



The Acorn

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



Rosie the Riveter and Veteran's Day Lunch

Friday, November 9 at 12:45 pm

In Word War II, women joined the U.S. workforce by the millions to replace men who had gone off to fight. Award-winning actress and Smithsonian Scholar Mary Ann Jung presents the delightful story of Rosie the Riveter through the eyes of Rose Leigh Monroe who worked at the largest aircraft factory in the world —Willow Run in Michigan. Discover which came first-the Rosie posters, song, or real women who worked in factories to help America win the war. Who was the real Rosie? The answer is riveting! Advance tickets are \$10 and Veterans are FREE! Lunch is from Mission BBQ and will be served at noon. On the Menu: pulled pork sandwich, baked cheesy potatoes, green beans with bacon & onion, apple pie & drinks. Open to Seven Oaks members only.

Veteran's Day Breakfast

Wednesday, November 14 from 8:30 - 10 am

Stop by anytime between 8:30 am - 10:00 am and enjoy a delicious chipped beef breakfast prepared by members, Ed Konig and Wayne Knowles. Buy your \$2 ticket at the front desk.

Veteran's are free but please still sign up.

Bingo Extravaganza

Tuesday, November 27 from 10 - 3 pm



EXTRAVAGANZA

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 10am 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 Liberatore's, salad, bread/butter, cake and drinks. Open to the Community ages 18+.

2019 Travel Fair

Friday, Nov. 30 at 1 pm

Enjoy wine, refreshments & door prizes while we reveal our 2019 trips! Each of the trip coordinators will present details of their trips and they will answer your questions. Sign up on 11/30 for any 2019 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 pink membership card or if you haven't re-registered come early to do so.

There's no school that day so there's parking at the school.

Special thank you to our sponsor Genesis SelectCare for donating the refreshments & door prizes!

Seven Oaks Senior Center

9210 Seven Courts Drive

Baltimore, MD 21236

Phone: 410-887-5192

Fax: 410-887-5140

Travel Office: 443-608-0613

www.baltimorecountymd.gov/aging

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 Transitions Speaker Series

Friday, November 2 10:15 am

 As part of the Transition series, Outreach Officer, Jason Goorevitz from Precinct 8/Parkville will discuss crime prevention for seniors including facts and myths about crime, when to call 911 and what to expect, residential and personal safety, auto theft and cons and scams. Sign up in advance.

Oakettes Veteran's Program

Friday, November 2 at 12 pm


Come listen to tunes by the Center's Vocal group at 12:30 pm. An Eating Together Lunch will be served at noon. Sign up for lunch by 10 am on 10/31, on the clipboard. On the menu: Orange Juice, Pulled Pork BBQ, Midwest Baked Beans, Cole Slaw, WG Sandwich Bun, Pineapple Tidbits & 1% Milk

Center Closed Election Day

Tuesday, November 6


Brain Games with ALEXA

Thursday, November 8 11:00 am

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

TED Talk: Battling Bad Science

Thursday, November 8 1:30 pm

 Every day there are news reports of new health advice, but how can you know if they're right? Doctor and epidemiologist Ben Goldacre shows us, at high speed, the ways evidence can be distorted, from the blindingly obvious nutrition claims to the very subtle tricks of the pharmaceutical industry. Join Jim Lightner as he facilitates a lively talk after the video. Sign up in advance.

Open Enrollment Help with SHIP

Friday, November 9 & Tuesday, November 20
8:30 - 2 pm by appt only. Call the SHIP office to make your appointment at 410-887-2059.


Veteran's Day Lunch and Show

Friday, November 9 at 12:45 pm

See page 1 for details.

Adventure Club: Candy Making and Lunch

Saturday, November 10 11:00 am

 The class is at the Cake Cottage & Wedding Cottage in the Belair Beltway Shopping Center at 11am. Cost is \$20 and you pay in advance at the front desk. Lunch afterwards at Carrabba's, pay on your own.

Center Closed Veteran's Day

Monday, November 12

Let's Get Full on Fiber

Tuesday, November 13 11:00 am

Join Ann from Nutrition to learn what fiber can do for you, where you can find it and how it works. Sign up in advance.


Veteran's Day Chipped Beef Breakfast

Wednesday, November 14 from 8:30 - 10 am

See page 1 for details.


Tackling the Clutter Monster

Thursday, November 15 1:00 pm

 Join Debby Dempsey, owner of Elder Partner Solutions to learn ways to help yourself or your loved one downsize. Sign up in advance.


Meet Up: Looney's

Thursday, November 15 4:00 pm - 6:00 pm

 Meet up for happy hour at the new Looney's on Belair Rd. Hangout with your friends from Seven Oaks and enjoy happy hour specials.

Essential Oils 101 & Non-toxic Living

Friday, November 16 10:15 am

 Learn all about essential oils and nontoxic living. This program focuses on what essential oils are, how to use them, safety concerns, and also ways to ditch and switch toxic household items for more natural alternatives. Sign up in advance.



Friday Café 9:15 - 10:15 am

Join Us every Friday for coffee, baked goods and mingling with new & current members.

Wear a name tags and get to know one another.



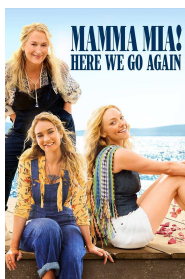
We are thankful for our members, volunteers and Veterans this Thanksgiving season!

Movie: Momma Mia Here We Go Again

Friday, November 16

12:45 pm

 Five years after the events of Mamma Mia, Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past. An Eating Together lunch will be served at Noon for \$2.50 donation. On the menu Hot Ham & Swiss Sand, Sliced Ham, Swiss Cheese, Greek Style Salad, Feta Cheese Garnish, Steamed Carrots w/Dill, WG Rye Bread, Diced Peaches, Fat Free Chocolate Milk. Sign up for lunch by 11/14.




Holiday Party tickets on sale Monday, November 19

Perry Hall Library - Brain Games

Tuesday, November 20


10:00 am

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

Thanksgiving Eating Together

Tuesday, November 20

12:00 pm

 Join members for a holiday lunch. On the menu: Fruit Cocktail, Roast Sliced Turkey Breast w/Gravy, Bread Stuffing, Green Beans, Cranberry Sauce, Pie w/Whipped Topping & 1% Milk. Sign up by 11/13.

Center Closed for

Thanksgiving


Thursday, November 22



Thanksgiving Soap Carving with Ed

Friday, November 23


9:00 am

 Bring your grandchildren and join Ed, our woodcarving instructor for a fun morning of soap carving. Sign up in advance.

Walking with the Perry Hall Library

Saturday, November 24

9:00 - 10:00 am

 Join the Perry Hall Library's monthly walking club. They meet at HoneyGo Run Regional Park at the picnic pavilion closest to the parking lot. Wear comfortable shoes and bring water.

Bingo Extravaganza


Tuesday, November 27 at 10 am

See page 1 for details.

The Dash Diet

Wednesday, November 28


10:30 am

 Join our TOPS group for this lecture on the Dash diet from our Nutrition Made Clear DVD series. Sign up in advance.

Current Events

Wednesday, November 28


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 Travel: Parade of Nations

Thursday, November 29

11:00 am

 Join member, Rosemary Ward as she flips through her scrapbook and shows pictures from her trip with Seven Oaks to Virginia for the Parade of Nations and Virginia International Tattoo. Sign up in advance.

New Member Orientation

Thursday, November 29

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.

Travel Fair

Friday, November 30 at 1 pm

See page 1 for details.

What Would you Do?

CRASE Training

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 that will be held at Seven Oaks Senior Center.

Please sign up in advance at the front desk.

Tuesday, December 11

12:30-2:30 pm



Maryland Senior Call Check Pilot Program

Live in Your Home with Peace of Mind

The Maryland Senior Call Check Pilot Program adds an additional layer of security so you can live well and age well in your home or community. This free service is open to any Maryland resident 65 years of age or older. The service will place an automated daily call check to ensure older Marylanders are safe. If the call is not picked up after 3 attempts, the service will call a family member, friend, or neighbor to check on you.

To sign up or learn more information:

Call 1-800-243-3425 or go to www.aging.maryland.gov

FREE SERVICE!



Never pay a penny for this service!

MARYLAND RESIDENTS

65+

Open to ANY Maryland resident aged 65+

YOU PICK THE TIME



Choose between morning or afternoon call checks.

ADDITIONAL SECURITY



Your alternate person is a call away.



Social Poker

The men currently playing have a full table but there's a few members that are interested in starting a 2nd table. Men and women welcome.

**Tuesdays & Thursdays
from 12 - 3:00 pm.**

Sign your name and number on the Interest sheet in the free book so we can start another table.



Hand & Foot Canasta Is Looking for New Players

They meet on **Wednesdays from 12 - 3 pm** and they're looking for new players to join their group. They will teach and also welcome experienced players. Stop by and meet the group and join in on the fun!



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.



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, November 19 at
12:45pm

Membership Meeting:

Monday, December 17
at 12:30 pm

Come early for lunch at noon for
\$5. Buy your ticket 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 first week in January.**

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	Sewing	Barbara McCrea	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 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	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 Harold, 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, November 5 & 22. Sign up for an appointment with David Yoon.

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

Card Making Workshop - Friday, November 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.

BINGO - Tuesday, November 13 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.

Computer Troubleshooting - Monday, November 19 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.

Donate Your New & Gently Used Clothing & Non-Perishables

We are collecting new and gently used winter clothing and coats at Seven Oaks through the month of November and into the first week in December. We will be collecting coats of all sizes and winter clothing for women, children and toddlers. **No men's clothing please!!** 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 November and December. Thank you for your support!



Please consider donating some non-perishable food items to help those in our community that may not have enough to eat this winter season. We will have a bin in the lobby to make your donations. Please check the expiration dates. There will be a list of suggested items on the donation box. Thank you in advance for helping those who are struggling!

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, November 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 day. **This month lunch is offered on November 2, 13, 16 & 20.** 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.**

Get in the Holiday Spirit!

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 at Seven Oaks while signing along to holiday tunes!



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 1:30 - 3:30

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 signing and members will dance the afternoon away! If you'd like to participate in a white elephant exchange bring a small wrapped gift.

Tickets go on sale Monday, November 19.



Holiday Spirit with the Lyric

Friday, December 21 at 12:30

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.



Mark Your Calendar So You Don't Miss Out

- ♦ Doug Burgess Transition Speaker Series - Friday, December 7
- ♦ Active Shooter Presentation - Tuesday, December 11
- ♦ Giant Presents Healthy Holiday eating - Wednesday, December 12
- ♦ MD Relay Presentation - Thursday, December 13
- ♦ TED Talk: The Science of Vacation - Thursday, December 13
- ♦ Membership Meeting - Monday, December 17
- ♦ Holiday Brain Games with the PH Library - Tuesday, December 18
- ♦ Holiday Party with the Sensations - Tuesday, December 18
- ♦ Current Events - Wednesday, December 19
- ♦ Center is closed - Tuesday, December 25 & Tuesday, January 1
- ♦ Doug Burgess Transition Speaker Series - Friday, January 4
- ♦ ID Theft - Monday, January 7





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!



2018 Day & Overnight Trips

- ♦ **Bi-Monthly Delaware Park Trips** – November 7. \$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 at the front desk with your DOB and player card number. We will resume trips in March to Delaware Park.
- ♦ **American Treasures Museum** - Wed, November 14. Cost \$75. This all-indoor massive collection of Americana is located in Oak, PA. Includes lunch and museum tour.
- ♦ **The First Noel, American Music Theater** - Sat, Dec. 1. Cost \$90. Trip includes the show, lunch at Shady Maples and transportation. *Wait List*

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 with Us

2019 Travel Fair Friday, Nov. 30 at 1 pm

Enjoy wine, refreshments & door prizes while we reveal our 2019 trips!
Learn more about the trips scheduled for 2019 through Seven Oaks Travel Office.

Each of the trip coordinators will present details of their trips and they will answer your questions. Sign up on 11/30 for any 2019 trip and you'll be entered in a drawing for a \$50 credit on a future trip or receive a refund of \$50.

You Could Win \$50! Special thank you to our sponsor Genesis SelectCare for donating the refreshments and door prizes!

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.