



# The Acorn



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

## Roy Orbison Tribute Friday, April 6 at 1:00 pm

Terry Harris performs as Roy Orbison singing songs made famous by him, such as Pretty Woman, Only the Lonely, Crying, and more. The cost is only \$2. Tickets are on sale at the front desk. We will be serving chips, pretzels and soda.



## Shred-a-thon Saturday, April 28 from 9:00 am - 12 noon



The Shred-a-thon is co-sponsored by Seven Oaks Senior Center and the Baltimore County Employees Federal Credit Union. Each vehicle can bring up to four standard sized boxes of personal documents (paperclips, staples, folders, credit cards and CDs are acceptable). Items not acceptable: binders, large clasps, plastics, metal objects, newspapers, magazines, books and clothing.) Please note this is not a recycling event, only personal documents will be permitted. The event ends at 12pm or once the trucks fill up. We'll have 2 trucks!

**We are in need of volunteers that can lift heavy boxes and bags. See staff if you're able to help out that day.**

## Spotlight on... Our Volunteers!

April 16-20 is National Volunteer Week. We want to thank our amazing volunteers!

Happy National  
Volunteer Week!



This week we will have some activities especially for our dedicated volunteers. See page 3.

**Center Closed for Staff Training on  
Friday, April 20th**

### Seven Oaks Senior Center

9210 Seven Courts Drive

Baltimore, MD 21236

Phone: 410-887-5192

Fax: 410-887-5140

Travel Office: 443-608-0613

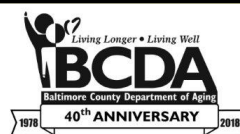
[www.baltimorecountymd.gov/aging](http://www.baltimorecountymd.gov/aging)

[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.**

Look inside!





# April Special Events



**In an effort to learn the names of our fellow members please wear a name tag the first 2 weeks of April. Thanks!**


## **BINGO Extravaganza**

**Tuesday, April 3 10:00 am - 3:00 pm**

21 games, door prizes and lunch for \$15, purchase in advance. Early bird games will start at 10 am for \$1 each (arrive by 9:30 am). Regular BINGO starts at 11 am (arrive around 10:30 am). On the menu: Lasagna from DeSantis and salad, cake and drinks.

## **Doug Burgess Transition Speaker Series**

**Friday, April 6 10:15 am**

 Guest speaker, Henita Schiff returns to Seven Oaks to discuss the important difference between Medicare Advantage plans and Medicare Supplements, how to choose a Drug plan, important laws you need to know to avoid a penalty and how to apply for supplemental coverage to avoid medical underwriting. Sign up in advance.


## **Roy Orbison Tribute and Snacks**

**Friday, April 6 at 1:00 pm**

See Page 1 for details.


## **Brain Games with Alexa**

**Monday, April 9 12:30 pm**

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

## **Aromatherapy for the Emotions**

**Tuesday, April 10 1:00 pm**

 Learn the many ways aromatherapy and essential oils can help with emotions. In this class you will learn about this ancient therapy for mind, body, and spirit. You will learn about the many benefits of essential oils and how to safely use them. Sign up ahead.

## **Become a Board Member!**

We are looking for new board members to serve their center from July 1-June 30. Job descriptions are available in the lobby. See staff or someone on the nominating committee for more information. If two people or more run for a position we will hold elections.

## **Update with Delegate Miele**

**Friday, April 13 10:15 am**

Following Friday Café join Delegate Christian Miele for a Legislative Update and to ask any questions you may have. Sign up in advance.


## **Family Caregivers Annual MiniConference**

**Saturday, April 14 8:45 am - 12:30 pm**

Baltimore County Department of Aging's Annual Mini-conference will include Keynote Speaker: Jason Frank, Esq. Mr. Frank will discuss 4 important topics from a legal perspective: managing assets, especially related to disability; medical decision-making; probate (what happens after you die) and paying for long-term care. Highlighted at the Mini Conference: services for family caregivers of older adults, resource table area, health-care decisions and advance directives, networking with other family caregivers and information about end-of-life care options. FREE admission. No registration required. Sponsored by AARP.

## **Scrapbook Travel to India, Part 2**

**Thursday, April 19 1:00 pm**

 Join member, Rosemary Ward as she flips through her scrapbook and shows pictures from her travels. Sign up in advance.

## **Center Closed - Staff Training Day**

**Friday, April 20**


## **Adventure Club: McFadden Glassblowing**

**Saturday, April 21 10:30 am**

Seven Oaks members and guests are invited to McFadden Art Glass Blowing Studio at 6800 Eastern Ave. in Essex to create your own glass piece with the help of a glass artist. Types of glass pieces and prices are available on their website: [mcfaddenartglass.com](http://mcfaddenartglass.com). If more than 10 people sign up the group will receive \$5 off of each piece. The workshop is about 1 - 1.5 hrs. Afterwards the group will go to Jimmy's Seafood for lunch. Sign yourself and any guests up in advance so we can make the reservation.

## **Brain Games with Alexa**

**Monday, April 23 1:30 pm**

 Join Leslie as she has Alexa tax your brain. 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!**

### **Membership Meeting & Lunch**

**Monday, April 23**

**12:30 pm**

All members 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 a meatball sub, served at noon. Purchase ticket in advance, \$4. Everyone that attends the meeting will be entered in a drawing for a \$50 gift card that we'll give away at the end. **Delegate Christian Miele will stop by for a brief 10 minute update.**

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

**Tuesday, April 24**

**10:00 am**



The Perry Hall Library series returns and this time they'll be playing Brain Games. Join in this fun activity and play 'Guess that song' as well as some other fun brain stretchers and brain teasers. Sign up in advance.

### **Identity Theft**

**Tuesday, April 24**

**1:00 pm**



Join Public Safety Officer, Debby Chenoweth from the Baltimore County Police Department Financial and Cyber Crimes to learn about Identity Theft. Sign up in advance.

### **Giant: Spice Up Your Life**

**Wednesday, April 25**

**10:30 am**



Herbs and spices are a simple way to add flavor, fragrance, and nutrition to your day. Join Giant's in-store Nutritionist, Mandy during our TOPS group, to learn about the health benefits of common culinary spices. This seminar includes an interactive tasting experience that will awaken your senses. Sign up in advance.



### **TED Talk: How to Live to be 100+**

**Wednesday, April 25**

**1:00 pm**



To find the path to long life and health, Dan Buettner and team study the world's "Blue Zones", communities whose elders live with vim and vigor to record-setting age. He shares the 9 common diet & lifestyle habits that keep them spry past age 100. Join Jim Lightner as he facilitates a lively talk after the video. Sign up in advance.

### **Current Events**

**Wednesday, April 25**

**2:30 pm**



Join volunteer Joy Mays to discuss and debate current news. Sign up in advance.

### **Meet Up: Valley View**

**Thursday, April 26**

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

Meet up for happy hour at the Valley View Inn on Satyr Hill Rd. Hangout with your friends from Seven Oaks and enjoy happy hour specials on drinks and appetizers. Sign up in advance.

### **Silver Pen Writing Workshop**

**Friday, April 27 at 10:30 am**

2018 marks the 40th anniversary of the Baltimore County Department of Aging. Our writing theme this year is Celebration! Whether it be a special time in your life, a particular milestone or just finding reason to celebrate the life around you, we want to hear from you! Your submission can be either fiction or non-fiction. Get those creative juices flowing and send your submission by August 17th. Frances Altman will be at Seven Oaks on April 27th to offer writing tips and help to prepare your submission for the Silver Pen Writing Contest.

### **Lunch and Learn with Clear Captions™**

**Friday, April 27**

**12:45 pm**

Learn how to qualify for an Ensemble Amplified Captioned Phone. This is a captioned phone that displays text of conversations on a large color touch screen. ClearCaptions will serve lunch. Sign up in advance so they know how much food to bring.



### **The Wayne Johnson Ensemble**

**Friday, April 27**

**1:30 pm**

Join us for a jazz concert. Sign up in advance.

### **Shred-A-Thon**

**Saturday, April 28 from 9 am - 12 noon**

See page 1 for details.

### **Walking Club with the Perry Hall Library**

**Saturday, April 28**

**9:30-10:30 am**

Join members from Seven Oaks and the Perry Hall at Honeygo Run Regional Park for an hour of walking. Meet at the picnic pavilion closest to the parking lot. Sign up in advance.

### **Law Day: Advanced Directives**

**Tuesday, May 1**

Get free help completing your Advanced Directives with Doug Burgess from Burgess Law, LLC located in Perry Hall. Sign up for your appointment in advance.

### **AARP Safe Driving Course - Friday, May 4 from 9 am - 1 pm**

Call your insurance company to see if you qualify for a discount if you take the class. Page 3

## Volunteer Week Activities

THANK YOU to all the volunteers at Seven Oaks that give their time and talents throughout the year to make Seven Oaks the amazing center that it is! In appreciation of your time, Seven Oaks volunteers who have donated over 50 hours this past year are invited to participate in events planned during National Volunteer Week. Volunteers should sign up in advance for any of these events that they wish to participate in. If you are unsure if you volunteered over 50 hours a list is available at the front desk. Interested in volunteering at Seven Oaks? See Kathleen or Courtney in the office.



- ♦ **Monday, April 16 at 2:00 pm** - A Chocolate and Champagne Happy Hour with entertainment by Mr. Charisma. This activity is sponsored by Brightview of Perry Hall.
- ♦ **Wednesday, April 18 at 1:30 pm** - Pizza and sangria lunch followed by gift card BINGO. This event is sponsored by NY Life.
- ♦ **Thursday, April 19 at 8:30 am** volunteers are invited to breakfast. Kathleen and Courtney will make and serve a breakfast casserole, fruit, juice, pastry and coffee.

## New Class & Diabetes Workshop Starting in April

### New Zentangle Class

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. This 5 week class will meet 10 am - 12 pm on the following Thursdays: **4/19, 5/3, 5/24, 6/7 and 6/14**. Cost is \$25 plus \$15 for your kit.

### Diabetes Workshop

FREE 7 week  
Diabetes Workshop.  
**April 24-June 5, 2018.**  
**Tuesdays from 9:00 am - 11:30am**  
Sign up in advance in the free binder.  
Pick up your packet at the front desk.



## Mark Your Calendar So You Don't Miss Out!



### Mother's Day Tea

**Friday, May 11 at 1 pm**

Join us for a heartfelt afternoon and informal tea party. Cost is \$5 and includes lite fare: mini sandwiches, chocolates, scones and tea.

**Tickets go on sale Monday, April 16.**



On **Friday, May 25** we'll be having this fun game show back with host Jack of All Trades. We're looking for 5 members to join the following 6 teams: Strength Training, the Fitness Center, Canasta, Enhance Fitness, Line dancers, Pickle Ball Players and Card Players. We'll be serving pizza, salad, beer, wine and popcorn.

Tickets are \$7 and go on sale **April 23**.



### Concert in the Park

**Tuesday, May 22 from 11 am - 2 pm**

at Oregon Ridge Park  
Concert Pavilion featuring  
The Grand Jury. 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 in order to participate) and more. Pack a picnic lunch or purchase from Cruiser's Pit Beef selling a variety of delicious sandwiches for \$6. BYOB (no glass).

Tickets are \$4 in advance and \$5 at the door. Purchase them at the center. Seven Oaks is sharing a bus with a couple other centers. If you need a ride, the cost is \$5, payable when you purchase tickets. Bus departs from Weis at 10am.

# 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, April 16 at 1:00pm

### **Membership Meeting:**

Monday, April 23 at 12:30 pm

Come early for meatball sub lunch at noon. \$4 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



Most Spring Classes begin Monday, April 2.

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	Volunteers	Craft Room	
12:30 pm	3:30 pm	Jokers Wild /*Chess	Volunteers	Classroom	
12:30 pm	3:30 pm	Mexican Train	Volunteers	Classroom	
1:00 pm	2:00 pm	Ballroom Dance	Mary Jane	MPR extension	\$
1:30 pm	3:30 pm	Watercolor Techniques	Dottie Bishop, IC	Craft Room	\$
2:15 pm	3:15 pm	Zumba Gold	Loretta Witomski, IC	MPR-extension	\$
<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.	Class 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	11:30 am	Drawing Class	Alina Kurbiel	Game Room	\$
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo, Vol	MPR	
10:00 am	12:00 pm	Bridge	Volunteers	Class Room	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol.	Craft Room	
10:00 am	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	Class Room	
1:00 pm	1:45 pm	DrumFit	Gary Lentz - Be Fit	MPR extension	\$
2:00 pm	3:15 pm	Yoga	Jana Long, CCBC	MPR-extension	\$

### **Friday**

8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:30 am	Woodcarving	Ed Konig, Volunteer	Craft Room	
9:15 am	10:15 am	Friday Café	Hazel Ashworth, Vol	MPR	
9:30 am	11:00 am	Tai Chi	Tod & Lisa Waterman IC	MPR extension	\$
10:00 am	12:00 pm	Scrabble and Other Games		Craft Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR extension	
1:00 pm	3:30 pm	Stained Glass	Volunteers	Craft Room	
1:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

### **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**

**Tablet/Smart Phone Help - Monday, April 2, 9, 23 & 30** Sign up for an appointment with David.

**Blood Pressure - Friday, April 13 at 9:15 am** Karen Kansler, RN takes your blood pressure.

**Card Making Workshop - Friday, April 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, April 16 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.

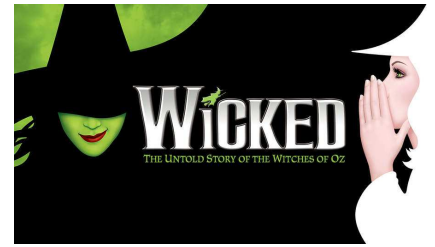
**Bingo - Tuesday, April 17 at 12:30 pm** Ann Knoerlein calls out the lucky numbers for afternoon Bingo with cash prizes; cost \$7.00. An Eating Together lunch will be served at Noon for \$2.50 donation. Menus are posted at the front desk. Sign up in advance for lunch.

## Trip Highlight: Wicked in New York

**Wednesday, July 11, 2018**

Cost \$175 per person

Travel with Seven Oaks Senior Center to The Gershwin Theatre in New York. *Wicked*, the Broadway sensation, looks at what happened in the Land of Oz...but from a different angle. Long before Dorothy arrives, there is another girl, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships...until the world decides to call one “good,” and the other one “wicked.” Join Seven Oaks for a very enjoyable live musical experience followed by dinner on your own at Mastoris Restaurant.



## 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, April 11 & 25 at 11:15 am

**Fitness Coach Jonathan Toussaint Visits:**

Mon. April 9th, Wed. April 18th and Mon. April 30th 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.

## Library Update: January Veterans Book Drive

**Thank You  
For Your  
Donation**

During our January book drive, members from our Center donated 185 wonderful books to be provided to area military veterans. Your generous contributions included current popular fiction, travel, thrillers, mystery and military history books. Several children's books were also supplied so that veterans could share reading experiences with their children. The *National Headquarters of Vietnam Veterans of America* has offered their heartfelt thanks for our outreach effort and thoughtful gift.

## Our Soup-er Bowl Party was Super Fun!

In February we had a fun Soup-er Bowl Party here at Seven Oaks! There were 7 soups made by members and staff and all those in attendance judged. Many have requested the recipes so below are the 4 winning recipes. If you're interested in all 7 recipes pick up a sheet at the front desk. Thank you to all you participated, helped out and attended! NY Life sponsored this event and donated the gift cards to our winners!



### TACO SOUP– Mary Johnson



1 small onion  
1 lb. hamburger  
Sauté chopped onion, add hamburger, drain when cooked.  
2 cans pinto beans  
1 pkg. Hidden Valley Ranch dressing (dry mix)  
Do not drain any of the above. Rinse the cans with water and add the water to the soup mixture. Add hamburger mixture and cook all ingredients together.

2 cans corn  
1 can Rotel tomatoes  
1 can stewed tomatoes  
1 pkg. taco seasoning

### CREAM OF CRAB SOUP– Bob Somers



1 stick butter  
1/2 cup of flour  
1 can chicken broth (about 14oz.)  
1 qt. half and half  
1 lb. Crabmeat & 1 tbsp. Old Bay - more if you like  
1 tbsp. parsley  
Optional dry Sherry - add a teaspoon just before serving. Make a roux (a thickening mixture) from butter and flour over low heat. Add warm chicken broth slowly and stir while thickening. Add half and half and seasoning and stir. Add crabmeat and heat/warm. Do not boil.

### NAVY BEAN SOUP– Phil Martin



1 1/2 c. navy beans  
1 to 1 1/2 lbs. meaty ham bones  
64 oz. reduced sodium chicken broth  
1/2 c. finely chopped celery  
1/2 c. finely chopped carrots  
1/2 c. finely chopped onion  
1 clove garlic  
1/2 c. of finely chopped pepper  
Place beans and 6c. Of water in a 4qt. Dutch oven (cover and soak in a cool place overnight). Drain and rinse beans. Transfer to a 5qt. Pot. Add chicken broth and ham. Add celery, carrots, onion, garlic and peppers after sautéing. Add bay leaf thyme and soup mix. To serve, remove ham bones and discard. Stir meat into soup. Season to taste with black pepper.

1 bay leaf  
Thyme  
1 packet of Knorr soup mix  
1/8 tsp group black pepper

### GREAT TOMATO BISQUE - Nancy Spangler



1 large shallot, diced finely  
3 T. butter  
14. oz can tomato sauce  
23 oz. can diced tomatoes  
1 T. sugar  
1 cube, chicken bouillon  
Lots of fresh ground pepper  
Melt butter in heavy pot, add shallots and cook until translucent. Add tomato sauce, diced tomatoes, sugar, bouillon and pepper. Heat until boiling; take off heat, add sherry and heavy cream. Using immersion blender, blend until smooth. Add basil and parsley, serve!

1/4 c. dry sherry  
3/4 c. heavy cream  
1/8 c. chopped, fresh basil  
1/8 c. chopped, fresh, flat leaf parsley

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

- ♦ Law Day - Tuesday, May 1
- ♦ Mother's Day Luncheon - Friday, May 11
- ♦ Lyric: Made In America - Tuesday, May 22
- ♦ Family Feud - Friday, May 25
- ♦ Member Appreciation Week - June 11 - 15
- ♦ Father's Day Lunch - Friday, June 15
- ♦ Basket Auction - Friday, June 22
- ♦ 4th of July Picnic - Tuesday, June 26



# 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.
- ♦ **Oh What a Night! A Musical Tribute to Frankie Valli and the Four Seasons at Dover Downs** Thurs, April 12 - Fri, April 13. Cost \$140 double pp/ \$190 single. Trip includes show ticket, room at Dover Downs, buffet breakfast, \$30 slot play, plus 4 hr. stop at Delaware Park. *Waitlist*
- ♦ **Parade of Nations and an Evening Showing of the VA International Tatoo in Norfolk, Virginia** Thurs. April 26-Sun. April 29. \$550 double, \$750 single.
- ♦ **Springfest, Ocean City, MD** - Thurs, May 3. Cost \$40. Enjoy music, food, craft booths and strolling the boardwalk. *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.
- ♦ **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.