



The Acorn

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

National Night Out - Seven Courts Community

Tuesday, August 6 from 6-8 pm at Seven Oaks Senior Center

National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. It provides a great opportunity to bring first responders and neighbors together under positive circumstances. Seven Courts Citizens on Patrol is planning their first National Night Out and we hope our members and the community will attend. There will be free food, games for the kids, emergency vehicles, fire trucks and more. Our center is honored to be hosting the event in our parking lot (inside if it rains) and we hope to see you there!



Art & Craft Contest



Friday, August 16 from 9:15 am - 11 am

Winners of our competition will compete in October at the Baby Boomer / Senior Expo, Art/Craft Contest. Entries wanted! Stop by the front desk for an entry form which includes entry rules. Voters are needed the day of the contest so be sure to stop by at the Friday Café and vote for your favorite art pieces! Categories include: Carving/Sculpture, Ceramics, Drawing, Fabric and Fiber, Glass Art, Jewelry, Painting, Photography. Expo will be one day only this year - **Save the Date: Wednesday, October 30 from 9am - 8pm.**



No Senior Eats Alone Day

Thursday, September 12 - Meals All Day!



As part of the Department of Aging's Initiative this year to combat Social Isolation and Loneliness, we are trying to connect people to programs and services. Consider inviting a friend or neighbor and joining us at Seven Oaks for *No Senior Eats Alone Day!* We will have a free pancake breakfast at the center at 8:30 am. Our TOPS group is sponsoring the fruit trays and turkey bacon for some healthier options. Sign up in advance in the free binder so we have a headcount. We will be serving a free Eating Together Lunch at noon. On the menu: Chicken Cordon Blue, Orange Pineapple Juice, Yellow Rice Pilaf, Buttered Broccoli Florets, White Wheat Roll, Milk and Blueberry Crisp. Sign up on the Eating together clipboard in advance. Later that evening, members will meet for our monthly Meet-up/ happy hour from 4 pm - 6 pm at Liberatore's. Bring your pink membership card and receive 10% off your meal. If you're not a member consider joining! Not only will you get a discount at Liberatore's but you'll meet great people and be able to benefit from all the events, programs and classes we have at Seven Oaks.

Seven Oaks Senior Center

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

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

Look inside!





August Special Events



Doug Burgess Transition Speakers Series

Friday, August 2 10:15 am

Join Doug Burgess, local attorney, for an informational session on Maryland Financial Powers of Attorneys, Medical Living Wills and Advance Directives for Health Care. Sign up in advance.

Adventure Club:

CCBC Cock Pit in the Court

Sunday, August 4 3:00 pm

Seven Oaks members and guests are invited to join us at CCBC Essex for *The Unexpected Guest* by Agatha Christie. Cost is \$15 for seniors. *The Unexpected Guest* is a show presented by special arrangement with Samuel French, Inc. Tickets need to be purchased in advance at the front desk.

Keeping Our Seniors Safe Online

Monday, August 5 1:00 pm

Join Jim Gilmer from Tech Connections to learn how to stay safe online. He will discuss Anti-Virus, Malware, and Ransomware protections. Sign up in advance.

Brain Games with Alexa

Tuesday, August 6 10:15 am

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

Pre-Arrangements with Evans

Wednesday, August 7 1:00 pm

When it comes to your final arrangements, shouldn't you make the decisions? Then it will reflect your exact wishes and desires. Pre-arranging your own service will help to ease the burden of your loved ones. It will also alleviate any questions, problems or differences, which can occur among family members. Pre-payment will protect you from the rising cost of prices, and it will not be a financial burden on your loved ones. Learn about the advantages of pre-planning and how to take the first steps from Evans Funeral Chapel and Cremation Services. Sign up in advance. Snacks served.

Buffet Lunch & Bingo at Brightview

Thursday, August 8 11:30 am

Join Kathleen & Courtney at Brightview for lunch & 15 games of  Bingo. One winner per game. 100% of the proceeds will go to Brightview's Walk Team for the Alzheimer's Association. Buy your \$15 ticket in advance at Seven Oaks.

Friday Café

Join Us every Friday from 9:15 -10:15 am! Chat with members over a free lite breakfast!

Friday, August 9 Café is being sponsored by Beautiful Beginnings Home Care.

Friday, August 23 Café is being sponsored by Lorien Health in Belair.

Movie: The Greenbook

Friday, August 9 12:45 pm

When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class Black pianist on a concert tour to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Rated PG13 for language, including racial epithet, some violence and suggestive material. Run time: 130 min. Hot popcorn and drinks served. An ET lunch will be served at Noon for \$2.50 donation. Menus located at the front desk. Sign up for lunch by 8/7.



Drying and Storing Herbs

Tuesday, August 13 10:00 am

Demonstration by Allison, our high school student working on her Gold Award Project, on the different ways to preserve and store fresh herbs for future use throughout the winter. Sign up in advance.

Sound Healing

Tuesday, August 13 1 - 2:30 pm

Sound Healing is the application of therapeutic sound for the purpose of relaxation and healing. Al Muehlberger, Holistic Health Practitioner, explains the theory behind sound waves and their impact on the mind, body and spirit. The introduction will be followed by preparation for a Guided Imagery Meditation using deep Breathing and Progressive Muscle Relaxation techniques. Singing crystal bowls will be used as the therapeutic sound background for the meditation exercise. An opportunity to play the bowls will be offered at the end of the session.

Fresh Conversations Program:

Eating Out & Eating Healthier Got Easier

Thursday, August 15 12:30 - 2:30 pm

Learn the latest information about healthy choices at restaurants, movie theaters, salad bars, and convenient stores. Sign up.

Art Show during Friday Café
Friday, August 16 from 9:15 - 11 am
See Page 1 for details.

Attract Backyard Birds

Wednesday, August 21

1:00 pm

Join Tanya Ray from TALMAR to learn about attracting backyard birds with the right flowers. She will discuss how to turn your backyard into a bird sanctuary. Afterwards, participants will paint a miniature birdhouse and create a vertical hummingbird garden that will attract humming birds--morning glories, nasturtiums, red petunias. Limited to 12. Pay \$10 in advance at the front desk. All supplies included.



TED Talk: Self Care for Caregivers

Thursday, August 22

1:00 pm

This talk will outline important coping strategies for people who care for loved ones with Alzheimer's disease and other forms of dementia. Join Jim Lightner as he facilitates a lively talk after the video. Sign up in advance.

Meet Up: Silver Spring Mining Company

Thursday, August 22

4:00 pm - 6:00 pm

Meet up for happy hour at SSMC on Belair Rd. Hangout with your friends from Seven Oaks and enjoy happy hour specials.

The Beatles Invade Seven Oaks

Friday, August 23 at 12:45 pm

Sold Out!

Membership Meeting & Lunch

Monday, August 26

12:30 pm

All members of Seven Oaks are asked to attend our bi-monthly Council meeting where members are asked to vote on proposed purchases, policy changes, etc. Refreshments served. A pizza lunch (2 slices of cheese or pepperoni) and a salad will be served at Noon for \$5. Purchase your lunch ticket in advance. Everyone that attends will be entered in a drawing for a \$50 gift card that we'll give away at the end of the meeting.

Perry Hall Library Series

Tuesday, August 27

10:00 am

The Library will do a book discussion, at the center, as part of their monthly series. They will be discussing the book, *Becoming* by Michelle Obama. Pick up the book from the Perry Hall Library to read before the discussion. Sign up in advance.



CPR and AED Program

Tuesday, August 27

1:00 pm

The Baltimore County Fire Department will present the most current information on hands only CPR and show you how to do it. They will also show you how to use the AED machine if someone goes into cardiac arrest. Sign up in advance.



Obesity - Public Health Enemy # 1

Wednesday, August 28

10:30 am

Often cited as public health enemy number one, obesity has been on a steady rise since the early 1970s. During TOPS members will watch this lecture from our Nutrition Made Clear DVD series. Sign up in advance.

Starting an Indoor Herb Garden

Thursday, August 29

1:00 pm

Information from Allison, our high school student working on her Gold Award Project, about how to start an indoor herb garden. She will be talking about what herbs work well indoors, sunlight and container ideas. Sign up in advance.



Community Update with Our Councilman

Friday, August 30

10:15 am

Council David Marks will visit following Friday Café for a Community Update and to answer your questions.

Losses

Friday, August 30

1:00 pm

August 30th is National Grief Awareness Day. In observance of Grief Awareness Day, the AARP Speakers Bureau will discuss Losses. Losses that we encounter in our later lives are often different from those we experienced in our earlier years. In this presentation you will hear about losses of self esteem, social roles, partner loss and independence. We'll explore several techniques which help one to accept and move on from the losses. Sign up in advance.

Balance Blood Sugars and Enjoy Eating

Tuesday, September 3

10:00 am

Join Dietitian, Courtney Ferreira of Active Life Physical Therapy for a workshop on managing diabetes while still enjoying your meals. This workshop is for those with prediabetes, diabetes, or a desire to decrease inflammation. Sign up in advance.

Fall Class Registration

Wednesday, September 4

Most Fall Classes begin the week of Sept. 30.

Seven Oaks Senior Center Executive Board 2019 - 2020

Pictured below are our new officers being sworn in at our Annual Council Meeting in June by Regional Manager Jan Heaberlin. (from left to right) President - Jim Lightner, Vice President - Ed Konig, Treasurer - Carol Parks, 1st Asst. Treasurer - Gene Laytar, 2nd Asst. Treasurer - Gale Griffin, Coresp. Secretary - Edie Dietrich, Recording Secretary - Janet Hess, Sgt. At Arms - Gary Durandetto, Past President - Nancy Bach, and Members at Large - Betty O'Carroll & Walt Wujek.



Get Ready! Get Set! Get Fit! Join Our Team! 5k Run/Walk

Save the date for BCDA's 5K Run/ walk which benefits programs for seniors as well as the fitness centers. It will be held on **Sunday, September 22 at 8 am** at the CCBC Essex Campus. Please consider joining our team!!! Even if you're unable to participate that day we still want you to be part of our team! 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 (5) \$100 drawings but you must be present to win.** You'll also receive a high quality performance long sleeve T-shirt and be entered in a drawing to win a 6 month fitness center membership to Seven Oaks. Pick up a registration form at the center or register online at www.getreadygetsetgetfit5K.com. Drop the form off in the director's office. year! Sign up today!

History Alive! - Tuesday, September 24

Mary Ann Jung of History Alive will return to Seven Oaks to present her show *Sally Ride - Reach for the Stars* on **Tuesday, September 24 at 1pm**. In 1983, aboard the space shuttle Challenger, Sally Ride became America's first female astronaut and its youngest. What was it like to be our first woman in space? How did they have to modify the space shuttle? How do you eat, sleep and work in zero gravity? Dr. Sally Ride will delight and surprise you with her unique and challenging adventures. Everyone loves trivia and game shows so get ready to blast off in an exciting competition, "Who Wants to be an Astronaut?" Sign up in advance.



Bingo Extravaganza - Wednesday, September 25

Come to Seven Oaks for a full day of Bingo. Tickets are \$15 in advance and include games, door prizes, snacks and lunch. The early bird games will start at 10 am for \$1 each (arrive by 9:30 am). If you want to skip the early bird games arrive around 10:30 am and regular BINGO starts at 11 am. We will take a break for lunch. On the menu: baked penne from Liberator's, salad, bread/butter, cake and drinks. Open to the Community ages 18+.

Tickets are \$15 in advance and go on sale Monday, August 19. Brightview of Perry Hall is a sponsor for this event so we'll have some game specials with a \$50 pay out!



Senior Center Staff & Executive Board



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

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

Meeting Schedule

Executive Board Meeting:
 Monday, August 19 at 1 pm

Membership Meeting:
 Monday, August 26
 @ 12:30 pm
 Come early for lunch at noon!
 \$5 in advance, Pizza & salad.
 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 is Wednesday, September 4.
Most classes will start the week of September 30.



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	Ward & Hepding, 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	\$
11:45 am	12:45 am	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
10:00 am	1:00 pm	Beginner Pickle Ball	Joe Palmere, CPTP	Perry Hall Middle Sch	
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 Projects	Karen Ruberry, CCBC	Craft Room	\$
2:15 pm	3:15 pm	Zumba Gold	Loretta Witomski, IC	MPR-extension	\$
<u>Tuesday</u>					
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR extension	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:15 am	11:15 am	Knitting & Crocheting	Volunteers	Craft Room	
9:15 am	10:00am	Outdoor Walking	Staff	Meet at Front Desk	
10:00 am	11:00 am	Int. Line Dance	Trudy Knight, IC	MPR	\$
10:00 am	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle Sch	
11:00 am	12:00 pm	Senior Rhythms	Audrey Doemling, Vol	MPR	
12:00 pm	3:00 pm	*Social Poker	Volunteers	Game Room	
12:30 pm	3:45 pm	*Social Pinochle	Volunteers	Game Room	
12:30 pm	3:30 pm	Bingo 1st & 3rd week	Ann Knoerlein, Vol.	MPR	\$
<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	
9:30 am	10:15 am	Strength After 60	Instructor at BKC	Balto Kettlebell Club	\$
9:50 am	10:50 am	Int Line Dance	Joanne Alleva, Vol.	MPR	\$
9:45 am	11:30 am	TOPS (Weight Loss)	Celeste Skruch, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
10:00 am	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle Sch	
12:00 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol.	Classroom	
12:00 pm	1:00 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
1:15 pm	2:15 pm	Chair Assisted Yoga	Jana Long	MPR- extension	\$
12:00 pm	3:00 pm	Hand & Foot Canasta	Volunteers	Game Room	
1:30 pm	3:45 pm	Table Tennis	Free Play	MPR ext	

* 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	1:00 pm	Pickle Ball	Volunteers	Perry Hall Middle Sh	
10:30 am	11:30 am	Barre Fit	Instructor at Inline	Inline Barre	\$
10:45 am	11:40 am	Senior Rhythms	Audrey Doemling, Vol	MPR-extension	
11:45pm	12:45 pm	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
12:00 pm	3:30 pm	Canasta	Volunteer	Craft Room	
12:00 pm	3:00 pm	*Social Poker	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	Hazel Ashworth, Vol	MPR	
9:30 am	11:00 am	Tai Chi	Jeff Herrod, IC	MPR extension	\$
10:00 am	12:00 pm	Scrabble and Other Games		Craft Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR	
1:00 pm	3:30 pm	Stained Glass	Richard Souders, Vol.	Craft Room	
1:00 pm	4:00 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 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.

Ongoing Monthly Events & Workshops

Tablet/Smart Phone Help - Monday, August 5 & 12. Sign up for an appt with David Yoon.

Seated Massages with Doug - Tuesday, August 6 & Thursday, August 22 - Doug Wittich, Licensed Massage Therapist is offering 10 min. chair massages in the Fitness Center 3x per month. You must fill out a brief health questionnaire before your first massage. It's only \$5 for a 10 min. massage or book back to back sessions for a longer massage for \$12. No refunds if you are a no show.

BINGO - Tuesday, August 6 & 20 at 12:30 pm Ann Knoerlein calls out the lucky numbers for afternoon Bingo with cash prizes; cost \$7.00. An Eating Together lunch will be served at Noon for \$2.50 recommended donation. Menus are posted at the front desk. Sign up in advance for lunch.

Blood Pressure - Fri, August 9 at 9:15 am Karen Kansler, RN takes your blood pressure.

Card Making Workshop - Friday, August 9 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.

Current Events - (now meeting twice a month) Wednesday, August 14 at 11:45 am & Wednesday, August 28 at 2:00 pm - Join volunteer, Joy Mays and other members to discuss current news and politics. If you'd like, bring a newspaper article to share.

Computer Troubleshooting - Monday, August 26 at 10:00 am Let Alvin Miller help you with your device. Bring your device & passwords. Sign up in advance.

Stepping On Workshop Starts Friday, September 20

Stepping On is a multifaceted falls-prevention program (guest experts are invited: vision expert, pharmacist, pedestrian safety expert, PT/OT, etc.) Stepping On aims to break that cycle, engaging people in a range of relevant fall preventive strategies. Stepping On content draws on current evidence for falls prevention. The program has been proven to reduce falls. This is a FREE 8 week class! Please try to make all classes. Class will be held on Fridays from 10 - 12 pm, September 20 - November 8. Sign up in the free program binder.



Pickle Ball August & Fall Schedule

Pickle Ball is being played at Perry Hall Middle School through August 16. **Mondays** 10am - 11:30am for beginners and 11:30am - 1pm for Open Play, **Tuesdays - Thursdays** 10am - 1pm Open Play and **Fridays** 1pm - 4pm Open Play. Reminder: Please enter through the side door and call the phone number posted on the door to be let in. Pickle Ball will be on break for 2 weeks starting August 19. Play will resume at Honeygo Regional Park on Tuesday, September 3. The Fall Schedule is as follows: Mondays 11:30am - 1pm for Beginners, Tuesdays from 10am - 12:30pm Open Play & 12:30pm - 3pm for Advanced, Wednesdays 11am - 1pm Open Play, Thursdays 10 - 12:30pm Open Play & 12:30pm - 3pm Beginner Play, and Fridays 12pm - 3pm for Open Play.



Fitness Center

Improve your physique and enhance your overall well-being at our state-of-the-art fitness center. Great low cost of \$100 per year can't be beat. The fitness center also provides free blood pressure screenings to all center members. Receive a personalized exercise program that addresses your fitness needs for an added fee with a certified personal trainer. Personal training packages range from \$25 to \$130; see personal training pamphlet for more information. Free fitness equipment orientations are available to fitness members each month.

Fitness Center Hours: Monday-Friday 8:30 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 staff. Once we receive your medical clearance we will sign you up for a required fitness orientation.

The next fitness center orientation for new members is:

Wednesday, August 14 & 28 at 11:15 am

Dine With Us!

Are you tired of eating at home alone? Come and dine with us! A catered lunch is offered most Tuesdays and on Friday movie days. **This month lunch is offered on August 6, 9, 13, 20 & 27.** Individuals interested in attending the meal must **sign up at the front desk at least 48 hours in advance.** A minimum of 10 participants is required in order for the center to have the lunch. Stop by the front desk to pick up a menu. Cost: Please contribute as much as you can towards the \$4.48 cost of each meal (super special meals \$5.95). 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.**



Seniors...No Kidding Club! For Those with No Kids!

Are you interested in hanging out with people like you? Do you find that some of your friends are just too busy with their kids and grandkids? Would you like to spend time during the week, weekend, holidays with people who have no kids, no grandkids and the same interests as you? Some of our members here at Seven Oaks have expressed an interest in meeting up with other members who have the same time and energy to spend because they don't have kids. This club is open to childless singles or couples. Some ideas they have in mind are day trips, dinner, movies, theater, cookouts, and are open to other suggestions. If you're interested sign up in the free binder. Leave your name and number and someone will contact you about a time to meetup at the center to get this club started.

We Are Looking for A Travel Hostess

Would you be interested in helping to lead trips for Seven Oaks? We are looking for a new volunteer to join the travel team to help plan trips for 2020. The team will be meeting this summer to discuss potential destinations for 2020. You would be encouraged to coordinate and go on at least 2-3 trips in 2020. You get to pick the destination and the hostess travels for free. Duties include getting contracts, scheduling the trip and all details, collecting payment, writing receipts and being an escort on the trip. See staff if interested.



Please Consider Signing Up to Help Renew Membership

Beginning October 1, members at Seven Oaks will be asked to renew their membership to the center. We have over 1,700 members who need to renew their membership and it takes a village to get this done! Will you consider helping during the month of October? **Training will be offered on Tuesday, September 17 at 10am and Wednesday, September 18 at 2pm.** You must come to one of these trainings if you are going to help with registration. There are two shifts available to help with re-registration in October: 8:30 am - 12 and 12 pm - 3:30 pm and you can choose the days and times that work for your schedule. Stop by the front desk to register for a training and to select your days/times to volunteer. **Re-registration begins October 1st. Stop in then to renew & pick up your free gift!**

Are You Interested in Joining a Garden Club?

Allison Smith has been working on her Girl Scout Gold Award Project over the last few months. She built an installed a beautiful herb garden out back of the center. Has our new herb garden at Seven Oaks sparked your interest in herb gardening? Allison will be finishing up her Girl Scout Gold Award project in the fall and is looking for people who would be interested in forming a gardening group to continue the herb garden in the future. Please contact Courtney if interested. Then Allison will set-up a time to meet with you as a group to discuss how to continue with the gardening.





Travel Opportunities

Travel Cell Phone: 443-608-0613

This cell phone will also be brought on trips.
Save this number in your contacts and if you need to reach the hostess during a trip call this number.

Come along for the ride!



- ◆ **Bi-Monthly Delaware Park Trips** – Sept 4 and Nov. 13. Cost \$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 with your DOB and player card number. On the day of the trip bring your player card and photo id.
- ◆ **Crab Feast at Fisherman’s Deck** Tuesday, Aug. 20. \$80. Enjoy a crab feast followed by shopping at the Queenstown Outlets.
- ◆ **Villa Roma Resorts** in the Catskill, NY. Monday, Sept. 23 - Friday, Sept. 27. Four nights, five days of fantastic food, nightly theater shows, daily activities all with a dirty dancing theme. Bring your costumes and join the fun. \$699/ double; \$835/ single. *Waitlist*
- ◆ **Dover Downs 4 x 4 Tribute** Thurs, Oct. 24 - Fri, Oct. 25. Trip includes Beatles, BeeGees, Beach Boys and Motown Tribute show, hotel stay, \$50 slot bonus, breakfast buffet. Stop at Delaware Park on return with \$30 slot bonus. \$170/ double; \$210/ single. *Waitlist*
- ◆ **American Music Theatre & Shady Maples Smorgasbord** Fri, Dec. 6. \$90. *Waitlist*

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



Mark Your Calendar!

- ◆ Balancing Blood Sugars and Enjoy Eating - Tuesday, September 3
- ◆ Class Registration - Wednesday, September 4
- ◆ Fresh Conversations: Ancient Grains Make a Comeback - Thursday, September 5
- ◆ Emergency Preparedness Program - Friday, September 6
- ◆ How to Buy a Computer - Monday, September 9
- ◆ Finding Hope & Meaning After Loss - Tuesday, September 10
- ◆ Ice Cream Social with Kaiser - Tuesday, September 10
- ◆ No Senior Eats Alone Day - Thursday, September 12
- ◆ NARCAN Training - Thursday, September 12
- ◆ Disrupt Aging - Friday, September 13
- ◆ Coping Strategies - Tuesday, September 17
- ◆ Stop the Bleed Program by the Baltimore County Fire Department - Thursday, September 19
- ◆ Pioneers of Education - Friday, September 20
- ◆ Walk MD Day & Seven Oaks Community Walk - Wednesday, October 2



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