



The Acorn

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

Trim the Tree & Holiday Sing-a-long

Tuesday, December 4 at 12:00 pm

Join us for a special Eating Together lunch at noon followed by Holiday Sing-a-long with Ron Kutscher at 12:30 pm. Or help us decorate the center! We will be trimming the tree and decorating the Center while signing along to your favorite holiday tunes and enjoying refreshments and egg nog!



The Oakette's Holiday Program

Friday, December 14 during Friday Café from 9:15 am - 10:15 am

The Center's own vocal group, the Oakette's will perform their Holiday Program while you sip coffee and enjoy a lite café breakfast.

Holiday Party

Tuesday, December 18 from 1 pm - 3:30 pm

**** note time changed from 1:30 to 1 pm ****

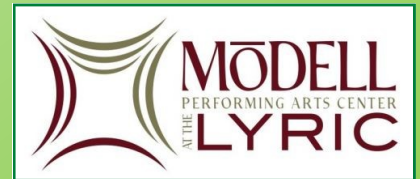
Our Holiday Party will be at Seven Oaks this year. Tickets are just \$10 and that includes assorted small sandwiches, veggies and dip, cheeses, chips, pretzels, sodas, beer and wine. The Sensations will sing and members will dance the afternoon away! If you'd like to participate in a white elephant exchange bring a small wrapped gift.



Holiday Spirit with the Lyric

Friday, December 21 at 12:30 pm

The Lyric returns with 2 singers and a pianist to present holiday favorites and they'll end with a vibrant sing-a-long! There will be an Eating Together lunch served at noon. Sign up in advance for lunch on the clipboard and for the program in the free binder.



Drum Fit returns & a new off site Strength Class at Baltimore Kettlebell Club is coming in January!

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!





December Special Events



**Class Registration starts
Tuesday, December 4.**

Trim the Tree & Sing-a-long
Tuesday, December 4 at 12:30 pm
Eating Together Lunch at 12 pm
See Page 1 for details.

**Strength After 60! Free Demo at
Baltimore Kettlebell Club**
Wednesday, December 12 at 9:30 am
See Page 4 for details.

Brain Games with ALEXA

Monday, December 3 1:00 pm
Join Leslie as she has Alexa tax your brain.

TED Talk: The Science of Vacation

Thursday, December 6 1:00 pm
While many know the health benefits of vacation, many still don't take the steps necessary to reap the benefits. In this talk, Ian Cole discusses the scientific research behind vacations and provides a formula to increase the stress relief from your vacations. Join Jim Lightner as he facilitates a lively discussion after the video. Sign up in advance.

Bills, Incapacity, Death....

Friday, December 7 10:15 am
As part of the Doug Burgess Transition Speaker Series Doug and Ellen S. Platt, MEd, CRC, CCM Geriatric/LifeCare Manager with The Option Group will be here to discuss "Bills, Incapacity, Death... who is responsible for my mom's, my spouse's and my debts?" Sign up in advance.

Adventure Club: Tea By Two in Belair

Saturday, December 8 2:30 pm
Tickets have already been purchased for those who signed up. There will only be spots available if someone cancels. Sign up on waitlist if you're interested.

What Would you Do? CRASE Training

Tuesday, December 11 12:30 -2:30 pm
The possibility of being involved in an active shooter situation is a high risk threat. This workshop provides the knowledge, skills and attitudes required for effective responses to such threats. They will discuss steps you can take to stay safe if you encounter a hostile situation with intruders looking to do harm in a public building. C.R.A.S.E. – Civilian Response to Active Shooter Events/Personal Safety Awareness in Public Buildings. Anyone is invited to this training. Please sign up in advance at the front desk.



Healthy Holiday Eating

Wednesday, December 12 10:30 am
Halloween to New Years is only 62 DAYS but it can add up to WEEKS worth of over indulging. Let Mandy, Giant Food's In-Store Nutritionist, provide you with some helpful tips and strategies on how to enjoy your holiDAYS with none of the guilt. Sign up in advance.

Connect with Maryland Relay

Thursday, December 13 10:30 am
Do you feel like you are missing out on the conversation? Find out if MD Relay Service is right for you and how to take advantage of telephone equipment at no cost to you. Learn about multiple calling options for anyone who has difficulty using a standard telephone. This captioned telephone displays every word your caller says, as you listen. There will be a fun giveaway for those who come. Sign up in advance.



Free Drum Fit Demo

Thursday, December 13 1:00 pm
You'll love this fun work out! We provide the ball and drumsticks and the heart pumping music! You have a great time while working out. Exercises can be modified for ability. Mary Lewis will be teaching this 10 week class for \$30 starting in **January on Thursdays from 1 - 1:45 pm**. Sign up in advance if you plan to come to this demo class.



The Oakette's Holiday Program

Friday, December 14 at 9:15 am
See Page 1 for details.

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: A Christmas Story Live

Friday, December 14

12:45 pm

Join us for a holiday movie! A live broadcast of the Broadway hit "A Christmas Story: The Musical" in which Ralphie wishes for nothing more than a Red Ryder BB Gun for Christmas. Hot popcorn and drinks served. An Eating Together lunch will be served at Noon for \$2.50 donation. **On the menu:** Pineapple Juice, Hearty Beef Veg Stew, Whole Grain White/Wheat Roll, Chilled Pears, 1% Milk. Sign up for lunch by Dec. 12.



Membership Meeting

Monday, December 17

12:30 pm

All members of Seven Oaks are invited to attend our bi-monthly Council meeting where members are asked to vote on proposed purchases, policy changes, etc. Refreshments and drinks served. A special lunch will be served at Noon for \$4. On the menu is grilled cheese and tomato soup. 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 - Holiday Brain Games

Tuesday, December 18

10:00 am

The library returns to Seven Oaks with holiday brain games. Sign up in advance.

Holiday Party with the Sensations

Tuesday, December 18 at 1:00 pm

See Page 1 for details.

Current Events

Wednesday, December 19

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.

Scrapbook Travels

Thursday, December 20

1:00 pm

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

Holiday Spirit with the Lyric

Friday, December 21 at 12:30 pm

See Page 1 for details.

Center Closed - Christmas

Tuesday, December 25

Meet Up: Liberator's

Thursday, December 27

4:00 pm - 6:00 pm

Meet up for happy hour at Liberator's at the Honeygo Shopping Center. Hangout with your friends from Seven Oaks and enjoy happy hour specials on drinks. Sign up in advance.

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.

Identity Theft Program

Monday, January 7

1:00 pm

Debby Chenoweth, from the Baltimore County Police Department returns to discuss identity theft and scams. Sign up in advance.

Singles Dance

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

Bruce Thomas returns for a fun afternoon of music and dancing. Chips, pretzels and sodas will be served. This event is free.

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 (1.5 gallon). 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.

**SOUPER
BOWL
SOUP COOK-OFF**

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

Consider Helping Those in Need This Holiday Season

FOOD DRIVE - This holiday season Seven Oaks would like to help the less fortunate seniors in our community have a bountiful Christmas dinner. We will be collecting non-perishable food items such as stuffing, instant potatoes, canned veggies, canned fruit (no added sugar), cranberry sauce, crackers, rice, pasta, sauce, juice, canned potatoes, soups, tuna, baked beans, etc. Our outreach specialist Jessica will help coordinate the delivery of the donations to clients in need. \$5 or \$10 gift cards to local grocery stores are also appreciated. Gift cards should be hand deliver to staff and reusable bags are also appreciated.



CLOTHING & COAT DRIVE CONTINUES - We are still collecting new and gently used winter clothing and coats at Seven Oaks through the first week in December. We will be collecting coats of all sizes and winter clothing for women, children and toddlers. Clothing and coats should be clean and in good condition. Place them in the bin in the lobby. They will be donated to the Perry Hall United Methodist Church for them to distribute to those in need in December.



SCARF, HAT & MITTEN TREE - The cold weather is here and many adults and children in our community are in need of scarves, hats, mittens, gloves and white socks. Please consider donating to our tree during the holiday season. All items are donated to Eastern Family Resource Center and distributed to those in need.



TOILETRIES, TOWELS & WASH CLOTHS & TWIN SIZE BLANKETS

In addition to collecting scarves, hats and mittens the center is collecting toiletries, towels, wash cloths and twin size blankets for the Eastern Family Resource Center.

Thank you in advance for your generosity during the holiday season!

Strength after 60 –New Offsite Fitness Class!

Strength After Sixty (SAS) is a senior fitness program that 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 (BKC). The class will be held at the BKC located at 8019 Belair Rd #12 (by Skateland). **A free demo class will be offered on Wed. Dec. 12 at 9:30 (register in advance). The class will be offered at 9:30 am on Wednesdays starting Jan. 9. Cost is \$45 for 8 weeks. Sign up at Seven Oaks.**

10 Minute Seated Massages Returns

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 no show or cancel the day of your appointment. Walk-ins welcome if there is space.



New Scrapbooking Group

This new group meets on
Tuesdays from 11:30 am to 1:30 pm.



Stop in with your supplies and scrapbook and join the group in scrapbooking and conversation.

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, Dec. 10 @ 1:00 pm

Membership Meeting:

Monday, December 17
@ 12:30 pm

Come early for lunch!
Tomato Soup & Grilled
Cheese for \$4 in advance.

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

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

Seven Oaks Mission

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

BCDA Mission

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

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

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

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

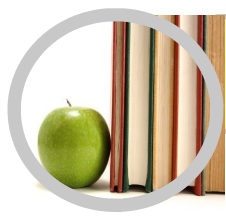
Center Membership and Registration

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



**Winter Class Registration starts Tuesday, December 4.
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	
9:50 am	10:50 am	Int Line Dance	Joanne Allewa, 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	Acrylic 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 am	Drawing Class	Alina Kurbiel	Class 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	
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, December 3 & 10. Sign up for an appointment with David Yoon.

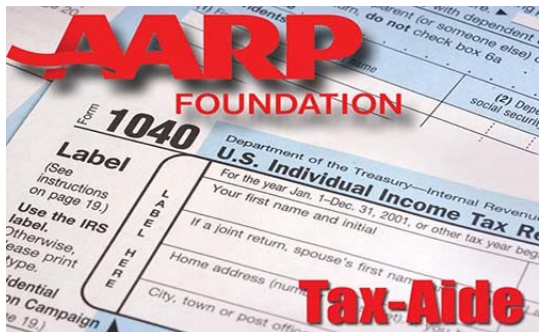
Blood Pressure - Fri, December 14 at 9:15 am Karen Kansler, RN takes your blood pressure.

Card Making Workshop - Friday, December 14 from 10:30 am-12:30 pm Students will make 3 cards to take home. Samples are available at the front desk. Cost is \$12 in advance.

Computer Troubleshooting - Monday, December 17 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 - is on break in December and will resume January 8.

Perry Hall Library AARP Tax-Aide Sign Ups Starts in January



The AARP Tax-Aide Program is the nation's largest, volunteer-run tax preparation program to assist eligible taxpayers in electronically filing their taxes by providing **free** tax return preparation. The service is aimed at low to moderate income taxpayers with special attention to those 50+.

The Perry Hall Library will once again be hosting Tax-Aide on Mondays beginning in February 2019. Appointments will be available on a first come-first serve basis and can be made beginning January 2, 2019. Tax Aide service at the Perry Hall

Library is scheduled for Mondays from 9:30am to 2:30pm from February 4, 2019 through April 15, 2019. To reserve an appointment, contact the Perry Hall Library at [410-887-5195](tel:410-887-5195).

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, December 12 & 26 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 December 4, 7, 14, 21.** 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.**

Bring Your Stamped Cards to Us!



This year the Department of Aging celebrated 40 years! At Seven Oaks we stamped cards for each time you attended a class/ program that had a 40 symbol (pictured to the left) next to it. If you filled a card by attending one of our programs that that helps “PLAN” for the next chapter in life see staff for a free BCDA gift and to have your name entered in a gift card drawing. We will pull a name at Friday Café on December 14.



Winter Class Registration begins Tuesday, December 4

On the first day of registration beginning at 8:30 am we will sign up those registering for Core N’ More, Enhanced Fitness, and Strength Training. If the weather is bad Marilyn has offered to come early and hand out numbers so you don’t have to wait in line in the cold. You can get your number and go back and wait in your car until we open the doors at 8:15am. After you sign in at the front desk, proceed to the MPR. Marilyn will call you in numerical order and then you should get in line for the class of your choice. If you have 2nd class you want get in line after getting your first envelope. Fill out the envelope and include your payment in it. Please don’t seal your envelope. Place your envelope with payment in the basket. 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 please get another number in the MPR, and then you will sign up with one of the registration volunteers. *Members registering for any other classes please come after 10 am to sign up. The rest of our classes do not fill on the first day of registration so no need to come early and stand in line.* You can only get one envelope at a time in order to give everyone a chance to get into a class. 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 class only. 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. **Most winter classes begin the week of January 7.**

Mark Your Calendar!

- ◆ Doug Burgess, Attorney - Transition Speaker Series - Friday, January 4
- ◆ Identity Theft - Monday, January 7
- ◆ Medical Cannabis Lunch and Learn with Charm City Medicus - Tuesday, January 15
- ◆ TED Talk - Thursday, January 17
- ◆ Brightview is Sponsoring Café - Friday, January 18
- ◆ Current Events - Wednesday, January 23
- ◆ New Member Orientation - Thursday, January 24
- ◆ Singles Dance - Friday, January 25
- ◆ Monthly Perry Hall Library Series - Tuesday, January 29
- ◆ Weight Management for Senior - Wednesday, January 30
- ◆ Brain Fitness with Robin Zahor, RN - Wednesday, January 30
- ◆ Soup-er Bowl Party - Friday, February 1
- ◆ Valentine, Fruit of the Vine, Have a Great Time, Valentine’s Dance Sponsored by Brightview - Friday, February 15
- ◆ I Will Lift Mine Eyes, the Modell Lyric - Tuesday, February 19
- ◆ St. Patrick’s Day Dance - Friday, March 15





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 Dinner Theater in Lancaster, PA. Wed, March 20. \$80.
- ♦ **National Building Museum** in DC. Wed, April 17. Explore architecture in America. Lunch on your own. \$45.
- ♦ **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.
- ♦ **NY 1000 Islands and Ottawa, Canada Trip.** July 15 - July 19. \$650/double; \$889/single.
- ♦ **Fisherman's Crab Deck** Bountiful all you can eat crab feast and shopping at the Queenstown Prieum Outlets. Tuesday, Aug. 20. \$85.
- ♦ **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.
- ♦ **Four By Four at Dover Downs** 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 Theater & 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.**