



The Acorn

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

Cannabis Lunch & Learn Tuesday, January 15 at 12:30 pm



Join Pharmacist Steve Seidel to learn about Cannabis as a safe, natural, alternative to healing, without opioids and other pharmaceuticals. Also, learn about the different medical conditions and

different methods of consumption. Come join us for lunch and bring your questions!

Please sign up in advance in the free binder so we can give Charm City Medicus a headcount.

Social Isolation

The Department of Aging's 2019 Initiative is Social Isolation. Research shows that social isolation and loneliness are bad for our mental and physical health. At Seven Oaks we offer many different opportunities to engage and to meet others. If you're feeling lonely or if you're isolated from family and friends stop in the center and try a class or come to a program. Consider joining us for Friday Café every week from 9:15 - 10:15 am. A free, lite breakfast is served and you can mingle with others. Or consider attending one of our fun special events for a minimal charge. There's a lot going on here and we hope to see you in the new year!

2019

Initiative

Bingo Resumes Tuesday, January 8



Singles Dance Friday, January 25 at 12:30 pm

Bruce Thomas returns for an afternoon of dancing! Chips, pretzels and sodas will be served. This event is free and open to the public (ages 60+). Sign up in advance if you plan to attend.



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!





January Special Events



**Most classes start the 2nd week in Jan.
EF and Drawing start the 1st week.**

**Center Closed - New Year's Day
Tuesday, January 1**



Income Taxes

Friday, January 4 10:15 am
As part of the Doug Burgess Transition Speaker Series Doug has lined up a local accounting firm to discuss income taxes. Sign up in advance.

Boutique Tissue Box Cover Class

Friday, January 4 1:00 - 3:00 pm
Join us to make a boutique tissue box cover with scenes appropriate to display in January and February. Check out the example sitting at the front desk then sign up and pay. Cost \$12. Class limited to 10 members.



Identity Theft Program

Monday, January 7 1:00 pm
Debby Chenoweth, from the Baltimore County Police Department returns to discuss current scams they are seeing in Baltimore County and to give updates on some of the ones that have been around awhile. She will also talk about how to keep yourself and your personal information safe. Sign up in advance.

10 Minute Seated Massages

Thursday, Jan. 10 & Wednesday, Jan. 16
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 massage. No refunds if you are a no show or cancel the day of your appointment. Walk-ins welcome if there is space.



**Friday Café
Join Us from 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!**

Movie: Chappaquiddick

Friday, January 11 12:45 pm
On July 18, 1969, Sen. Ted Kennedy drives his car off of a bridge on Massachusetts Chappaquiddick Island. The accident results in the death of passenger Mary Jo Kopechne, a 28-year-old campaign strategist who worked for Kennedy. The ongoing investigation into the mysterious and scandalous events forever alters his political legacy -- and ultimately changes the course of presidential history. Hot popcorn and drinks served. An ET lunch will be served at Noon for \$2.50 donation. On the menu: Hot Ham & Swiss Cheese Sand, Greek Style Salad w/Feta Cheese, Steamed Carrots w/Dill, WG Rye Bread, Sliced Apples Pack and Fat Free Chocolate Milk. Sign up for lunch by 1/9.



Medical Cannabis Lunch & Learn

Tuesday, January 15 at 12:30 pm
See Page 1 for details.

TED Talk: The Power of Vulnerability

Thursday, January 17 1:00 pm
Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. A talk to share. Join Jim Lightner as he facilitates a lively discussion after the video. Sign up in advance.

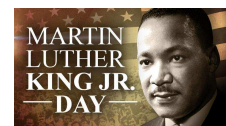
Friday Café Sponsored by Brightview



**Friday, January 18
9:15 - 10:15 am**

Center Closed -

**Martin Luther King Day
Monday, January 21**



Perry Hall Library

Tuesday, January 22 10:00 am
The Perry Hall library series returns with brain games. Sign up in advance.

Brain Games with ALEXA

Tuesday, January 22 11:00 am
Join Leslie as she has Alexa tax your brain.

Current Events

Wednesday, January 23

2:30 pm

Join volunteer Joy Mays and other members to discuss current news and politics. If you'd like bring a newspaper article to share.

New Member Orientation

Thursday, January 24

2:00 pm

New members of Seven Oaks are invited to learn more about the center and the programs and services offered onsite and through the Department of Aging. Sign up in advance if you plan to attend.

Meet Up: Skipjacks

Thursday, January 24

4:00 pm - 6:00 pm

Meet up for happy hour at Skipjacks at the corner of Belair Rd. and Fowler Ave. Hangout with your friends from Seven Oaks and enjoy happy hour specials on drinks. Sign up in advance.

Singles Dance

Friday, January 25 at 12:30 - 2:30 pm

See Page 1 for details.

McBand Performs at Seven Oaks

Tuesday, January 29 at 12:30

McBand, a local group that used to play at McDonald's and continues to play for others in the area will perform for an hour following a Special Eating Together Lunch.

On the menu:

Apple Almond Stuffed Chicken (skin-on chicken breast stuffed with apples, almonds and raisins with white wine sauce), white & wild rice blend, dilled carrots, peas & pearl onions, butterscotch pudding, orange pineapple juice and milk.

Sign up for lunch by Fri. 1/25.

Weight Management for Seniors

Wednesday, January 30

10:30 am

Join Robin Zahor, RN during TOPS to discuss healthy ways to maintain or lose weight. Sign up in advance.

Brain Fitness with Robin

Wednesday, January 30

11:30 am

Robin Zahor, RN will teach fun ways to exercise your mind, increase your memory and grow your brain for better brain health. Sign up in advance.

Trivia with Gloria

Thursday, January 31

1:00 pm

Join Gloria for some trivia. Sign up in advance.

Stay in the Loop

Regarding Changes and Closings

To receive alerts via text or email through Remind about schedule changes, weather related closing and delays, etc write down your name and cell number or email address on the clipboard at the front desk.



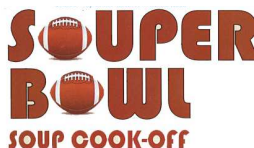
Seven Oaks Does Not Follow Baltimore County Public Schools for Closings and Delays

Souper Bowl/ Top Chef Cook Off

Friday, February 1 at 12:45 pm

With Super Bowl right around the corner lets celebrate with Soup! Do you make fantastic soup? Consider entering this Top Chef Cook Off contest by making your favorite pot of soup (2 - 2.5 gallons).

Members and staff will judge. Bread will be served with the soup and we'll have cake for dessert. Your soup needs to be cooked at the Center so sign up at the front desk for a time slot to use the kitchen. All chefs will be given a \$25 gift card the day of the event to thank them for participating plus ribbons will be awarded to the winners.



Tickets are \$2 and go on sale January 7.



Friday, February 15 at 12:30

Whether you're married, single or widowed come for a fun afternoon of dancing and let Seven Oaks Be Your Valentine! Music by Danny Doland and treats served. Cost \$2

Tickets on sale January 14.

Sponsored by Brightview.

We Have A Lot of Fun Special Events at Seven Oaks



We have a lot of great events and many of them sell out quickly. In order to be fair and give everyone an opportunity to attend our parties we put an "on sale" date in the newsletter. Our Holiday party sold out in just a day and a half and many were disappointed. When you come in to sign up for a party please remember the following: you can sign up and pay for yourself and no more than 3 others. If you request that someone get penciled in on the seating chart at your table and we sell out before they come in to pay we have to erase their name when a paying member asks to buy a ticket. Also we've updated our seating policy: we can move you to another table if a seat is open at that table. We will not move someone off of a table to make room for someone else. You can request to move yourself but we will not move your friends. Thank you for your understand.

John Olszewski, Jr.

Baltimore County Executive



Baltimore County Department of Aging



Baltimore County Council

District 1 – Tom Quirk

District 2 - Izzy Patoka

District 3 - Wade Kach

District 4 - Julian E. Jones, Jr.

District 5 - David Marks

District 6 - Cathy Bevins

District 7 - Todd Crandell

www.baltimorecountymd.gov

Products and services advertised in this publication are not endorsed or guaranteed by this senior center or the Baltimore County Department of Aging.
For advertising information please call FATA Inc. at 410-578-3600 or write P.O. Box 4889, Baltimore, Maryland 21211.

Senior Center Staff & Executive Board



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

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

Meeting Schedule

Executive Board Meeting:

Monday, Jan. 14 @ 12:45 pm

Membership Meeting:

Monday, February 25
@ 12:30 pm

Come early for lunch!
\$5 in advance.

*Win a \$50 restaurant gift just by
attending the meeting.*

The Seven Oaks Executive Board are center members who are elected by the center council/ membership to hold office and make decisions on behalf of the membership. The center council and executive board work to assist staff in accomplishing the center's mission.

Seven Oaks Mission

The purpose and mission of Seven Oaks Senior Center is to provide a progressive and safe environment where seniors can find the opportunity to maintain healthy, active living. Services and assistance are available to the Perry Hall, White Marsh & surrounding communities, meeting the needs of the senior individual and their family.

BCDA Mission

The Baltimore County Department of Aging strengthens lives by providing services, programs and connections to resources.

It is the policy of the Baltimore County Department of Aging that all people who attend classes or programs at the senior center must register as a member each year.

Baltimore County Department of Aging is an equal opportunity service agency.

Minutes from the board and council meetings are posted on the bulletin board in the MPR and also available online at SevenOaksSeniors.org. The financial report is posted in the MPR.

Center Membership and Registration

Senior Center membership is free and granted to Baltimore County residents 60 years of age and older and their spouse (spouse can be under 60 years of age). Non-county residents are also eligible to register as members of the center. Members must be able to function in the center without one-on-one assistance from staff and be able to move independently (with or without assistive devices) within the center. Individuals participating in more than one center must register at each center independently. See staff for a full list of rules of participation.

Bi-Monthly Council/Membership Meetings

If you're a member of Seven Oaks then you're a member of the Council! Every other month we hold a membership meeting to discuss the business of the center and vote on financial matters. A lunch is served at noon and the meeting starts at 12:30 p.m. Members are highly encouraged to attend these meetings and to help shape the future of the center and we give away a \$50 gift card at each meeting! Have an idea or suggestion?

Please use the suggestion box located behind the front desk.



Schedule of Classes

Most Winter Classes begin the week of January 7.



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Monday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:30 am	11:30 am	Craft Projects	Hepding & Shorey, Vol.	Craft Room	
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo,	Vol MPR	
10:00 am	12:00 pm	Tablet/Smart Phone Help	David Yoon, Vol	Game Room	
10:30 am	12:00 pm	Spanish Continuing	Ron Browning, CCBC	Classroom	\$
10:30 am	11:30 am	Core N' More	Gary Lentz, Be Fit	MPR extension	\$
11:45 am	12:45 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	1:15 pm	Projects for Charity	Barbara Goldsmith	Craft Room	
12:30 pm	3:30 pm	Jokers Wild /*Chess	Volunteers	Classroom	
12:30 pm	3:30 pm	Mexican Train	Volunteers	Classroom	
1:00 pm	2:00 pm	Ballroom Dance	Mary Jane	MPR extension	\$
1:30 pm	3:30 pm	Watercolor Techniques	Dottie Bishop, IC	Craft Room	\$
2:15 pm	3:15 pm	Zumba Gold	Loretta Witomski, IC	MPR-extension	\$
<u>Tuesday</u>					
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR extension	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:15 am	11:15 am	Knitting & Crocheting	Volunteers	Craft Room	
10:00 am	11:00 am	Int. Line Dance	Trudy Knight, IC	MPR	\$
10:00 am	12:30 pm	Pickle Ball	Volunteers	Honeygo Regional Park	
11:00 am	12:00 pm	Senior Rhythms	Audrey Doemling, Vol	MPR	
11:30 am	1:30 pm	*Scrapbooking	Bonnie Shorey, Vol	Craft Room	
12:00 pm	3:00 pm	*Social Poker	John Tolliver, Vol.	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)	Judy Coleman, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
11:00 am	1:00 pm	Pickle Ball	Volunteers	Honeygo Regional Park	
12:00 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol.	Classroom	
12:00 pm	1:00 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
1:15 pm	2:15 pm	Chair Assisted Yoga	Jana Long	MPR- extension	\$
1:30 pm	3:30 pm	Painting	Dottie Bishop, IC	Craft Room	\$
12:00 pm	3:00 pm	Hand & Foot Canasta	Volunteers	Game Room	
1:30 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

** Indicates that these classes are looking for new players to join their group!*

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Thursday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR extension	\$
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo, Vol	MPR	
10:00 am	12:00 pm	Bridge	Volunteers	Class Room	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol.	Craft Room	
10:00 am	12:30 pm	Pickle Ball	Volunteers	Honeygo Reg. Park	
10:30 am	11:30 am	Barre Fit	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	
12:30 pm	2:30 pm	Drawing Class	Alina Kurbiel	Class Room	\$
1:00 pm	1:45 pm	Drum Fit	Mary Lewis	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	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	
12:00 am	3:00 pm	Pickle Ball	Volunteers	Honeygo Reg. Park	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

Please Note...

- ♦ If you see a \$ symbol, there is a fee associated with that particular class. Generally, fee-based classes run on 10-week semester system with fees that vary depending on the specific class.
- ♦ The Baltimore County Department of Aging recommends that you check with your physician before participating in any physically demanding activity.
- ♦ See the Quarterly Course Guide for further details on class descriptions, dates and fees. www.SevenOaksSeniors.org or pick up a copy at the center.



Ongoing Monthly Events & Workshops

Tablet/Smart Phone Help - Monday, January 7, 14 & 28. Sign up for an appointment with David Yoon.

Computer Troubleshooting - Tuesday, January 8 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, January 8 & 22 at 12:30 pm Ann Knoerlein calls out the lucky numbers for afternoon Bingo with cash prizes; cost \$7.00. An Eating Together lunch will be served at Noon for \$2.50 donation. Menus are posted at the front desk. Sign up in advance for lunch.

Blood Pressure - Fri, January 11 at 9:15 am Karen Kansler, RN takes your blood pressure.

Card Making Workshop - Friday, January 11 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.

Trip Highlight: National Building Museum

Travel with the Seven Oaks Senior Center to visit the National Building Museum in DC on Wednesday, April 17, 2019.

Cost: \$45

The National Building Museum transforms understanding of the history



and impact of architecture, engineering, landscape architecture, and design. The Museum resides in one of the most awe-inspiring places in Washington, D.C., with a soaring Great Hall, colossal 75-foot-tall Corinthian columns, and a 1,200-foot terra cotta frieze.

The bus leaves the Weis Shopping Center on Joppa Rd. at 9:30 am. Lunch is on your own at the Museum Café or in neighboring China Town. The bus returns around 5:30 pm.



Fitness Center

Improve your physique and enhance your overall well-being at our state-of-the-art fitness center. Great low cost of \$100 per year can't be beat. The fitness center also provides free blood pressure screenings to all center members. Receive a personalized exercise program that addresses your fitness needs for an added fee with a certified personal trainer. Personal training packages range from \$25 to \$130; see personal training pamphlet for more information. Free fitness equipment orientations are available to fitness members each month. *Please note the fitness centers will be closed if there is no monitor available to supervise the room. If you're interested in being a monitor for the Fitness Center check in with staff for the next training date.



GET YOUR BLOOD PRESSURE TAKEN FOR FREE!

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

Cost: \$50.00 for 6 months or \$100 for one full year

Stop in to pick up your application! Individuals must be a current senior center member and receive medical clearance in order to participate. All paperwork should be turned into the office. Once we receive your medical clearance you will be signed up for a required fitness orientation.

The next fitness center orientation for new members is:

Wednesday, January 9 & 23 at 11:15 am

Dine With Us!



Are you tired of eating at home alone? Come and dine with us! A catered lunch is offered most Tuesdays and on Friday movie day. **This month lunch is offered on January 8, 11, 22 and 29.** Individuals interested in attending the meal must **sign up at the front desk at least 48 hours in advance** and 4-5 days in advance if a deli, box or super special lunch is offered. A minimum of 10 participants is required in order for the center to have the lunch. Stop by the front desk to pick up a menu. Cost: Please contribute as much as you can towards the \$4.36 cost of each meal (super special meals \$5.79). If you cannot contribute the full amount, a voluntary minimum contribution of at least \$2.50 is recommended to keep this program strong. To reduce leftovers **please cancel your meal if you decide you cannot make it to the lunch.**

Silver Pen Writing Contest - Congrats!

This year Baltimore County residents, 60 and over participated in the 3rd Annual Silver Pen Writing Contest. 160 people participated and 65 of those were members of Senior Centers throughout the county. The theme was Celebration! Four of our members from Seven Oaks participated and we wanted to congratulate **Barbara Melfa who was a 2nd place finalist for her poem, Three Score and Ten. Great job Barbara!**

Also thank you to Frances Altman, Joy Mays and Glen Sauer for entering the contest! The Silver Pen Writing Contest will be held again this year. Be on the look out for flyers around the center to see what the theme will be and consider submitting an essay or poem. There will be workshops held throughout the county to help with your entry.

Donations of Handbags Needed

We are gearing up for our fabulous handbag auction on Tuesday, April 23, 2019. Please consider donating a gently used or new handbag to the auction. All donations are tax-deductible so if you've been holding onto a designer bag that you just don't want to give away, donate it to Seven Oaks and get a tax write off for it! Donation receipts are readily available. Please drop your donation off in the staff office. We are also encouraging local businesses to sponsor a handbag this year so if you know if any business that may be interested in being a sponsor please see staff or Shirley Waclawski.



Mark Your Calendar!

- ◆ Doug Burgess Transition Speaker Series, Current Trends in Funeral Arrangements - Friday, February 1
- ◆ Soup-er Bowl Party/ Top Chef Cook Off - Friday, February 1
- ◆ "Make Seven Oaks Your Valentine" Dance - Friday, February 15
- ◆ Eating for Heart Health by Giant's In-store Nutritionist - Wednesday, February 20
- ◆ TED Talk: How to Make Stress Your Friend - Thursday, February 21
- ◆ Movie Matinee: A Star is Born - Friday, February 22
- ◆ Membership Meeting and Lunch - Monday, February 25
- ◆ Brain Games by PH Library - Tuesday, February 26
- ◆ Brain Fitness with Robin Zahor, RN - Tuesday, March 5
- ◆ Tackling the Clutter Monster - Monday, March 11
- ◆ St. Patrick's Day Dance - Friday, March 15
- ◆ O's Opening Day - Thursday, April 4
- ◆ AARP Safe Driving Course - Friday, April 5
- ◆ Purse Auction - Tuesday, April 23
- ◆ Line Dance Party - Friday, May 3
- ◆ Concert in the Park at Oregon Ridge - Thursday, May 23





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!



2019 Trips Announced!

- ♦ **Bi-Monthly Delaware Park Trips** – March 13, May 1, July 10, 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.
- ♦ **Nana Does Vegas** at the Rainbow Comedy Theatre in Lancaster, PA. Wed, March 20. \$80.
- ♦ **National Building Museum** in DC. Wed, April 17. Explore architecture in America. Lunch on your own. \$50.
- ♦ **Springfest in Ocean City MD** Thurs, May 2. Enjoy music, food vendors, craft boots and strolling the boardwalk. \$40
- ♦ **Hall of Fame in Ohio** May 19 - May 22. Visit the Rock and Roll Hall of Fame and the Football Hall of Fame. Trip includes daily breakfast, complimentary happy hour, 1 dinner cruise, 1 dinner, 1 lunch, Christmas Story House tour, 9/11 Memorial in Shanksville PA, Wade Chapel by Tiffany. \$635/double; \$565/triple and \$835/single.
- ♦ **C&O Canal and National Harbor Trip** in DC. Friday, June 21. Take a leisurely ride on a replica C&O canal boat. Then have lunch on your own at the National Harbor with shopping at Tanger Outlets, sightseeing and ride the capital wheel, or gambling at MGM Casino. \$40.
- ♦ **Ottawa & Thousand Islands, Canada Trip.** July 14 - July 18. \$695/double; \$935/single. Includes beautiful guided tour of Ottawa, St. Lawrence river cruise, 4 nights lodging, 4 breakfasts & 3 dinners.
- ♦ **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. Mon, Sept. 23 - Fri, Sept. 27. 4 nights, 5 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.
- ♦ **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.
- ♦ **American Music Theatre & Shady Maples Smorgesborg** Fri, Dec. 6. \$90.

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.**