



The Acorn

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

Veteran's Day Events

Veteran's Day Breakfast *open to all - Wednesday, November 6 anytime from 8:30 - 9:30 am.**

Breakfast is being prepared and served by Ed Konig, Council Vice President and his team of volunteers.

He will be making creamed chipped beef. Come anytime during the hour. Pay in advance at the front desk. **This breakfast is just \$2 for non vets and free for veterans. It is open to all members.**

TED Talk - Wednesday, November 6 at 9:30 am (following the breakfast)

Join Jim Lightner for this TED talk and a lively discussion afterwards. *We Train Soldiers for War. Let's Train Them to Come Home Too* - Before soldiers are sent into combat, they're trained on how to function in an immensely dangerous environment. But they also need training on how to return from the battlefield to civilian life, says psychologist Hector Garcia. Applying the same principles used to prepare soldiers for war, Garcia is helping veterans suffering from PTSD get their lives back.

Veteran's Day Luncheon - Tuesday, November 12 at 12:45 pm. Join us for lunch with music by Bruce Thomas honoring our Veterans. On the menu: hero sandwiches, Yankee Doodle soup and dessert from Canella's. **\$6 advance tickets required.** This event is free for Veterans but they still need to sign up at the desk and let us know what branch of service. Sponsored by The Cottages of Perry Hall.



Chili Cook Off - Friday, November 15

Join us **Friday, November 15 at 12:45 pm** for our 1st Chili Cook Off!

Similar to our Soup-er Bowl Party, members will cook chili at the center and compete against one another to see who makes the best chili! There will be a 1st, 2nd and 3rd place prize. We are asking for each contestant to make 2 gallons of chili. Staff will supply you with 3 pounds of cooked ground beef to use in your recipe. You will be responsible for the other ingredients. There will be a sign up in the free binder to enter the contest and to sign up for your kitchen time. To attend this event buy your \$5 ticket at the front desk in advance. In addition to tasting 8 different chili recipes there will also be bread, beer, wine, sodas and desserts served. Avon will be doing a fundraiser all day Friday, November 15. It's a great time to do some holiday shopping and support the center.

AVON
FUNDRAISER

2020 Travel Fair - Friday, November 22 at 1:30 pm

Enjoy wine, refreshments & door prizes while we reveal our 2020 trips! Each trip coordinator will present the details of their trips and answer your questions. Sign up on 11/22 for any trip and you'll be entered in a drawing for a \$50 credit on a future trip or receive a refund of \$50. Bring your yellow membership card or if you haven't re-registered come early that day to do so. There's no school that day so they'll be extra parking at the school.

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!





November Special Events



Doug Burgess Transition Speakers Series

Friday, November 1 10:15 am

Learn how to gift money/assets outside of probate.

Annual Halloween Party

Friday, November 1 1:00 pm - 3:00 pm

Jack of All Trades will entertain us with music, games and prizes! Wear your costume and participate in the costume contest. **Pay just \$2 in advance at the front desk.** There will be snacks and drinks as well as music and fun! This event is being sponsored by The Cottages of Perry Hall.



How to Make Payments Online

Monday, November 4 2:00 pm

Learn how to use online payment systems such as Paypal, VENMO, and ZELLE. You can request money, receive money, send invoices and use many of these services at no cost. Bring your device if you want help creating an account at the end of the class. Center Director Kathleen Young will teach this class.

Breakfast served between 8:30 and 9:30

TED Talk starts at 9:30 am

Wednesday, November 6

See Page 1 for details

Great Physio Balls of Fire Demo

Wednesday, November 6 2:30 - 3:30 pm

Drumming accelerates physical healing and boosts your immune system. It reduces tension, anxiety and stress. Stop in and try this fun, feel good, therapeutic music experience that incorporates music, exercise balls, drum sticks and movement. Although this is similar to drums alive this is not an exercise program. This is a free program and it will be offered once a month if there's interest. Limited to 20 students. All supplies provided.

Feldenkrais Method

Thursday, November 7, 14 and 21 12:50 pm

The **Feldenkrais Method**® teaches people to learn how to move the body out of pain, improve balance, posture and increase flexibility. It uses movement and real-time awareness of your own body sensations. Must be able to get up and down from the floor (can use a chair for help). Cost is \$5 for the 3 week session. Sign up ahead.

Center Closed for Veterans Day - Nov. 11

Veteran's Day Luncheon

Tuesday, November 12 at 12:45 pm

See page 1 for details

Know the Signs: Early Detection Matters

Thursday, November 14 10:30 am

November is Alzheimer's Awareness month. This program is designed to provide info about Alzheimer's disease and the associated dementias. There are video testimonies from families living with the disease. The Alzheimer Association explains why they encourages early detection, early diagnosis and early intervention. Learn the difference between age-related memory loss and dementia. Resources for further information and assistance will be provided.

Medicare Open Enrollment

Friday, November 15 8:30 am to 2:00pm

This is the time to search for your best and least expensive Prescription Drug Plan for 2020. Baltimore County (SHIP) State Health Insurance Program has trained counselors to assist you with evaluating your Part D plan choices for 2020. **You must call SHIP Office to schedule an appointment 410-887-2059!**

Chili Cook Off - Friday, November 15

Friday, November 15 at 12:45 pm

See page 1 for details

Memory Screening

Tuesday, November 19 9:00 am - 11:00 am

November is National Memory Month. Schedule your 10 minute memory screening if you're concerned about memory loss, are experiencing warning signs of dementia or if you believe you are at risk due to a family history of Alzheimer's disease or related illness. Screenings are also appropriate for anyone who does not have a concern right now but wants to have a baseline for future comparisons. These questions might help you decide if you should be screened. If you answer yes to any of them, you might benefit from a memory screening. Am I becoming more forgetful? Do I have trouble performing familiar tasks? Do I have trouble recalling words or names in conversation? Do I sometimes forget where I am going? Am I misplacing things more often? Have my family or friends noticed changes in my mood, behavior, personality or desire to do things?

Please sign up, in advance, for programs, in the free binder to provide us a headcount.

Enjoy the Holidays without Guilt

Wednesday, November 20 10:30 am

It's not uncommon to overindulge during the holiday season sometimes resulting in feelings of guilt. Develop a plan to keep your holidays happy and guilt free. This is during the TOPS group but all members are welcome.

New Member Orientation

Thursday, November 21 2:00 pm

New members are invited to learn more about the center and the programs and services offered onsite and throughout the Dept of Aging.

Meet Up: Sizzle

Thursday, November 21 4:00 - 6:00 pm

Meet up for happy hour at Sizzle - 11445 Pulaski Hwy. Hangout with your friends and enjoy happy hour specials.

Fresh Conversations: Sinfully Sweet

Friday, November 22 10:00 - 12:00 pm

Do you know the difference between natural sugar and added sugar? Did you know that recent research found that added sugars contribute to heart disease, fatty liver and diabetes? Come learn all about sugars and take home an informative newsletter.

Travel Fair

Friday, November 22 at 1:30 pm

See page 1 for details

Adventure Club: Snowman Wood Painting

Saturday, November 23 10:00 am - 1:00 pm

Paint your own Wood Snowman with other members at Perry Hall Crafts and Collectibles at Eastpoint Mall. This is located in the mall on the Eastern Ave. side, entrance #5 between Gabe's and Porter Dental. \$25 in advance at the front desk at Seven Oaks. All materials and light refreshments included.



SPCA: If Your Pet Outlives You

Monday, November 25 1:00 pm

This training will lead you through a series of questions to consider, for example: Who might serve as a temporary emergency caregiver? Do they have access to my home, feeding and care instructions, and contact info for my vet? Who might serve as a permanent caregiver or what other resources are available? It will explore ways to formalize plans using tools such as wills or trusts. They are not offering legal advice but will encourage you to consult with your own lawyers. Printed materials will include a list of resources for those without legal representation.

Perry Hall Library Series

Tuesday, November 26 10:00 am

Join library staff at Seven Oaks for a book discussion. *What the Eyes Don't See: A Story of Crisis, Resistance, and Hope in an American City* by Mona Hanna-Attisha. Currently this is a popular title because it is the One Maryland One Book this year. One Maryland One Book is an annual event where people all across the state read and discuss a particular title. Pick up the book asap and read it before the discussion.

Movie: A Dog's Purpose

Tuesday, November 26 12:45 pm

A devoted dog discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan. As the boy grows older and comes to a crossroad, the dog once again comes back into his life to remind him of his true self. Rated PG. 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 11/22. ****Movie is on Tuesday this month****



Center Closed for Thanksgiving

Thursday, November 28

Letters to the Queen - Rescheduled

Friday, November 29 1:00 - 3:00 pm

Gail Fiedler will share her royal mail with us. She has been pen-pals with Queen Elizabeth since 2011. Bring your favorite hat and tea cup and enjoy a unique look into the Royal family.

TALMAR - DIY Door Swag

Monday, December 2 1:00 pm

Make a holiday door swag for \$10 in advance. Sign up and pay by 11/27.



Hope for the Holidays After Grieving

Tuesday, December 3 10:00 am

Join Gilchrist for their last part to this series on grief. All are welcome, it's not necessary to have come to the other programs.

Fresh Conversations

Thursday, December 5 12:30 - 2:30 pm

This is the last program in this series. Come and learn about Heart Health Fat Facts. Have you ever wondered why some fats are good and some fats are bad? Discuss the effects fats have on your heart and health. Receive a newsletter with the latest scientific info plus recipes and games.

Volunteer Luncheon - Thursday, November 7 at 12:30 pm

Each fall we celebrate our dedicated volunteers who give over 50 hours of their time throughout the year to the center. Seven Oaks would not be what it is without their hard work and dedication. This year the Luncheon will be held at Pappas on Oakleigh Rd. Crab cakes are on the menu! A list of those volunteers who are invited will be in a folder at the front desk. Check off your name to let us know if you can make it. Thank you for sharing your time with us!



Dealing with Dementia Workshop - Saturday, December 7

Are you a family caregiver? Do you need help understanding dementia, managing problem behaviors, handling stress and finding time for you? This workshop sponsored by the Rosalynn Carter Institute for Caregiving and the Baltimore County Department of Aging will help empower you to effectively use the Dealing with Dementia Guidebook, discover answers when you need them, using the Guide, increasing self care and be bolder in your caregiving. The workshop is Saturday, December 7 from 9 - 1 pm. The workshop and 300+ page Guidebook are free. Light refreshments will be served. Pre-registration is required by calling 410-887-4724 or emailing caregivers@baltimorecountymd.gov. Limited to 20 participants.

Trim the Tree & the Center

Join us on **Monday, December 9 at 1 pm** and help Nancy and her elves decorate the tree and the center for the holidays. Wear your favorite holiday sweater and participate in a sweater contest! Drinks and snacks will be served.



Tree Trimming

Day of Chance - Friday, December 13

Join us on **Friday, December 13 anytime between 12 - 3 pm** for a Day of Chance. Bring some cash to try your luck and come and go as you please. Peggy and Connie are putting together an afternoon of fun and it's sure to be a hit! There will be lay downs, a money wheel, a wine/sangria wheel, silent auction, Chinese auction, bingo and big bubba instant pull-offs, as well as personalized ornaments for purchase. There will be limited seating. This event will be more of a day of games, fun and mingling as opposed to a sit down lunch. Lite fare/ Hors d'oeuvre will served. There will be a bloody Mary bar, sangria, wine and sodas. You can play games, walk around and mingle, dance, if you'd like and have something to eat and drink. Joey C will play 50s and 60s music. The cost will be \$5 in advance but bring plenty of singles with you! **Tickets go on sale in November 4** and will be sold up until the day before or until it sells out.



Holiday Party - Tuesday, December 17

Join us on **Tuesday, December 17 at 12:45 pm** for our annual holiday party. Anne will be chairing the event again this year and it will be held here at the center! We will serve sandwiches, sides, beer, wine, sodas and desserts. The Reputations will return for our an afternoon of music and dancing. **Tickets go on sale Monday, November 18. The cost is \$12.** This is sure to be a fun afternoon.



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, November 18 at 1:00 pm

Membership Meeting:

Monday, December 23 at 12:30 pm

Buy your lunch ticket in advance.
Lunch is served at noon.

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 is Tuesday, November 19.
Most classes will start the week of January 13.



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
Monday					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:45 am	9:45 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:30 am	11:30 am	Craft Projects	Ward & Hepding, Vol.	Craft Room	
10:00 am	12:45 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 Pk	
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 Indep Proj.	Karen Ruberry, CCBC	Craft Room	\$
2:15 pm	3:15 pm	Zumba Gold	Loretta Witomski, IC	MPR-extension	\$
Tuesday					
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	3:30 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
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	\$
1:30 pm	3:30 pm	Independent Art Studio	None	Craft Room	
Wednesday					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:45 am	9:45 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:30 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	\$
11:00 am	1:00 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
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	
1:30 pm	3:30 pm	Watercolor Techniques	Dot Bishop	Craft Room	\$

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

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
Thursday					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR extension	\$
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo, Vol	MPR	
9:30 am	12:00 pm	Bridge	Volunteers	Class Room	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol.	Craft Room	
10:00 am	3:30 pm	Pickle Ball	Volunteers	Honeygo Reg Pk	
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	\$
12:10 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	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	
9:30 am	10:30 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		Game Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR	
1:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Reg. Park	
1:00 pm	3:30 pm	Stained Glass	Richard Souders, Vol.	Craft Room	
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, November 4 & 25. Sign up for an appt with David Yoon.

BINGO - Tuesday, November 5 & 19 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, November 8 at 9:15 am Karen Kansler, RN takes your blood pressure.

Card Making Workshop - Friday, November 8 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, November 13 at 11:45 am & Wednesday, November 27 at 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.

Seated Massages with Doug - Thursday, November 14 & Tuesday, November 26- 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.

Computer Troubleshooting - Monday, November 18 at 10:00 am Let Alvin Miller help you with your device. Bring your device & passwords. Sign up in advance.

Holiday Drive - Please Consider Helping Those in Need

This year we will continue to support our local food pantry and seniors in our community by collecting gently used or new clothing and coats, as well as, non-perishable food items.

We will also have a Giving Tree. Our local elementary schools are going to identify families who can't afford to provide gifts for their children at the holidays. We will set up a Giving Tree in our lobby in late November! You can



HOLIDAY GIFT DRIVE



take a gift tag with the child's info (age, gift ideas, clothing size, etc), purchase the gifts, wrap them and return them here with the gift tag identifier attached. Then the gifts will be given to families in need to make their holidays a little brighter. Thank you for your generosity!

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, November 13 & 27 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 Nov. 5, 19, 26.** 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 \$4.57 cost of each meal (super special meals \$6.07). 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.**



Remind Alerts - Inclement Weather Updates

As a reminder with the winter months upon us, Seven Oaks Senior Center DOES NOT follow Baltimore County Public Schools. If the Center is closed or opening late the Department of Aging and/or Baltimore County Government will be listed separately. Media announcements will only be made on WBAL Radio, 1090 AM, WBAL-TV 11 and WJZ-TV 13. You can also check the County website, www.baltimorecountymd.gov.

At Seven Oaks we have a system called REMIND, which can give you email or text alerts when there is a closing, delay or other center updates. If you haven't signed up but would like to receive our alerts there is a clipboard at the front desk.

Write down your name and cell phone number for text alerts OR email address if you wish to receive email alerts (please write clearly!)



No Kidding Club - Check the Binder for Dates!

Recently a group of Seven Oaks members who do not have children or grandchildren started a No KIDDing Club. Their monthly gatherings will be listed in the free binder if you'd like to sign up to participate. We will try to list them in the newsletter if they're planned far enough in advance but you can always check the free binder for what they have planned that month. Sign up with your name and email address and we'll be sure to let them know you're coming.

Winter Class Registration - Tuesday, November 19

Winter Class registration begins on Tuesday, November 19 and most classes will start the week of January 13. Please remember when registering for a class you must be a current member of Seven Oaks. This means you should have a yellow membership card. If you still have the purple card your membership has expired. We re-register every October for the center. Stop in before class registration and re-register as a member of Seven Oaks. Pick up your registration gift, while supplies last. Also you don't need to come early for class registration unless you're registering for Strength Training or Enhanced Fitness. Please don't come earlier than 7:30am because you'll be waiting to get inside until 8:15 am.

Mark Your Calendar

- ◆ DIY Holiday Door Swags - Monday, December 2
- ◆ Gilchrist presents Hope for the Holidays After Grieving - Tuesday, December 3
- ◆ There's only one BINGO this month - Tuesday, December 3
- ◆ Center Closed - Friday, December 6
- ◆ TED Talk - Tuesday, December 10
- ◆ Card Making - Friday, December 13
- ◆ Holiday Party with The Reputations- Tuesday, December 17
- ◆ Mandy from Giant presents Love Your Guts - Wednesday, December 18
- ◆ Seven Oaks Elementary school preforms their Holiday Concert and we'll serve Egg Nog and warm cookies - Thursday, December 19
- ◆ The Oakettes Holiday Concert - Friday, December 20
- ◆ Center Closed - Wednesday, December 25 and Wednesday, January 1
- ◆ Charles Sullivan presents Dr. Martin Luther King Jr. - Friday, January 17
- ◆ The Do's and Don'ts of Recycling - Tuesday, January 28
- ◆ Soup-er Bowl Party - Friday, January 31





Travel Opportunities

Come along for the ride!

Travel Cell Phone: 443-608-0613

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



- ◆ **Bi-Monthly Delaware Park Trips** – 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.
- ◆ **American Music Theatre & Shady Maples Smorgasbord** Fri, Dec. 6. \$90. *Waitlist*

Travel Fair - November 22 at 1:30

Preston's Poem for Veterans Day - Another Time

As I sit here and reminisce of the time gone astray, And think of the army friends I left along the way
 I long for the men who shared my fears, But with all of my wishing I can only shed tears
 Many of us went into service soft and weak, But the cadre was able to change that in weeks
 Now we are transformed into fighting machines, We are eager and think we are tough and mean
 We trained during the day and drank at night, Many times we'd end up in a fight
 But we were not enemies for very long, More often than not we'd end up signing songs
 The time would come when we'd be shipped overseas, It was then that we'd learn to deal with the heaves
 But in spite of our sickness we'd still have to fight, It didn't matter in war how sick you were last night
 Our last moments on board ship made us wonder, If we'd be better here or on the land yonder
 As we all knew it wasn't a choice we'd make, We just had to do it for our country's sake
 Digging into the sand we tried to hide from the enemy, For bullets and shells
 the Japanese were sending many
 It was then I looked across the mounds of sand, I spotted Charles kneeling with a rosary in hand
 With shells falling around him and men in disarray, The only avenue left open to us was to pray
 I thought of my childhood and the things I was taught,
 And struggled with my fears and became quite distraught
 It seems some men in combat find ways to deal with stress, like so many
 I found ways to put mine to rest
 Be sure each battle left its scars on our minds, And they can never be wiped out with the passing of time
 War exposes man to the cruel and sometime ugly side of life,
 And there were those that could not deal with the strife
 Most of us found ways to put aside the terrible scenes, and for others it was
 a returning nightmarish dream.
 So never forget those who gave up their life in this hell, Nor should we forget
 those who were maimed as well
 And for all those who sacrificed their youth for this nation
 May God see fit to give them a place of a higher station.

Preston Wollett, Seven Oaks Member



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