouse can be under 60 years of age). Non-county residents are also eligible to register as members of the center. Members must be able to function in the center without one-on-one assistance from staff and be able to move independently (with or without assistive devices) within the center. Individuals participating in more than one center must register at each center independently. See staff for a full list of rules of participation.

Bi-Monthly Council/Membership Meetings

If you're a member of Seven Oaks then you're a member of the Council! Every other month we hold a membership meeting to discuss the business of the center and vote on financial matters. A lunch is served at noon and the meeting starts at 12:30 p.m. Members are highly encouraged to attend these meetings and to help shape the future of the center and we give away a \$50 gift card at each meeting! Have an idea or suggestion?

Please use the suggestion box located behind the front desk.



Schedule of Classes

Winter classes will start the week of January 6 & 13.



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Monday</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	\$
9:30 am	11:30 am	Craft Projects	Ward & Hepding, Vol.	Craft Room	
10:00 am	12:45 pm	Pinochle	Tom & Sylvia Sordillo,	Vol MPR	
10:00 am	12:00 pm	Tablet/Smart Phone Help	David Yoon, Vol	Game Room	
10:30 am	12:00 pm	Spanish Continuing	Ron Browning, CCBC	Classroom	\$
10:30 am	11:30 am	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
11:45 am	12:45 am	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
11:30 am	1:00 pm	Beginner Pickle Ball	Joe Palmere, CPTP	Honeygo Regional Pk	
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 Indep Proj.	Karen Ruberry, CCBC	Craft Room	\$
2:15 pm	3:15 pm	Zumba Gold	Loretta Witomski, IC	MPR-extension	\$
<u>Tuesday</u>					
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR extension	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:15 am	11:15 am	Knitting & Crocheting	Volunteers	Craft Room	
9:15 am	10:00am	Outdoor Walking	Staff	Meet at Front Desk	
10:00 am	11:00 am	Int. Line Dance	Trudy Knight, IC	MPR	\$
10:00 am	3:30 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
11:00 am	12:00 pm	Senior Rhythms	Audrey Doemling, Vol	MPR	
12:00 pm	3:00 pm	*Social Poker	Volunteers	Game Room	
12:30 pm	3:45 pm	*Social Pinochle	Volunteers	Game Room	
12:30 pm	3:30 pm	Bingo 1st & 3rd week	Ann Knoerlein, Vol.	MPR	\$
1:30 pm	3:30 pm	Independent Art Studio	None	Craft Room	
<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	\$
9:30 am	12:00 pm	Bridge	Volunteers	Classroom	
9:30 am	10:15 am	Strength After 60	Instructor at BKC	Balto Kettlebell Club	\$
9:50 am	10:50 am	Int Line Dance	Joanne Allewa, Vol.	MPR	\$
9:45 am	11:30 am	TOPS (Weight Loss)	Celeste Skruch, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
11:00 am	1:00 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
12:00 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol.	Classroom	
12:00 pm	1:00 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
1:15 pm	2:15 pm	Chair Assisted Yoga	Jana Long	MPR- extension	\$
12:00 pm	3:00 pm	Hand & Foot Canasta	Volunteers	Game Room	
1:30 pm	3:45 pm	Table Tennis	Free Play	MPR ext	
1:30 pm	3:30 pm	Watercolor Techniques	Dot Bishop	Craft Room	\$

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

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
Thursday					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:45 am	9:45 am	Enhance Fitness	Carole Gittings, CT	MPR extension	\$
10:00 am	12:45 pm	Pinochle	Tom & Sylvia Sordillo, Vol	MPR	
9:30 am	12:00 pm	Bridge	Volunteers	Class Room	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol.	Craft Room	
10:00 am	3:30 pm	Pickle Ball	Volunteers	Honeygo Reg Pk	
10:30 am	11:30 am	Barre Fit	Instructor at Inline	Inline Barre	\$
10:45 am	11:40 am	Senior Rhythms	Audrey Doemling, Vol	MPR-extension	
11:45pm	12:45 pm	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
12:10 pm	3:30 pm	Canasta	Volunteer	Craft Room	
12:00 pm	3:00 pm	*Social Poker	Volunteers	Game Room	
12:30 pm	2:30 pm	Drawing	Alina Kurbiel	Class Room	\$
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	
9:30 am	10:30 am	Friday Café	Hazel Ashworth, Vol	MPR	
9:30 am	11:00 am	Tai Chi	Jeff Herrod, IC	MPR extension	\$
10:00 am	12:00 pm	Scrabble and Other Games		Game Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR	
1:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Reg. Park	
1:00 pm	3:30 pm	Stained Glass	Richard Souders, Vol.	Craft Room	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

Saturday Now Open from 8 am - 2 pm

8:00 am	2:00 pm	Fitness Center	Monitor	Fitness Center	\$
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Other activities and program will be added in the new year.

Please Note...

- ♦ If you see a \$ symbol, there is a fee associated with that 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.


Check out our Course Guide available at the front desk or visit our website www.sevenoaksseniors.org to see a list of all of our classes with a description and important info, including fee, if applicable.

Also, follow us on Facebook to see upcoming events, pictures from parties, etc.



Seven Oaks Senior Center
9210 Seven Courts Drive
Baltimore, MD 21236

Winter 2020 Course Guide



Registration Begins Tuesday
November 19 at 8:15 am for
Strength Training
Enhanced Fitness Class
All other classes come after 9 am or later
in the week to register.

Most Classes begin the week of January 6/13
For more information on classes please call
Seven Oaks Senior Center at 410-887-5192.

We're Looking for Wine and Alcohol Donations

Did you get any wine or liquor from family and friends at the holidays that you don't plan to drink? Or do you have some bottles just collecting dust? We'll gladly take them off your hands to be used in February at an event we're having, Bingo, Booze and Baked Goods! This event is scheduled for Friday, February 28. Bring your unopened bottles anytime to staff. Thank you in advance!

Remind Alerts - Inclement Weather Updates

As a reminder with the winter months upon us, Seven Oaks Senior Center DOES NOT follow Baltimore County Public Schools. If the Center is closed or opening late the Department of Aging and/or Baltimore County Government will be listed separately. Media announcements will only be made on WBAL Radio, 1090 AM, WBAL-TV 11 and WJZ-TV 13. You can also check the County website, www.baltimorecountymd.gov.



At Seven Oaks we have a system called REMIND, which can give you email or text alerts when there is a closing, delay or other center updates. If you haven't signed up but would like to receive our alerts there is a clipboard at the front desk. Write down your name and cell phone number for text alerts OR email address if you wish to receive email alerts (please write clearly!)

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.

**Fitness Center Hours: Monday-Friday 8:30 am - 3:30 pm and
Saturday 8:00 am - 2:00 pm**

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 staff. Once we receive your medical clearance we will sign you up for a required fitness orientation.

The next fitness center orientation for new members is:

Wednesday, December 11 at 11:15 am

Dine With Us!

Are you tired of eating at home alone? Come and dine with us! A catered lunch is offered most Tuesdays and on Friday movie days. **This month lunch is offered on December 3 & 20.** Individuals interested in attending the meal must **sign up at the front desk at least 48 hours in advance.** 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 \$4.57 cost of each meal (super special meals \$6.07). If you cannot contribute the full amount, a voluntary minimum contribution of at least \$2.50 is recommended to keep this program strong. To reduce leftovers **please cancel your meal if you decide you cannot make it to the lunch.**



Do You Still Own Your Wedding Dress?

Seven Oaks is planning a Vintage Wedding Dress Fashion Show on **Friday, April 24** and we are looking for members who still have their wedding dress and would like for their dress to be in the fashion show. If the dress still fits you then we'd love for you to model the dress. If it does not fit you, you could invite a family member to wear it in the show or center staff will recruit a model for you. See staff to enter your dress in the fashion show.



No Kidding Club - Check the Binder for Dates!

Recently a group of Seven Oaks members who do not have children or grandchildren started a No KIDding Club. Their monthly gatherings will be listed in the free binder with a contact person so you can rsvp. Their December outing is Saturday, December 7, 2019 at Bluestone Restaurant at 1 pm. 11 W. Aylesbury Road Lutherville-Timonium 21093 ******Please Call Vivian at (443) 921-7263 (Cell) OR (410-) 933-1432 to RSVP.**

Calling All of Our Chinese Members..

A few months back our intern, Jane planned a wonderful cultural event with the help of our Indian members on India. We learned about the culture, sampled foods, saw clothing and memorabilia from their home. Now we'd like to have a cultural event and expose our members to the Chinese culture. Would you be willing to help us with this event? We'd love to hear about anything you could add to the event including stories, pictures, memorabilia of your years in China, etc. See staff.

Cultural Event



Mark Your Calendar

- ♦ Center Closed - Wednesday, January 1
- ♦ Saturday Exercise Class begins - Saturday, January 11
- ♦ Bingo - Tuesday, January 7
- ♦ Garden Club Meeting - Wednesday, January 8
- ♦ Social Media, Online Payments, and More - Thursday, January 9
- ♦ Charles Sullivan presents Dr. Martin Luther King Jr. - Friday, January 17
- ♦ The Do's and Don'ts of Recycling - Tuesday, January 28
- ♦ Soup-er Bowl Party - Friday, January 31
- ♦ AARP Safe Driving Class - Saturday, February 8
- ♦ The Reconstruction Era: Africian American Life in Baltimore - Tuesday, February 11
- ♦ MOVE previously MD Opera presents Marian Anderson "*A Legacy of Hope*" - Friday, February 21
- ♦ Vein Presentation and Free Screenings - Tuesday, February 25
- ♦ Bingo, Booze and Baked Goods - Friday, February 28
- ♦ St. Patrick's Day Party - Tuesday, March 17
- ♦ Opening Day - Thursday, March 26
- ♦ Paint Nite with the Painted Mermaid - Thursday, April 9
- ♦ Intergenerational Easter Egg-travaganza - Friday, April 10
- ♦ Shred Day - Saturday, April 18





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!



2020 Trips Announced

Pick up a flyer at the Travel Desk for information on each trip.

- ♦ **Bi-Monthly Delaware Park Trips** – March 11, April 29, June 10, July 22, Sept 9 and Nov. 4. Cost \$25 with \$30 casino rebate. Bus departs at 9:30 am at Weis, boards at 3:45 pm for 5pm return. 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, fill out a green envelope with your payment and put it in the box by the travel desk and complete a liability form.
On the day of the trip bring your player card and photo id.
- ♦ **Dutch Apple Dinner Theater, Lancaster, PA- Grumpy Old Men** - March 14 - \$95
 - ♦ **International Spy Museum, Washington, DC** - April 21 - \$50
 - ♦ **Springfest, Ocean City, MD** - May 7 - \$40
 - ♦ **Vermont & New Hampshire** - June 22 - 26 - \$825 pp/ double
 - ♦ **Totem Pole Playhouse, Fayetteville, PA** - July 16 - \$90
 - ♦ **Blennerhassett Island, West Virginia** - July 29 - 31 - \$575 pp/ double
 - ♦ **Quilt Gardens, Elkhart, Indiana** - August 11 - 16 - \$715 pp/double
 - ♦ **Crab Feast & Arundel Mills** - August 20 - \$80
 - ♦ **Afternoon Tea Litiz, Pennsylvania** - September 2 - \$60
 - ♦ **Waterfalls and Wineries - Finger Lakes, New York** - September 13 - 16 - \$599 pp/ double
 - ♦ **Sunfest, Ocean City, MD** - September 24 - \$40
 - ♦ **Fall Foliage Train Ride** - October 21 - \$100
 - ♦ **American Music Theater Lancaster, PA - Deck the Halls** - December 2 - \$95
- ♦ **Nashville Christmas at the Gaylord & Biltmore Christmas** - December 6 - 11 - \$1,399 pp/ double
- ♦ **Christmas at Longwood Gardens Christmas & Mendenhall Inn Lunch** - December 10 - \$95

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. Fill out an envelope with your information, put your payment inside and place it in the lock box on the wall.
- ♦ 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.
- ♦ Travel Insurance is recommended for overnight trips.



Seven Oaks Senior Center Council is a non-profit 501(c)(3) organization.
All contributions to the center are tax deductible.