



# The Acorn

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

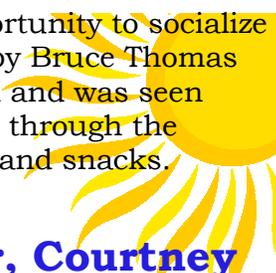


## Father's Day Breakfast & Comedy Show Friday, June 16 at 9:15 am

We are very excited to welcome Joe Recca, a local comedian who has worked with comedy greats like Chris Rock, Dave Chapelle, and Tommy Davidson to perform a comedy show following our Father's Day breakfast. On the menu: French toast sticks, sausage, scrambled eggs, fruit, juice and coffee. Tickets are \$5 in advance.

## Mo' Town Singles Dance Friday, June 23 from 1-3 pm

Calling all single, divorced, and widowed men and women of Seven Oaks! We are excited to host our first ever singles event at the center and we hope you'll come. This is a great opportunity to socialize and meet other members who are looking to forge new friendships. Enjoy music by Bruce Thomas who began singing at jazz clubs and eventually earned a living as an actor/model and was seen regularly on TV in commercials and television shows. Bruce can effortlessly move through the musical categories of inspirational, swing, jazz, pop, and R& B. Free wine & beer and snacks. Please sign up in advance at the front desk if you plan to attend.



## Welcome to Our New Assistant Director, Courtney

Courtney Gonce has worked for BCDA as a Support Planner in the Community Options Waiver Program since December of 2007 and has been located at the Parkville Senior Center. Courtney has a BA in psychology from the College of Notre Dame of MD. Prior to coming to work at BCDA she worked for Mosaic Community Services as a Service Coordinator in a Psychiatric Day program. Courtney enjoys working with seniors and is very excited to start working at Seven Oaks Senior Center. Courtney resides in Harford County with her husband and 2 children.

Seven Oaks Senior Center  
9210 Seven Courts Drive  
Baltimore, MD 21236  
Phone: 410-887-5192  
Fax: 410-887-5140  
Travel Office: 443-608-0613  
Email:  
sevenoakssc@baltimorecountymd.gov  
www.SevenOaksSeniors.org

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

Look inside!





# Special Events For June



## **Movie: Allied**

**Friday, June 2**

**12:45 pm**



Max and Marianne are World War II operatives who never reveal their true identities. After falling in love during a risky mission, they hope to leave all that double-dealing behind them and start new lives. Instead, suspicion and danger envelop their marriage as both husband and wife become pitted against each other in an escalating, potentially lethal test that has global consequences. Rated R. Hot popcorn and drinks served. An Eating Together lunch will be served at Noon for \$2.50 donation. On the menu: beef tip marsala with butter noodles. Sign up for lunch by May 31 and sign up for the movie at the front desk.

**Summer Class Registration Begins  
Tuesday, June 6 at 8:30 am**

## **Bingo**

**Tuesday, June 6 & 20**

**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. The menus are posted at the front desk.

## **Smart Phone & Tablet Help**

**Monday, June 5, 12, 19 & 26**

Schedule your one-on-one appointment with David Yoon in advance at the front desk. Bring your device with you and your passcodes.

## **Cancer Prevention**

**Wednesday, June 7**

**1:30 pm**

This presentation will cover a review of the updated American Cancer Society's screening guidelines for men & women. A focus on prevention & early detection of colorectal cancer, oral and skin cancers and sharing information about GBMC's reduced-cost Skin Screening program, which is open to the 'community. Sign up in advance if you plan to attend.

**Center Closed - Staff Training Day  
Friday, June 9**

## **Passionate About Life**

**Monday, June 12**

**1:30 pm**

Remain creative and passionate about life no matter what your age. This talk will remind us how to live passionately and with purpose and to make sure we allow life to 'play' out to its fullest potential. Sign up in advance.

## **Rising Income**

**Tuesday, June 13**

**11:00 am**

Mike Crabb of Synergy Financial Group returns to talk about how to increase your retirement income. Sign up in advance.

## **Ted Talk: Who is Ageist?**

**Tuesday, June 13**

**1:30 pm**

We live in a gerontophobia culture, in that so many people now fear ageing and hold prejudices against the over 60s. The challenge is that we, as older people, hold ageist views about other older people – we think of older people as somebody else! We feel we are owed because we are old and hence feed "everyday ageism". Join volunteer Jim Lightner as he facilitates this Ted Talk. Sign up in advance.

**#ReimagineAging2017**

## **Army's 242nd Birthday Breakfast**

**Wednesday, June 14**

**8:30 am**

Today we celebrate the Total Army Force comprised of multi-component Soldiers and Department of the Army Civilians and their contributions to national defense. Join us for a free chipped beef breakfast in honor of these brave men and women. Sign up in advance.

## **Father's Day Breakfast & Comedy Show**

**Friday, June 16**

**9:15 am**

See page 1 for details. Please note there is no Friday café this day.

## **Card Making Workshop**

**Friday, June 16**

**10:30 am-12:30 pm**

Students will make 3 cards to take home. Samples are available at the front desk. Advance registration required. Cost is \$10.

**Friday Café - Join Us at 9:15 –10:15 am!**

**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!**

### **Assistive Devices**

**Tuesday, June 20**

**10:00 am**

Join an Active Life and Sports Physical Therapist as he explains the proper usage for canes, walkers and other assistive devices. Learn how adjustment and usage can affect the outcome and rehabilitation process. This 30 minute talk will be followed by a screening for those who use assistive devices that may want to make sure it is adjusted correctly, or someone who thinks they may benefit from using an assistive device. Screening by appointment only. Sign up at the front desk.

### **Meet Up & Step Out: Silver Spring Mining**

**Thursday, June 22**

**4:00 pm**

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

### **Mo Town Singles Dance**

**Friday, June 23**

**1-3 pm**

See page 1 for details.

### **Bone Density Screening**

**Friday, June 23**

**9:30-11:30 am**

St. Joseph Medical Center will offer this free screening by taking an ultrasound of your heel bone (barefoot). The result will show risk for developing osteoporosis and osteopenia but it is not a diagnostic test. Participants have the opportunity to discuss results with the nurse or health educator during counseling session. Schedule your appointment in advance.

### **Computer Troubleshooting**

**Friday, June 30**

**10:00 am**

Let Alvin Miller help you with your computer, laptop, smart phone or tablet issues. He can help with whatever is making you confused or frustrated! Sign up in advance.

### **Annual Membership Meeting & Lunch**

**Monday, June 26**

**12:45 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. June is our annual meeting where Councilman David Marks will swear in our new officers. Refreshments and drinks served. A special lunch will be served at Noon for \$4. On the menu is a chopped house salad with rotisserie chicken from Richardson Farms and served with bread. 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.

### **Adventure Club: Boordy Vineyards**

**Thursday, June 29**

**3-7 pm**

Join us for our first adventure to Boordy Vineyard's Farmer's Market with live music. See page 4 for details. Sign up at the desk if you plan to attend

### **The Good Old Days**

**Friday, June 30**

**1:00 pm**

Our favorite local historian, Wayne Schaumburg, talks about the good old days in Baltimore. Sign up in advance.

### **Donation Drive to Benefit the Pregnancy Center**

We are asking members to help support our local Pregnancy Center. We'll have a drop off container in the lobby in June & July. They are looking for donations of...

- diapers (size newborn to size 5)
- baby clothing (sizes newborn to 2T)
- toiletries such as baby wash lotion, powder and baby wipes
- baby blankets
- towels
- crib sheets
- bottles
- infant toys



*Be a part of the solution!*

*Are you tired of aging stereotypes?*

*Have you faced discrimination because of your age?*

*Do you know older individuals who are doing amazing things?*

**Join the conversation!**

**#REIMAGINEAGING2017**

*Post pictures, share tips, and tell us how you are embracing aging.*



**@baltimorecountying**



Follow Us on  
Instagram

**@baltcoaging**

## Join us for a Nostalgic Birthday Party

Happy birthday to you! When is your birthday month? January or July? We're going to celebrate your birthday on Friday, July 21 from 12:30-2:30 pm! Come and sit with others who were born the same month as you were. Don't miss this invitation to be a kid again. We'll have a cheeseburger happy meal from McDonalds and each table will have their very own birthday cake and ice cream. Jack of All Trades is planning games to play. Remember pin the tail on the donkey and musical chairs?! In addition, we are asking our guests to bring a "birth" day outfit for a new born boy or girl to be donated to the Pregnancy Center. You'll be giving a gift of love to a new born baby and to mothers in need. **Tickets to the Birthday Party are \$5 and go on sale Monday, June 19.**

We are asking all of our members to join us in this charity event by donating any item on the list for the Crisis Pregnancy Center. We'll have a drop off container in the lobby. They are looking for donations of diapers (size newborn to size 5), baby clothing (sizes newborn to 2T), toiletries such as baby wash, lotion, powder and baby wipes, baby blankets, towels, crib sheets, bottles, and infant toys.

## Slate of Officers

As of May 8, the following center members have submitted their name for the following board member positions. Nominations close on May 15. If more than one person is running for a position then we will have elections the week of June 19. You'll need to show your current membership card to vote. Please Join us for our annual council meeting on Monday, June 26. We will serve a rotisserie chicken salad lunch from Richardson's Farm at Noon for \$4 then Councilman Marks will swear in our new officers at our annual council meeting.

President - Nancy Bach	Recording Secretary - Edie Dietrich
Vice President - Jim Lightner	Corresponding Secretary - Donna Stachowski
Treasurer - Gene Laytar	Sargent at Arms - Ed Konig
1st Asst. Treasurer - Carol Parks	Member at Large - Walt Wujek
2nd Asst. Treasurer -Gale Griffin	Member at Large - Tom Hock

## Join the Seven Oaks Adventure Club at Boordy Vineyards

**Our first outing for the Adventure Club will be on Thursday, June 29 for Boordy Vineyard's Farmer's Market from 3-7 pm.** Anyone is welcome to join the group! Please sign up at the front desk and indicate if you'd like to carpool from Weis Shopping Center at 2:30 pm. There is an FAQ sheet located with the sign up which includes the rules of what you can/can't bring. When you arrive look for a member wearing a lime green Seven Oaks scarf or head covering.

LOCAL WINE / LOCAL FOOD / LOCAL MUSIC is there motto! Treat yourself to an afternoon in the country because the company of friends and a glass of wine on a sunny day at Boordy are vital ingredients to the *good life!* Enjoy live music by Stringtown a local band that blend roots music with blues, jazz, gospel and country. *Farmers and producers include:* One Straw Farm, All Things Sweet & Treats, Bees by the Bay, Belvedere Farms Flowers, DoTerra Essential Oils, Dough Run, Hill's Forest Fruit Farm, Charm City Pops, Cliff's Salsa, Epic Pickles, Gracefully Coffee, Gundalow Juice, Kinda Jerky Really Nutty, Moore's Sauces, New Phoenix Pottery, Prigel Family Creamery (our neighbor) and Tilly's Baked Goods. *Caterers include:* Brick'N'Fire Pizza Company and Lib's Grill.

Other upcoming outings include **The Avenue Live! Saturday, July 15** with live music by the Crawdaddies from 7-9 pm. Enjoy patio dining or grab a bite from one of their eateries and feel free to bring a blanket (no chairs, please)! **On Sunday, August 6 join us at Jerusalem Mills** for a summer concert in the Meadows with The Great Train Robbery. Tickets are \$5 payable the day of the event. We are open to suggestions for future adventures; please leave a note in the suggestion box located behind the front desk.

# Senior Center Staff & Executive Board



Center Director: Kathleen Young  
Assistant Director: Vacant  
Community Outreach Specialist: Jessica Pontown  
Center Custodian: Craig Haacke

President: Nancy Bach  
Vice President: Neil Munshi  
Treasurer: Gene Laytar  
1st Asst. Treasurer: Carol Parks  
2nd Asst. Treasurer: Gale Griffin  
Recording Secretary: Edie Dietrich  
Coresp. Secretary: June Valiquet  
Sgt. At Arms: Ed Konig  
Past President: Preston Wollett  
Members at Large: Tom Hock & Marsha Brett

**Meeting Schedule**  
**Executive Board Meeting:**  
Monday, June 19 @ 1:00 pm  
**Annual Membership Meeting:**  
Monday, June 26  
@ 12:30 pm  
Enjoy a rotisserie chicken salad lunch for \$4. Advance tickets required. *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 Statement**

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 Statement**

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.

## **Center Membership and Registration**

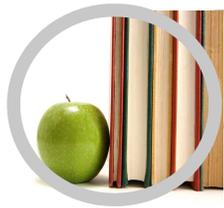
Senior Center membership is free and granted to Baltimore County residents 60 years of age and older and their spouse (spouse can be under 60 years of age). Non-county residents are also eligible to register as members of the center. Members must be able to function in the center without one-on-one assistance 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 or for more information.

## **Bi-Monthly Council/Membership Meetings**

If you're a member of Seven Oaks then you're a member of the Council! Every other month we hold a membership meeting to discuss the business of the center and vote on financial matters. A lunch is served at noon and the meeting starts at 12:30 p.m.

Members are highly encouraged to attend these meetings and to help shape the future of the center and we give away a \$50 gift card at each meeting! Have an idea or suggestion?

Please use the suggestion box located behind the front desk.



# Schedule of Classes



Summer class registration begins Tuesday, June 6 at 8:30 am.

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 pm	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	
10:15 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	\$
11:45 am	1:15 pm	Projects for Charity	Sue Morocco, Vol	Craft Room	
12:30 pm	3:30 pm	Jokers Wild /Chess	Volunteers	Classroom	
12:30 pm	3:30 pm	Mexican Train	Volunteers	Classroom	
12:15 am	2:00 pm	Beginner Spanish	Ron Browning, CCBC	Classroom	\$
1:00 pm	2:00 pm	Tap Dance	Karen Daniels, IC	MPR-extension	\$
1:30 pm	3:30 pm	Watercolor for Beg/Int	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	\$
9:00 am	11:30 am	Ladies Social Poker (1st & 3rd week)		Game Room	
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 Your Own Project	Sue Morocco	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	\$
1:45 pm	3:30 pm	Learn to Sew	Sue Morocco	Craft Room	\$
<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	
9:00 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)	Mary Geiger, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
11:30 am	1:30 pm	Pickle Ball	Joe Palmere, Vol	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	Game Room	\$

**Wednesday Continued On Next Page**

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
-------	----------	-------	------------	----------	-----

**Wednesday (Continued)**

12:30 pm	3:30 pm	Mexican Train	Volunteers	Classroom	
1:00 pm	2:00 pm	Int. Ballroom Dance	Carolyn Walter, IC	MPR	\$
2:30 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

**Thursday**

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	
9:30 am	11:30 am	Drawing	Alina Kurbiel	Game Room	\$
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	
11:00 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	John Tolliver, Vol.	Class Room	
1:00 pm	1:45 pm	DrumFit	Gary Lentz - Be Fit	MPR extension	\$
12:30 pm	3:30 pm	Mexican Train	Volunteers	Game 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	Volunteers	MPR	
9:30 am	11:00 am	Tai Chi	Jeff Herrod, 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	
12:00 pm	3:00 pm	Intermediate Pinochle	Volunteers	Game Room	
1:00 pm	3:00 pm	Stained Glass	Volunteers	Craft Room	
1:00 pm	4:00 pm	Indoor Pickle Ball	Volunteers	Honeygo Reg. Park	
2:15 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

**Sunday**

1:00 pm	2:30 pm	Outdoor Walking	Joe Palmere, Vol	Gough Park	
---------	---------	-----------------	------------------	------------	--

*(Look for the member with the lime green arm band/scarf)*

**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.

**Class Registration Information**

Download the class course guide at [www.SevenOaksSeniors.org](http://www.SevenOaksSeniors.org) or pick up a copy at the center.

**Summer class registration begins Tuesday, June 6 at 8:30 am.**

Please note that the drawing class will be on break for the summer.



## Farmer's Market Coupons –Friday, July 7

### WHILE SUPPLIES LAST – Limited Quantities – Value \$30.00

Our closest distribution site is Perry Hall Middle School and coupon distribution begins at 9 am until they run out.

Must be 60+ years of age (Proof Required) & Must be a resident of Baltimore County, Maryland  
Must meet Senior Farmers Market Nutrition Program Income Eligibility Guidelines (See Chart Below)

Only one book per household - \$30 value/book

A proxy may receive a coupon book for ONE other individual. The proxy must complete the participant's information, sign the application and assist with the shopping.

Household Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$ 22,311.00	\$ 1,860.00	\$ 930.00	\$ 859.00	\$ 430.00
2	\$ 30,044.00	\$ 2,504.00	\$1,252.00	\$1,156.00	\$ 578.00
3	\$ 37,777.00	\$ 3,149.00	\$1,575.00	\$1,453.00	\$ 727.00
4	\$ 45,510.00	\$ 3,793.00	\$1,897.00	\$1,751.00	\$ 876.00

## 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.

**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.

**The next new member orientation for the fitness center:**

Wednesday, June 14 & 21 at 11:15 am

**The next fitness monitor training/refresher class: Wed, October 11, 2017 at 1 pm.** See Shirley or Kathleen if you're interested in becoming a volunteer fitness monitor.

## 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 \$4.29 cost of each meal (super special meals \$5.69). 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.

**Sign Up Early & Join our Team!!**

**GET READY  
GET SET  
GET FIT!**

*11th Annual*  
**5K Run/Walk  
1 Mile Walk**

Swag Bag for first 200 onsite participants

To Benefit Baltimore County Department of Aging Programs for Seniors  
**Sunday, September 17, 2017 • 8 a.m.**

**CCBC** CCBC Essex Campus, 7201 Rossville Blvd.,  
Baltimore, MD 21237  
Registration Opens at 6:30 a.m. • Road to Campus Closes at 8 a.m.

County Executive Keith Kammann  
and the County Council  
Strengthening Lives  
**BCDA**  
Baltimore County Department of Aging  
f  
@getreadygetsetgetfit5k



## Pickle Ball Venue Change for Summer

Starting June 12 indoor Pickle Ball will be played at Perry Hall Middle School for the summer and not at Honeygo. We will play Tuesday, Wednesday, Thursday and Fridays from 11 am—2 pm. We also play outside on Saturdays at the Middle School from 10 am– 2 pm. Join us!

## Did you know Seven Oaks has Wi-Fi & iPads Available for Use?

You can bring your mobile devices to the center and access the internet to surf the web, check your e-mail, play games and much more! Ask the front desk for the secure password. We also have two Apple iPads available for your use in the lobby.

## Coming Up Next Month...

- ◆ Center Closed - Tuesday, July 4
- ◆ Farmer's Market Coupon Distribution - Friday, July 7
- ◆ Brain Health - Monday, July 10 at 1 pm
- ◆ America's Signs & Symbols - Tuesday, July 18 at 1:30 pm
- ◆ Nostalgic Birthday Party - Friday, July 21
- ◆ Wayne Schaumburg's The Feminine Touch - Friday, July 28 at 1 pm





# 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.



## 2017 Day And Overnight Trips

- ◆ **Bi-Monthly Delaware Park Trips**—Wednesdays 7/12, 9/13, 11/15 (please note the new dates). \$25 with \$30 casino rebate. Bus departs at 9:30 a.m 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 with your DOB and player card number. On the day of the trip bring your player card and photo id.*
- ◆ **Branson, Missouri** - Sat, July 8-Sun, July 16. Cost \$799 dbl, \$1,200 single. Enjoy 7 shows including dinner and show on the Showboat. 14 meals and 4 nights lodging in Branson. Stop at St. Louis Casino in route.
- ◆ **Odyssey DC Monument Cruise & Elegant Lunch on the Potomac** - Wed, Aug 16. Cost \$100.
- ◆ **Rainbow Comedy Theatre: Sex Please, We're 60!** Thurs, Sept. 7. Cost \$75. Includes lunch.
- ◆ **Suicide Bridge Crab Feast & Paddlewheel Cruise on Choptank** - Wed, Sept. 27. Cost \$90.
- ◆ **Autumn Glory Train Rides** - Wed, Oct. 11-Thurs, Oct. 12. Cost \$275 dbl, \$325 single. Ride Potomac Eagle and Western MD Scenic Railway. Includes 1 dinner, 1 breakfast, 1 lunch and lodging at Best Western Braddock Hgts.
- ◆ **Hillwood Estate Museum & Garden Tour** - Wed, Nov. 1. Cost \$75. Tour the home of the Merriweather Post family. Lunch included.
- ◆ **American Music Theatre: Home for the Holidays & Lunch at Shady Maple** - Wed, Dec. 6. Cost \$90. Beautiful Christmas show with lots of music and dancing.
- ◆ **Pennsylvania Christmas & Gift Show** - Wed, Nov. 29. Cost \$35. Over 750 vendor booths!



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

- ◆ 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.