

Vocal Group at Seven Oaks

Fridays 10:30 a.m.– 12 p.m.

Leader: Henry King

Cost: No fee, drop in at anytime.

This group meets weekly for the love of music and singing. Take a musical journey of America's most cherished tunes. The group frequently sings at local retirement communities and restaurants in the community. Please call the center to make sure the group is meeting at the center if you plan to stop in.

Seated Massages

Doug Wittich, Licensed Massage Therapist is offering 10 minute chair massages in the Fitness Center twice a month from 9am - 3pm. You must fill out a brief health questionnaire before your first massage. No refunds if you no show or cancel the day of your appointment.

Walk-ins are welcome if there is space.

Cost: \$5 for 10 minutes and \$12 for 25 minutes

Upcoming Special Events

- Halloween Party—Friday, November 1
- Veteran's Breakfast—Wed, November 6
- Veteran's Day Celebration—Tuesday, November 12
- Raven's Chili Cook Off—Friday, November 15
- 2020 Travel Fair—Friday, November 22 at 1:30 pm
- Trim the Center—Monday, December 9 at 1 pm
- Friday, December 6—Center Closed
- Sat, December 7—No Kidding Club-Bluestone Grill
- Day of Chance—Friday, December 13
- 7 Oaks Holiday Party - Tuesday, Dec. 17
- 7 Oaks Elementary School Performs—Dec. 19 at Noon
- Soup-er-Bowl—Friday, January 31
- Bingo, Booze & Baked Goods—Friday, February 28
- St. Patrick's Day Party—Tuesday, March 17 at 12:45 pm
- Shred-a-Thon—Sat, April 18 from 9-12
- Vintage Wedding Fashion Show—Friday, April 24

Walking Group! Join Us Outside!

Weather permitting join us Tuesdays at 9:15 am and Thursdays at 2:30 pm. Staff will lead the group on a walk through our neighborhood for 1-2 miles depending on your pace.

Meet us in the lobby... Call if you're not sure if we are walking.



Seven Oaks Senior Center

9210 Seven Courts Drive
Baltimore, MD 21236

Winter 2020 Course Guide



**Registration Begins Tuesday
November 19 at 8:15 am for**

**Strength Training
Enhanced Fitness Class**

All other classes come after 9 am or later
in the week to register.

Most Classes begin the week of January 6/13

For more information on classes please call
Seven Oaks Senior Center at 410-887-5192.



Welcome!

Thank you for your interest in Seven Oaks Senior Center. In order to attend classes or activities at the Center, individuals must first become a member. Membership is open to those 60 years of age and older and there is no fee to join. Membership is renewed on an annual basis, please stop by the front desk to sign up.

FALL REGISTRATION PROCESS:

On the first day of registration we will sign up those registering for **Enhanced Fitness and Strength Training only. Someone will be in the parking lot in their car giving out numbers. After you get a number you can wait in your car. DO NOT ARRIVE BEFORE 7:30 AM.** The building will open at 8:15 am and after you sign in at the front desk, proceed to the MPR. We will distribute envelopes to those in line for their respective class. If the line is longer then the number of spots in the class you will be put on the wait list. Fill out the envelope and include your payment in it. Return it to the designated basket (don't seal the envelope). You can pick up your receipt later in the week at the front desk if you ask for it. If you are signing up for any other classes ask for a number when you enter the room and then you will sign up with one of the registration volunteers AFTER envelopes are distributed. You can not sign up someone else up for the above 2 classes. If you can't come that day please send someone to sign you up who is not in the class you want to register for. It doesn't have to be a member who signs you up. You must have their payment and phone number with you.

Members registering for any other classes please come after 9 am to sign up. The rest of our classes do not fill on the first day of registration so no need to come early or on the first day.

All classes require payment at the time of sign up. Please note who checks are payable to under the class description. Checks payable to CCBC are REQUIRED for SPANISH and Monday Watercolor. Cash is accepted for all other classes.

The staff at Seven Oaks strives to offer a variety of programs and classes that is of interest to the members of the center. If you would like any new classes, events or programs offered at your center please either put your idea in the suggestion box or stop in the office and visit the Center Director.

**Have a Suggestion for a new class?
Leave it in the suggestion box in the lobby! We love new ideas!**

Recreational Activities Cont'd

Jokers Wild & Chess

Mondays from 12:30 p.m. - 3:30 p.m.

No fee, drop in anytime. Your choice of game to play. The object of Jokers Wild is to move all your marbles around the board from your "Start," or "Home," to your "Castle."

Social Pinochle

Tuesdays 12:30-3:45 (*New players wanted!*)

No fee. Members meet to play Pinochle on a weekly basis, new participants are welcome. The group will teach you how to play if you do not know. Subs are also welcome.

Poker

Tuesdays and Thursdays 12 noon-3 pm

No fee. Members meet to play Poker on a weekly basis. *This group is looking for more players for a second table.*

Mah Jongg

Wednesdays 12-3 p.m.

Instructor: Thelma Neifeld

No fee. Members meet to learn how to play Mah Jongg on a weekly basis, new participants are welcome.

Pinochle

Mondays and Thursdays 10 am - 12:45 pm

No fee. Members meet to play Pinochle on a weekly basis, new participants are welcome.

Scrabble and More

Fridays 10 a.m.-12:00 p.m.

No fee. Members meet to play scrabble or other board games.

Card Game: Hand Foot Canasta

Wednesdays 12-3 pm

No Fee.

Friday Café - Join Us!

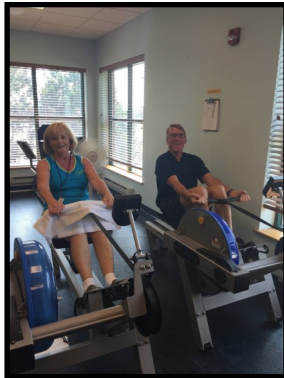
New and current center members are invited to get to know one another by enjoying good conversation along with coffee and baked goods. Fridays from 9:30-10:30 am.

Fitness Center

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

Cost: \$50 for 6 months or \$100 for one full year.

Improve your physique and enhance your overall well-being at our state of the art fitness center. A Fitness Center application must be filled out and medical clearance received before being scheduled for an orientation. All forms should be turned into the staff office before signing up for an orientation. Stop by the Fitness Center for an application and tour. Orientations are usually held on the 2nd & 4th Wednesday of the month from 11:15 am - 1 pm.



Recreational Activities

Bingo

1st and 3rd Tuesday of each month. 12:30-3:30 p.m.

Leader: Ann Knoerlein

Cost: \$7. Cash prizes provided to winners. The Eating Together Program will serve lunch at 12 noon. Stop by the front desk for the menu and to sign up. Just show up for Bingo.

Bridge

Wednesdays 9-11:45 a.m. & Thursdays 10 a.m.-Noon

No fee, drop in at anytime.

Canasta

Thursdays 12 noon-3:30 p.m.

No fee, drop in at anytime. Members meet to play Canasta on a weekly basis.

Dominoes Mexican Train

Mondays from 12:30 - 3:30 p.m.

No fee, drop in any time.

The object of this game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station."

Arts & Crafts

Crafts and Conversation

Mondays 9:30-11:30 a.m.

Instructors: Rosemary & Connie

Cost: No fee, drop in at anytime. Ongoing Class.

Learn basic techniques to create beautiful homemade craft projects while enjoying the company of friends. All levels invited.

Knitting & Crocheting

Tuesdays 9:15-11:15 a.m.

Cost: No fee, drop in at anytime. Ongoing Class.

If yarn is your passion, you will love this group. Join us as we create beautiful blankets, hats, mittens, scarves and more for charity and for personal use. This is a great opportunity to share ideas and patterns. Beginners are welcome to come and learn.

Quilting

Thursdays 10 a.m. - Noon

Instructor: Lorraine Wagner

Cost: No fee, drop in at anytime. Ongoing Class.

Drop in and learn how to hand quilt. All levels are welcome to share patterns and learn quilting techniques.

Handmade Projects for Charity

Mondays 11:45 am - 1:15 pm

This group works on a variety of projects such as lap robes, baby hats, scarves, prayer shawls, etc. Projects can be knitted, quilted, crochet, sewn, etc. Volunteer hours earned for students in this class. Please join us! Some materials are provided.

Drawing Class

Thursdays 12:30 – 2:30 pm

Instructor: Alina Kurbiel

Jan 2-March 5, 2020

Cost: \$35 for 10 week class. Payable to Seven Oaks Council

This drawing workshop is suited to all levels from complete beginners to more experienced artists. The program helps to develop an understanding of value, composition, perspective, measuring and proportion while working from still life setups. For the first class please bring your drawing pad, graphite pencils (one soft and one hard), eraser, smudging stump. Later you will also use ink pens.

Arts & Crafts Continued

Woodcarving

Fridays 9-10:30 a.m.

Ongoing Class

Instructor: Ed Konig

Cost: FREE

Students to make a project and learn the basics of woodcarving. Supplies will be provided but if you already have tools or supplies please bring them. New students are welcome to join this class.

Stained Glass

Fridays 1-3:30 p.m.

Instructor: Richard Souders

No fee for this volunteer led class. Ongoing Class. Try your hand at creating a beautiful piece of stained glass. The class is designed to teach the basics of cutting glass, foiling, soldering, and grinding. All levels welcome. Students must purchase their own supplies.

Card Making Workshops

Fridays from 10:30 am-12:30 pm: 11/8, 12/13

Instructor: Claire Blair

Offered once a month and you make 3 cards per workshop. Cost is \$12 per workshop and advance sign up is required. Payable to 7 Oaks.

Watercolor Independent Projects

Mondays 1:30-3:30 pm

Instructor: Karen Ruberry

January 6-March 9, 2020 (No class 1/20, 2/17)

Cost: \$40 for 8 weeks. Check only payable to CCBC. Please fill out a CCBC Registration form. 8 weeks of instructional assistance while working on your own independent watercolor projects. Supplies on your own.

Watercolor Technique

Wednesdays 1:30-3:30 pm

Instructor: Dot Bishop

January 8- March 11, 2020

Cost \$35 cash or check payable to Seven Oaks

Students in this instructional watercolor class will work the same paintings as identified by the instructor. A sample is on display in the lobby. Supplies on your own.

Independent Art Studio

Tuesdays 1:30-3:30 pm

Art students are welcome to come and work on their independent art projects.

No sign up required. Just show up.



Dance Classes

Ballroom Dance Class

Mondays 1 - 2:00 pm Instructor: Mary Jane Hartner

January 13-March 16, 2020 (8-week class) No Class 1/20, 2/17

Cost: \$20 for 8 weeks. Payable to Seven Oaks Council

Beginner and experienced students are welcome to join the class.

Beginner Line Dance Class

Wednesdays 12-1 pm Instructor: Mary Thau

January 15- March 18 (10 week class)

Cost: \$25 for 10 week session payable to Seven Oaks Council. This class is for those new to line dance or beginner dancers.

Intermediate Line Dance

Wednesdays 9:50-10:50 a.m. (Ongoing)

Volunteer Instructor: Joanne Alleva

Cost: \$1 per week, pay as you go, drop in anytime. This is a great way to have fun and exercise at the same time.

Intermediate Line Dance

Tuesdays 10-11 a.m. (Ongoing)

Instructor: Trudy Knight

Cost: \$2 per week, pay as you go, drop in anytime. Ongoing Class.

Learn the latest line dance steps at our weekly instructional class.

This is a great way to have fun and exercise at the same time.

Continuing Education

Spanish Conversation Continuing

Mondays 10:30a.m. - 12:15 p.m.

January 6-March 16 (9 weeks) No Class 1/20, 2/17 Instructor:

Ronald Browning, CCBC. Cost \$35 payable by check to CCBC.

This course is designed to enable the student to acquire continuing communication skills in Spanish. Some basic Spanish knowledge is required. Book required: See It and Say It in Spanish by Margarita Madrigal which you can buy online.

Health & Nutrition

TOPS - Take off Pounds Sensibly

This weekly group meets on Wednesdays from 9:45-11:30 a.m. The fee is \$32 to join and \$1 per week & \$.25 penalty for weight gain.

Weigh in weekly and learn about healthy eating, exercise tips, and how to make better food choices. **Leader: Celeste Skruch**

Exercise Classes Continued

Zumba Gold-TONING

Wednesdays 11 a.m.-12 p.m. Instructor: Kim Privett

January 15-March 18, 2020 (10 week class)

Cost: \$25 for the 10 weeks. Payable to Seven Oaks Council

This class combines spicy Latin dance rhythms with light weights to enhance muscle strength, tone & endurance. This unique combination of cardio & resistance exercise makes this an effective total body workout that can improve balance, posture and coordination. A pair of 1 or 2 pound weights are recommended or purchase maraca-like toning sticks from the instructor.



Zumba Gold

Mondays 2:15-3:15 p.m. Instructor: Loretta Wittomski

January 6-March 23, 2020 (10-week class) No Class 1/20, 2/17

Cost: \$25 for the 10 weeks. Payable to Seven Oaks Council

Zumba Gold fuses the hypnotic Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program. This Latino inspired dance program includes Merengue, Salsa, Cha Cha, Belly Dance, and Flamenco to provide a fun and effective total body workout.

Tai Chi

Fridays 9:30-10:15am Beginners & 10:15-11am Adv. Students

Instructors: Jeff Herrod Assisted by Tod & Lisa Waterman

January 10—March 13, 2020 (10 weeks) for \$30

Payable to Seven Oaks Council

Slow, rhythmic movements based on Chinese philosophic principles that present intellectual puzzles to stimulate the cerebral processes, meditations to relax the mind-body and exercises to strengthen the legs and improve balance. All levels welcome especially beginners. Wear loose, comfortable clothing. Students can come to both classes if they want to.

Water Aerobics & Warm Water Therapy

Classes are held at Kids First Swim on Belair Road.

Classes are \$6 each and you choose how many days in the month you want to swim. **Classes begin the first Monday of the month and you sign up and are charged by the month.** No refunds given.

Water Aerobics: M, T, Th and F: 9 – 9:45 am & also offered in the Evenings on M, W, Th 7:45-8:30pm

Warm Water Therapy: M, T, Th and F 9:45 – 10:30am.

Cost is \$6 per class or \$45 for unlimited for the month. There is open swim class on Monday & Wednesdays 2-3 pm (free with unlimited plan, \$5 for all others) but schedule is subject to change.

New! Sign up at Kids First Swim and show your current membership card for the discounted price!

Fitness Opportunities Off Site

Pickle Ball at Honeygo at Regional Park

Pickle Ball is a fun sport that combines many elements of tennis, badminton and ping pong. It is played with a paddle and plastic ball. All equipment provided. Please wear sneakers. We play indoors and during the summer it's a Perry Hall Middle School. In the fall we'll return to Honeygo Regional Park.

Tuesdays: 10 am-12:30 pm Open Play; 12:30-3:30 Advanced Open Play

Wednesdays: 11 am – 1 pm

Thursdays: 10-12:30 pm Open Play; 12:30-3:30 pm Beginner Open Play

Fridays: 1-4 pm

Beginner Pickle Ball Instructional Play

Instruction provided by Joe Palmere and other experienced players.

Mondays 11:30 am– 1:00 pm at Honeygo Regional Park

Barre Fit

Thursdays 10:30-11:30 am at Inline Barre 9810 Belair Rd

January 16-March 19, 2020

Cost: \$55 for 10 Weeks

Cash or Check payable to Seven Oaks

Barre Fit combines Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles. It's the latest trend in fitness that incorporates ballet bar, weights, bands, and medicine balls. We are fortunate to partner with Inline Barre for this unique fitness class. All levels and abilities are welcome.



Kettle Bell Class: Strength After Sixty

This senior fitness program uses advanced strength training techniques which have been scaled to meet the needs of older adults. This program has been shown to build

strength and increase bone density (as measured by DEXA scan). The focus is on functional exercises based on activities of daily living and mobility drills that improve posture and balance. This class is taught by Dan Cenidoza, a senior fitness specialist, former winner of the Maryland Strongest Man contest, and owner of Baltimore Kettlebell Club. This class is held at Baltimore Kettlebell Club located at 8019 Belair Rd #12 (by Skateland).



The class is offered at 9:30 am on Wednesdays. January 8-Feb. 26
Cost is \$45 for 8 weeks. Sign up at Seven Oaks.
If the class fills we'll open a 2nd class up at 10:30 am.

Exercise Classes

Enhance Fitness

Monday, Wednesday & Thurs 8:45-9:45 a.m. (3 day a week class)

January 6– March 18, 2020 (10 week class)

No class 1/20, 2/17

Instructor: Carole Gittings

Cost: \$25 for 10 weeks. Payable to **Baltimore County** or cash accepted

This class focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises— everything health professionals say is needed to maintain health and function as we grow older. *This program is partially funded under Title III-D of the Older Americans Act of 1965.*

Individuals 60 and over are encouraged to make the suggested donation of \$25 at the time of registration, to ensure the viability of the program.

Table Tennis

Wednesdays 1:30-3:45 p.m. (Ongoing)

Fridays 1:00-3:45 p.m. Cost: No fee

Members meet to play single and doubles; new participants are welcome to join in. *Table Tennis is occasionally cancelled due to special events scheduled in the MPR on Fridays.*

Senior Rhythms

Tuesdays 11 am-Noon & Thursdays 10:45-11:40 am (Ongoing)

Leader: Audrey Doemling Cost: No fee, drop in anytime.

This chair based exercise program is designed to enhance participants endurance, as well as cardiovascular health.

Strength Training *(Limited to 35 students)*

Tuesdays & Fridays 8:30-9:15 a.m. Instructor: Karen Kansler

Jan 7-February 28, 2020

Cost is \$25 for the 8 week class.

This class focuses on increasing strength and improving balance, coordination, endurance and flexibility. Cash or check payable to Seven Oaks Council. This is an 8 week class with the instructor and then it is led by volunteer Marilyn during the break without cost to the students.

The Feldenkrais Method—3 Week Class

Wednesdays, Nov. 7, 14 & 21 from 12:50-1:50 pm

The *Feldenkrais Method*®, a somatic educational system, teaches people to learn how to move the body out of pain, improve balance, posture and increase flexibility. This movement based system explores easy, slow, gentle, non habitual movement patterns combined with focused attention. Participants need to be able to get up and down from the floor. Chairs will be available to help you. Bring a mat, a large towel and a large pillow. **Cost is \$5 and the instructor is Marika Hicks. Registration open now!**

Exercise Classes Continued

Yoga

Instructor: Jana Long

Thursdays 2-3:15 p.m.

January 9-March 19, 2020 (10 week class) No Class 3/12

Cost: \$35 for 10 week class. Cash or check Payable to Seven Oaks Council.

This class incorporates a system of breathing practices, physical exercise, posture and meditation intended to integrate the mind, body and spirit. It is a great way to improve health and reduce stress. *Please fill out a CCBC registration form.*



Chair Assisted Yoga

Wednesdays, 1:15-2:15pm

January 15– March 18, 2020 (10 week class)

Cost: \$25 for 10 week class. Payable to Seven Oaks Council

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. It is a safe and beneficial way to encourage movement, manage pain and support overall health and wellness. Classes consists of fewer postures held for an extended period and incorporates the use of props such as blocks and straps. This practice is ideal for those seeking deep relaxation, slower pacing or for those new to yoga.

Please fill out a CCBC registration form.

Core N' More

A strong core makes everything you do easier! Having a strong core is important for overall body strength, improved posture and balance and will help prevent low back pain. This one hour class will focus on the muscles of the abdominals, torso, back and glutes. Plus, there will be some other key all body exercises. This class is tailored for all levels. If you have a yoga mat please bring it.

Mondays from 10:30-11:30 am Instructor: Gary Lentz

January 13– March 30 (10-week class) No Class 1/20, 2/17

\$25 for the 10 week class Payable to Seven Oaks Council

Mondays from 11:45 am-12:45 pm Instructor: Gary Lentz

January 13– March 30 (10-week class) No Class 1/20, 2/17

\$25 for the 10 week class Payable to Seven Oaks Council

Thursdays 11:45 am –12:45 pm Inst: Gary Lentz

January 16-March 19 (10 week class)

\$25 for the 10 week class. Payable to Seven Oaks Council