



The Acorn

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

Adventure Club Outing: Hike and Brunch

Sunday, September 9 at 10:00 am

Join us for an easy one-hour hike on the Gunpowder trail, lead by our volunteer Tom

Hock. Afterwards the group will have a brunch buffet at Gunpowder Lodge. The brunch buffet is \$14.99, plus tax and tip. Bring a change of shoes in case it's muddy.

The group will meet in front of the restaurant and begin the hike at 10am. Sign up in

advance so we have a headcount for the brunch. Members and their family and friends are invited.



Country Roads Luncheon and Show

Friday, September 21 at 12:45 pm

Frank and Trish Curreri will take you on a musical journey to heavenly heights with great country songs and a tribute to the stars of American Country Music

from 1950-2000. On the menu: Mixed Greens Salad, MD Crab Soup, bread, butter and apple pie will be served at 12:45 pm. We will also serve beer and

wine. The Country Roads show will follow. **Tickets are \$12 in advance.**



Re-Registration for the Center

Begins October 1

Starting October 1st we will be re-registering members. Each year members need to renew their membership.

Enjoy a re-registration gift of your choice while they last:

Smart phone wallet with ring stand or an Active waist belt.



Can you spare some time to help us re-register

members? If so, please sign up at the front desk.

DISCOVER THE POWER OF AGE

Baltimore County Department of Aging

October 3 & 4, 2018

Timonium Fairgrounds

Empower yourself with the latest information and resources as you visit more than 300 exhibitors, explore special feature areas, enjoy continuous live entertainment, obtain free health screenings and more.

410-887-2594

www.powerofageexpo.com



5k Run/ 1 Mile Walk Sept. 16

Join the Mighty Oaks or just sign up to help support Seven Oaks. See page 3.

Seven Oaks Senior Center

9210 Seven Courts Drive

Baltimore, MD 21236

Phone: 410-887-5192

Fax: 410-887-5140

Travel Office: 443-608-0613

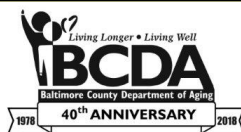
www.baltimorecountymd.gov/aging

sevenoakssc@baltimorecountymd.gov

www.SevenOaksSeniors.org

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

Look inside!





September Special Events



Center Closed for Labor Day

Monday, September 3


Fall Class Registration

Tuesday, September 4

Most Fall Classes begin the week of October 1.


Eating Together Lunch

Tuesday, Sept. 4, 11, 18 & 25 12:00 pm

 Join us for lunch most Tuesdays. Reserve your meal at least 2 days in advance at the front desk and check in by 11:45 on the day of lunch. Check out the menus located at the front desk. If you cannot contribute the full amount of \$4.36 a voluntary minimum contribution of \$2.50 is recommended.

Doug Burgess Transitions Speaker Series

Friday, September 7 10:15 am

 Deborah Bakalich owner of Senior Care Lifestyles, LLC, which is a placement agency will be here to discuss senior placement options for your loved one. Sign up in advance.

Movie: The Book Club

Friday, September 7 12:45 pm

Diane is recently widowed after 40 years of marriage, Vivian enjoys her men with no strings attached, Sharon is still working through her decades-old divorce, and Carol's marriage is in a slump after 35 years. The lives of these four lifelong friends are turned upside down after reading the infamous "50 Shades of Grey," catapulting them into a series of outrageous life choices. Rated PG-13 for sex related material. An Eating Together lunch will be served at Noon for \$2.50 donation. On the menu: OJ, Salisbury Steak w/Gravy, Mashed Potatoes, Seasoned Kale Greens, Cinnamon Apples, Bread and Milk. **Sign up for lunch by 9/5.**



Adventure Club: Hike and Brunch

Sunday, September 9 at 10 am

See page 1 for details

Friday Café

Join Us every Friday morning!

9:15 -10:15 am

Enjoy a free continental breakfast with friends!

Flu Shot Clinic

Tuesday, September 11 1:00 pm - 3:00 pm

 Seven Oaks Senior Center in partnership with Maxim Healthcare Services will offer flu

shots. **Bring your Medicare ID/Other health insurance ID and a picture ID to receive a**

shot. Accepted Insurance:

Medicare Part B & Humana receive Free flu and pneumonia shots.

Aetna, Healthspring, Independence BCBS, Sierra Health and Life

Meritain Health and SummaCare:

Free flu and \$95 pneumonia shots.

Cost to all others without a listed insurance –

Cash/check ONLY. Checks can be made payable

to Maxim Healthcare Services. Pricing is as fol-

lows: 4 Strain Quadrivalent Flu Shot = \$35.00,


Senior Flu Shot (FluAd) = \$80.00, Pneumonia

Shot - \$95.00. No sign up required. Just stop in.




Brain Games with Alexa

Thursday, September 13 11:00 am

 Join Leslie as she has Alexa tax your brain. Sign up in advance.


Medical Marijuana

Thursday, September 13 1:00 pm

 Dawn-Marie Steenstra, Clinical Nurse Educator from United Patients Group and Patient Outreach Coordinator for MISSION Dispensaries joins us to discuss medical marijuana and answer concerns/ questions regarding this natural alternative remedy. Sign up in advance.

Lest We Forget: Benefits of Reminiscing

Friday, September 14 10:30 am

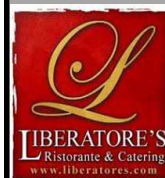
 Join Daria Rovinski, RN, MS in this discussion and learn how reminiscing can help to link our pasts to the present; promote self-identity; and help to achieve a sense of contentment. Sign up in advance.

Seven Oaks Partners with Liberatore's

20% off Lunch Buffet on Tuesday & Thursdays
10% off Anytime!


Just show your current Seven Oaks Membership Card to receive the discount. Can not combine this discount with any other offers.

Discount is for the card holder's meal only and only valid at the Perry Hall/ Honeygo location.



Get Ready! Get Set! Get Fit! 5K Run/Walk


Sunday, September 16 8:00 am

 5K/1 Mile Walk at CCBC Essex Campus. Entry fees are \$20 for seniors, \$35 for adults & \$20 for children. The first 200 that show up at the run will receive a swag bag. There will be a grand prize drawing of \$500 but you must be present to win. You'll also receive a high quality performance long sleeve T-shirt. Pick up a registration form at the center and turn in payment to staff.




I ♥ Seven Oaks Pancake Breakfast

Wednesday, September 19 8:30 - 9:30 am

 In celebration of National Senior Center Month join us anytime between 8:30 - 9:30 for a special heart pancake breakfast because we love Seven Oaks. Space is limited so please only sign up if you're sure you can make it. This event is sponsored by the TOPS group.

Current Events


Wednesday, September 19 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.

My Life as a Private Investigator:


How to Apply My Techniques to Your Life

Thursday, September 20 1:00 pm

 Lynn levy has been a private investigator for 35 years. She has located missing persons, conducted background checks for prospective nannies and elder care workers, and worked undercover in various businesses. She will discuss her life and give you tips to protect yourself and your loved ones. Sign up in binder.

New Member Orientation

Thursday, September 20 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 Department of Aging. Sign up in advance if you plan to attend.

Country Roads Luncheon & Show

Friday, September 21 at 12:45 pm

See page 1 for details.


Walking with the Perry Hall Library

Saturday, September 22 9:00 am

Join the Perry Hall Library's monthly walking club. They will meet at HoneyGo Run Regional Park at the picnic pavilion closest to the parking lot. Wear comfortable shoes and bring water. Sign up in advance.


Free Bone Density Screening

Tuesday, September 25 9:30 am - 11:30 am

 Find out if you are at risk for osteoporosis. A bone density test is used to screen for and detect the early stages of osteoporosis. **Note:** this is not a DEXA scan. Not intended for those who have already been diagnosed with Osteoporosis or who have had a DEXA scan within the last year. Participants will need 1 bare foot. Sign up in advance for your 15 min appt.


Perry Hall Library - Brain Games

Tuesday, September 25 10:00 am

 The library returns to Seven Oaks for another fun and brain stimulating session of Brain Games. Sign up in advance.


Ted Talk: The Fringe Benefits of Failure

Tuesday, September 25 1:30 pm

 At her Harvard commencement speech, "Harry Potter" author JK Rowling offers some powerful, heartening advice to dreamers and overachievers, including one hard-won lesson that she deems "worth more than any qualification I ever earned." Join Jim Lightner as he facilitates a lively talk after the video. Sign up in advance.


Plant Based Eating

Wednesday, September 26 10:30 am

 Join Mandy, Giant's in-store nutritionist during our TOPS group to learn about plant based eating. Sign up in advance.


Women Of A Certain Age

Wednesday, September 26 1:30 pm

 Come join us, women of a certain age, as we discuss our last nugget of wisdom - "Tell the Truth". Looking back on the six other groups, I predict the discussion will be lively & the sharing fun & informative. Sign up in advance.


Meet Up: Silver Spring Mining Company

Thursday, September 27 4:00 pm - 6:00 pm

 Meet up for happy hour at Silver Spring Mining Company on Belair Rd. Hangout with your friends from Seven Oaks and enjoy happy hour specials. Sign up in advance.

Fall Prevention Program

Friday, September 28 12:30 pm

 Join Tim Russell, PTA and Certified Strength and Conditioning Specialist from Gold Medal Physical Therapy to learn about the importance of fall prevention and balance. You will learn exercises that can be performed safely at home in order to improve balance and reduce falls.

TOPS - Taking off Pounds Sensibly

Are you ready to stop dieting and start making real changes? TOPS can help you reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful. Did you know that Seven Oaks has an official chapter of TOPS? They meet every Wednesday morning. Weigh-ins start at 10 am and the meeting starts around 10:30. The weekly meetings provide a supportive, educational environment where people are encouraged and not judged. TOPS does not sell foods, endorse products, or push a one-size fits all meal plan. On the TOPS meal plan, they encourage you to choose foods you enjoy in moderation. The flexible guidelines help you control calories while eating real food that you make at home or order in a restaurant. There is a joining fee of \$32 and \$1 per week. There is a \$.25 penalty for weight gain. Members are asked to log their food and set a weight goal with their doctor. At least once a month a guest speaker is scheduled to talk at the meetings. There are contests and incentives such as recognizing the loser of the week and month; 10 lb weight loss, 4 week consecutive weight loss, and 10 week consecutive attendance at meetings. A small monetary award is usually given for these milestones. One of the group's members, Ed Sprecher, was recognized as Maryland's King at the MD State recognition Day held in Annapolis in April for his amazing weight loss! We currently have about 30 members of our group and would love for you to join! Stop by the craft room on a Wednesday morning and talk to Celeste the leader.



*Outgoing officers: Left -right
Ann Jacob, Jeannette Thommen, Janet
Hess, Celeste Skruch, Kathy Devage, Judy
Coleman, Joan Jester.*

**The TOPS group is sponsoring the I Love Seven Oaks
Breakfast on Sept. 19 from 8:30-9:30 am. Sign up and join us!**

Fall Fashion Show with Boscov's - Friday, October 26

On Friday, Oct. 26 we're hosting a fashion show with Boscov's of White Marsh. Sherri Riedlbauer and Angie Schollian will be chairing this event and they are in need of models for the show. The Boscov's Friends Helping Friends shopping day is on Oct. 16, so you could buy your outfit at a discount or just borrow it for the show. On the menu: Shrimp salad sandwich on croissant, Pasta salad, fresh fruit medley, chips, and cake. **\$12 tickets on sale 9/24.**

Get 25% off at Boscov's on October 16

Mark your calendar for some serious shopping on Tuesday, October 16! We'll be selling shopping passes at the front desk until the day of the event and they are valid for 25% off store wide. Please help support Seven Oaks by purchasing a shopping pass for \$5. Boscov's will have sales, prizes, food and more! Seven Oaks keeps the \$5 per shopping pass! Tell your friends, family and neighbors!



7 Oaks Re-Blooms –Volunteers Needed

Seven Oaks is coordinating a new community project and we need your help! We are looking for a handful of volunteers to help put together flower arrangements for hospice patients in our area. The flowers will be donated from weddings and/or funerals. We will put the flower arrangements together on Tuesdays at 11:30 am and Thursdays at 9 am but it will be based on donations that week. You can volunteer for one or both days –please sign up if interested in the program binder. We hope to start the program in September. Beth Jones is the leader for this project. We would also appreciate our members spreading the word to their family and friends that Seven Oaks will be accepting donations of flowers beginning in September.

Senior Center Staff & Executive Board



Center Director: Kathleen Young
Assistant Director: Courtney Gonce
Community Outreach Specialist: Jessica Pontown
Center Custodian: Tanika
Home Team Coordinator: Barb Wilt

President:	Gale Griffin
Vice President:	Jim Lightner
Treasurer:	Gene Laytar
1st Asst. Treasurer:	Carol Parks
2nd Asst. Treasurer:	Anne Bauer
Recording Secretary:	Edie Dietrich
Coresp. Secretary:	Janet Hess
Sgt. At Arms:	Ed Konig
Past President:	Nancy Bach
Members at Large:	Walt Wujek & Leony SanMiguel

Meeting Schedule

Executive Board Meeting:

Monday, September 17 at
12:45pm

Membership Meeting:

Monday, October 22
at 12:30 pm

Come early for lunch at noon for
\$5. Buy your 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. 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



**Fall Class Registration starts Tuesday, September 4.
Most Fall Classes begin the first week in October.**

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	Kara O'Connor, IC	MPR extension	\$
11:30 am	1:00 pm	Beginner Pickle Ball	Joe Palmere, CPTP	Honeygo Regional Park	
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	\$
<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	
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	Barbara McCrea	Craft Room	
12:00 pm	3:00 pm	*Men's Social Poker	John Tolliver, Vol.	Game Room	
12:30 pm	3:45 pm	*Ladies Pinochle	Volunteers	Game 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	
9:50 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	\$
10:00 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	\$
1:15 pm	2:15 pm	Chair Assisted Yoga	Jana Long	MPR- extension	\$
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	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 Reg. Park	
10:30 am	11:30 am	Barre Fit	New Class!	Inline Barre	\$
10:45 am	11:40 am	Senior Rhythms		MPR-extension	
11:45pm	12:45 pm	Core N' More	Mary Lewis, IC	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	2:30 am	Drawing Class	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	
9:15 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	
1:00 pm	3:30 pm	Stained Glass	Volunteers	Craft Room	
12:00 am	3:00 pm	Pickle Ball	Volunteers	Honeygo Reg. Park	
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 or pick up a copy at the center.



Ongoing Monthly Events & Workshops

Tablet/Smart Phone Help - Monday, September 10 & 17 Sign up for an appointment with David Yoon.

BINGO - Tuesday, September 4 & 18 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.

Blood Pressure - Friday, Sept. 14 at 9:15 am Karen Kansler, RN takes your blood pressure.

Card Making Workshop - Friday, September 14 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, September 24 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.

National Senior Center Month: Building Momentum

The National Institute of Senior Centers theme this year is Building Momentum and showing people in the community what the future of aging looks like. Seven Oaks offers so many different programs and classes to meet the needs of our members. By reading the newsletter or checking out Facebook, members and people in the community can see all the exciting things we offer including a new Barre class, exciting Adventure Club outings including a hike this month at Gunpowder Lodge followed by brunch, Zumba, Yoga, Tai Chi, a Zentangle art class, Brain Games using Alexa, informational talks on Stroke Awareness, Plant Based Eating and so many more. Our Center will continue building momentum and offer a wide variety of classes and programs. Spread the word!

Fall Pickle Ball Schedule

Pickle Ball will return to Honeygo Regional Park on September 4. Beginner Pickle Ball will meet on Mondays from 11:30 - 1:00 pm. Open play will meet on Tuesdays, Wednesdays and Thursdays from 10:00 - 12:30 pm and on Fridays from 12:00 - 3:00 pm.



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 orientation.

The next fitness center orientation for new members is:

Wednesday, September 12 & 26 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 day. **This month lunch is offered on September 4, 7, 11, 18 & 25.** 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. To reduce leftovers **please cancel your meal if you decide you cannot make it to the lunch.**

Consider Volunteering with Reading Buddies

Seven Oaks Senior Center partners with Seven Oaks Elementary School for a reading program with the 1st and 2nd grade classes. New volunteers are welcome to join the program. Last year the group met on Wednesday mornings at 10:30 am at the school but the day/time will not be confirmed until mid September. The students read to the volunteer and the senior volunteer also reads to the children. A book from the library can be selected. A mandatory volunteer training at the school will be held in the fall (or you can take it online at home if you are computer savvy). If you are interested in volunteering with the Reading Buddies program sign up at the front desk with your contact information and you'll be notified of the training and the schedule once it's confirmed with the school.



Walk MD! Join Us for a 1 Mile Walk in the Community

The State's Annual Walk MD event takes place from August 1 to October 15. Our Senior Center will compete with others throughout the State by logging our the physical activity which includes classes and fitness center attendance that takes place during this period. We are using a spreadsheet provided by MDOA that will turn our activities into "miles walked". The senior centers (one regional and one community) reporting the highest number of total miles walked will be named the "Fittest Senior Center" at the completion of WalkMD. These centers will be honored with a trophy and free lunch through the Eating Together Program. To finish up the contest and increase our number of miles walked we're rallying our members to join us on **Walk MD Day, October 10 at 10 am to participate in a 1 mile walk in our Community** led by Kathleen and Courtney! We'll start at from Seven Oaks!



AARP Safe Driving Course

Save the date for the next Safe Driving Class offered on
Friday, October 5 from 9:00am - 1:00pm.

Sign up at the front desk and make payments to
\$15 - AARP members
\$20 - Non-members



Ladies Pinochle Is Looking for New Players

They meet on
Tuesdays from 12:30 - 3:45pm
and they're looking for new players (subs or regular) to join their group. They will teach and also welcome experienced players. Stop by and meet the group and join in on the fun!



Medicare D Open Enrollment

Save the date! The SHIP office will be at Seven Oaks to help with open enrollment on
Friday, Nov. 9 & Tuesday, Nov. 20 from 8:30am - 2pm.
Call the SHIP Office now for your appointment
410-887-2059

When Is the Open Enrollment Period?



Mark Your Calendar So You Don't Miss Out

- ♦ Classes begin - Monday, October 1
- ♦ Expo at the Fairgrounds - Wed. October 3 & Thurs. October 4
- ♦ Doug Burgess Speaker Series - Friday, October 5
- ♦ Center Closed for Columbus Day - Monday, October 8
- ♦ Making Plans: Whole Body Donation - Tuesday, October 9
- ♦ Movie Matinee *Ocean's Eight* - Friday, October 12
- ♦ Halloween Party - Tuesday, October 30





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** – 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.
- ♦ **Newseum in Washington, DC** Wednesday, Sept. 12. \$50 and lunch is on your own.
- ♦ **Sunfest in Ocean City! There's still space!!!** Thurs, Sept. 20. \$40 per person. Enjoy music, food, craft booths and strolling the boardwalk. *Wait list*
- ♦ **Crab Feast at Fisherman's Inn** in Grasonville, MD. Thursday, October 4. \$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. *Wait List*

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.

Pictures from Ocean City Springfest



Save the Date! 2019 Travel Fair Friday, Nov. 30 at 1 pm
Enjoy wine, refreshments & door prizes while we reveal our 2019 trips!

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.