



The Acorn

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

St. Patrick's Day Party

Join us to celebrate St. Patrick's Day on **Tuesday, March 17 at 12:45 pm**. The Reputations will entertain us! The menu includes corned beef and cabbage, champs, carrots, Irish soda bread, beer, wine and soda. Entertainment by the Reputations. Tickets are \$15 in advance. Sold Out!!

Maryland Day



On **Wednesday, March 25 at 12:45 pm** join us for Maryland Day! Penny is the chairperson and there will be entertainment by Chuck Fisher. On the menu: Seafood Sampler Appetizer, Pit Beef Slider, Chicken Biscuit w/ Gravy, Crab Chips, Berger Cookie, Fisher's Popcorn, Blackeyed Susan Drink Special & Natty Bohs! Cost is \$18 in advance.

Opening Day of Baseball

Joy and her committee are excited to make Opening Day another fun and lively event at Seven Oaks! Join us on **Thursday, March 26 at 1:30 pm**. On the menu: BBQ slider, hot dog, soft pretzels and mustard, peanuts, chips, popcorn and beer. We'll have trivia and games. Be sure to wear your orange and black or O's attire and help kick off the O's season! Tickets are \$7 in advance and go on sale Monday, March 2.



New to the Schedule!

Beginner Spanish - free class, every Friday from 9 am - 10 am starting Friday, March 6

Pinochle for Experienced Players on Saturdays - enjoy Pinochle from 11 - 1:50 pm

DIY Decorative Easter Egg & Coaster - see page 2 for details



Saturday Yoga with Jana - see page 3 for details

TALMAR Japanese Ikebana Miniature Floral Arrangement - see page 3 for details

Step Into Wellness Challenge

Baltimore County Department of Aging presents a Spring Steps Challenge starting April 1st! Challenge yourself to reach a goal of 10,000 steps per day for 4 weeks and make a positive impact on your health! Enroll at Seven Oaks and pick up your tracking sheet between 3/20 - 4/1. Return it by 5/8 for a chance to win a great prize pack which includes a gift card to Pasta Mista, 2 tickets to the Sounds of Summer Concert at Oregon Ridge and 1 admission to the Senior Summit Conference in November! The first 30 to enter will receive a free pedometer!

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 am to 4 pm
Saturdays 8:00 am - 2 pm

Show Your Membership Card the first 2 weeks in March for a kiss.



Look inside!





March Special Events



Class Registration - Tuesday, March 3

Feldenkrais Method

Thursday, March 5, 12 & 19 12:45 pm

The **Feldenkrais Method®** teaches people to learn how to move the body out of pain, improve balance, posture and increase flexibility. See full description in course guide. Must be able to get up and down from the floor (can use a chair for help). Bring a mat, 2 towels and a large pillow. Wear layered clothing. This 3 week session will be free so it's a great time to try it out. The April session is only \$5.

****New** Beginner Spanish Class**

Every Friday starting March 6 9:00 am

Beginning in March Wanda Martinez-Basquez will teach a free beginner Spanish class.

Doug Burgess Transition Speaker Series

Friday, March 6 10:15 am

Doug Burgess, local attorney will be here to present on wills, power of attorney and IRA's. Sign up in advance.

Adventure Club Planning Meeting

Friday, March 6 1:30 pm

Join us with your ideas for some new Adventure Club outings. We have a list of the ones you're interested in but could always use some more ideas.

Learn About Tax Free Income

Tuesday, March 10 10:45 am

Join Mike Crabb to discuss tax free income. He'll sit with you and answer your questions.

Murder Mystery In A Box

Tuesday, March 10 1:00 pm

These Murder Mysteries are designed to offer a mystery you can solve but also tell a compelling story. As a group you'll begin by reviewing the contents and then work together to identify the killer at the Bedlam Asylum. Join our volunteer Gosia and gather clues, uncover facts and solve the mystery as a team! Sign up in advance.

Food Remedies (Rescheduled)

Wednesday, March 11 10:30 am

Join Robin Zahor, RN during our TOPS group to learn about how foods can help cure whatever is ailing you. Sign up in the free book.

Friday Café

Join Us from 9:30 -10:30 am every Friday!

TED Talk: What Really Matters

Thursday, March 12 1:00 pm

At the end of our lives, what do we most wish for? For many, it's simply comfort, respect, love. BJ Miller is a hospice and palliative medicine physician who thinks deeply about how to create a dignified, graceful end of life for his patients. Take the time to savor this moving talk, which asks big questions about how we think on death and honor life. Join facilitator, Jim Lightner for a lively discussion after the video.

Movie: A Fall From Grace

Friday, March 13 12:45 pm

Disheartened since her ex-husband's affair, Grace feels restored by a new romance. But when secrets erode her short-lived joy, Grace's vulnerable side turns violent. Not rated. Hot popcorn served. ET lunch served at Noon for a \$2.50 donation. Menu located at front desk.

St. Patty's Day Party

Tuesday, March 17 at 12:45 pm

See page 1 for details

New Member Orientation

Thursday, March 19 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. Sign up in the free binder or call.

Meet Up: Silver Spring Mining Company

Thursday, March 19 4:00 - 6:00 pm

Meet up for happy hour at Silver Spring Mining Company on Belair Rd. Sign up in the free book.

The Maryland Zoo Can Be Therapeutic

Friday, March 20 10:15 am

Come hear why the Zoo can be therapeutic along with an explanation of it's history, 2020 special events, various programs and a description of the animal species there. No live animals will be present; except the presenter, Al Muehlberger, who has several years of volunteer experience! A no-cost raffle will be held for free admission to the zoo for 1 adult and up to 4 children. The animals are waiting to see you. Sign up in advance.

DIY Decorative Easter Egg and Coasters

Saturday, March 21 12:00 pm - 2:00 pm

Dot will help students make two items of their choice, either 2 eggs, 2 coasters or one of each. Decorative items include napkins, beading, etc. All supplies provided. All ages welcome.

Cost is \$10, by 3/17.

Saturday Yoga

Saturday, March 21 & 28, April 4 & 11

Jana Long will teach a 4 week class Saturdays from 10-11:15 am. **Cost is \$20 for seniors and \$25 for non seniors.** Pay at the front desk.

Perry Hall Library Series - Book Discussion

Tuesday, March 24 10:00 am

Join library staff at Seven Oaks for a book Discussion, *Keeper of Lost Things* by Ruth Hogan. A charming, clever, and quietly moving debut novel of endless possibilities and joyful discoveries that explores the promises we make and break, losing and finding ourselves, the objects that hold magic and meaning for our lives, & the surprising connections that bind us. Pick up the book from the library and read it before the discussion. Sign up in the free book.

Maryland Day Event
Wednesday, March 25 at 12:45 pm
See page 1 for details

Polish Sayings and Phrases

Thursday, March 26 10:00 am

Join Gosia to learn some Polish sayings and phrases prior to our Polish event. Sign up.

Opening Day Party
Thursday, March 26 at 1:30 pm
See page 1 for details

Adventure Club: Baltimore Museum of Industry & lunch at Barracudas

Saturday, March 28 at 11 am
See page 9 for details.

TALMAR - Miniature Floral Arrangements

Saturday, March 28 11:00 am

Ikebana is the ancient Japanese art of flower arranging. The name comes from the Japanese *Ike*, meaning 'alive' or 'arranged' *bana* meaning 'flower'. Ikebana is seen as more than just decorative, it is a spiritual process that helps one develop a closeness with nature. Ikebana has become an art form that is associated with a meditative quality. Creating an arrangement is supposed to be done in silence to allow the designer to observe and meditate on the beauty of nature and gain inner peace. The picture above is an example of what you'll make. **Sign up and pay, \$13 by 3/24.**



Peace of Mind Seminar

Monday, March 30 1:00 pm

Losing a loved one is a difficult process which can be made even more challenging when numerous decisions must be made. This seminar by Evans Funeral Chapel and Cremation Services helps illustrate the peace of mind and preparedness that comes when final wishes are planned and recorded in advance. Sign up in advance.

How to Protect Yourself and Your Assets in a Fraud Rich Environment

Tuesday, March 31 1:00 pm

Join Debbie Chenoweth from the Baltimore County Police Department. She will be talking about all the latest scams and what seniors can do to avoid being a victim. Sign up in advance.

SCAMS
TARGET YOU
Protect Yourself

Ongoing Monthly Events & Workshops

BINGO - Tuesday, March 3 & 24 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.

Garden Club - Wednesday, March 4 at 10:00 am Monthly planning meeting. Sign up in advance.

Great Physio Balls of Fire - Wednesday, March 4 from 2:30 - 3:30 pm Drumming accelerates physical healing and boosts your immune system. It reduces tension, anxiety and stress. This is a 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 program is free, offered once a month and is limited to 20 students. All supplies provided.

Seated Massages with Doug - Thursday, March 12 & 26 - 10 min. chair massages for \$5 or \$12 for 25 min. with Doug Wittich, Licensed Massage Therapist. No refunds if you no show.

Blood Pressure - Friday, March 13 at 9:15 am Karen Kansler, RN takes your BP.

Card Making Workshop - Friday, March 13 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 - Wednesday, March 18 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.

Computer Troubleshooting - Monday, March 23 at 10:00 am Let Alvin Miller help you with your device. Bring your device & passwords. Sign up in advance.

Paint Night - Thursday, April 9 from 6 - 8 pm

The Painted Mermaid will be at Seven Oaks for a Paint on Wood event which is open to those 18 years and older and the cost is \$40 and includes all supplies. There will be light refreshments and wine! **Last day to register is March 26** as the crabs are custom cut. You design your own crab with a little help!



Shred-a-Thon - Saturday, April 18 from 9 - 12 pm

The Shred-a-thon is co-sponsored by Seven Oaks Senior Center and the Baltimore County Employees Federal Credit Union. Each vehicle can bring up to four standard sized boxes of personal documents (paperclips, staples, folders, credit cards and CDs are acceptable). Items not acceptable: binders, large clasps, plastics, metal objects, newspapers, magazines, books and clothing.) Please note this is not a recycling event, only personal documents will be permitted. The event ends at 12 pm or once the trucks fill up. We'll have 2 trucks! **We are in need of volunteers that can lift heavy boxes and bags. See staff if you're able to help out that day.**

More Classes on Saturday Coming in the Spring

Let's Move Class with Kara O'Conner - 3 week class Saturday, March 21, 28 and April 4. Meets at 8:45 am. Cost: \$12. Open to those aged 13 and up.

Karen's Bootcamp with Karen Kansler - Saturday, April 25 - May 23 from 9 - 9:45 am. Cost: \$20 for members and \$25 for non-members. This 45 min class will include it all - aerobics, strength, balance & flexibility--and most important fun! Wake up your weekend and join us!

Stretch & Flex with Karen Kansler - Saturdays, April 25 - May 23 from 10 - 10:45 am. Cost: \$20 for members and \$25 for non-members. Join Karen for this feel-good 45 minutes of stretching and making more space in your body. Stretching is so important to become more flexible, improve your posture/strength and feel good as we age. Please bring a mat.

Advanced Tai Chi with Jeff Harold - 5 weeks - Saturdays May 2, 9, 16, 23 and 30 at 11 am - 12:30 pm. Cost: \$15 fee. Experienced seniors only may register for this class.

Vintage Wedding Dress Show - Tuesday, April 28 at 12:45 pm

Do you have a mother of the bride dress you can dust off or your favorite wedding attire? Come dressed to attend our own little wedding event! This Vintage Wedding Dress Show will showcase the wedding dresses of your staff and Seven Oaks members. There will be a delicious lunch served beforehand and of course champagne and wedding cake! Then sit back and relax and enjoy the show. Our staff and members will walk the runway and show off their dresses, some dresses dating back to the 1950s. On the menu: Caesar Salad, Baked Chicken, Mashed Potatoes/Gravy, Green Beans, Bread/Butter. **Tickets are \$15 and go on sale March 30.** As you know we love to support the community so this event will support the House of Ruth. If you're in the wedding/giving spirit please check out our gift registry on our website and posted in the center. Gifts do not need to be wrapped. **Interested in participating in this event with your wedding dress? See staff for details!**

Polish Event - Friday, May 1 at 12:45 pm

Join members and our college volunteer, Malgorzata for a fun filled afternoon. This Poland Cultural Event is on **Friday, May 1 at 12:45pm**. Tickets are \$15 and go on sale Monday, April 6. Learn about beautiful Poland, visit the cultural display, eat Polish food (lunch and desserts served), try Polish beer and Krupnik and watch a short performance by Ojczyzna Polish Dancers of Baltimore. Then you can try some new dance steps and dance polka with your favorite partner. There will be raffles, a 50/50 and door prizes. Remember to wear your Polish spirit wear and have FUN!!!

Senior Center Staff & Executive Board



Center Director: Kathleen Young
Assistant Director: Courtney Gonce
Community Outreach Specialist: Jessica Pontown
Center Custodian: Lamont Fisher
Activity Specialists: Judy Seechuk, Carol Cullison and Doris Hall
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, March 16 at 1:00 pm

Membership Meeting:

Monday, April 27 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

Spring Class Registration is Tuesday, March 3.



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<u>Monday</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	\$
9:30 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	12:15 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	\$
<u>Tuesday</u>					
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR extension	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:15 am	11:15 am	Knitting & Crocheting	Volunteers	Craft Room	
9:15 am	10:00am	Outdoor Walking	Staff	Meet at Front Desk	
10:00 am	11:00 am	Int. Line Dance	Trudy Knight, IC	MPR	\$
10:00 am	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	
<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	\$
9:30 am	12:00 pm	*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 Allewa, 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
<u>Thursday</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	\$
10:00 am	12:45 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	10:00 am	Beginner Spanish	Wanda Martinez-Basquez	Game Room	
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	

Saturday Open from 8 am - 2 pm

8:00 am	2:00 pm	Fitness Center	Monitor	Fitness Center	\$
8:45 am	9:45 am	Let's Move (3/21—4/4)	Kara O'Conner	MPR extension	\$
10:00 am	11:15 am	Yoga (3/21-4/11)	Jana Long	MPR extension	\$
11:00 am	12:00 pm	Zumba (2/15 - 3/14)	Loretta Wittomski	MPR extension	\$
11:00 am	1:50 pm	Pinochle	Members	Game Room	
11:00 am	12:00 pm	TALMAR workshop	Tanya Ray 4th Saturday	Class Room	\$

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.

Check out our Course Guide available at the front desk or visit our website www.sevenoaksseniors.org to see a list of all of our classes with a description and important info, including dates for class session, fees, if applicable, etc. Also, follow us on Facebook to see upcoming events, pictures from parties, etc.

Trip Highlight: International Spy Museum, DC

Travel with Seven Oaks on **Tuesday, April 21, 2020** to the New International Spy Museum in DC. **Cost \$50 per person** The new International Spy Museum at L'Enfant Plaza includes interactive exhibitions and installations, the foremost collection of spy artifacts in the world, and first-person accounts from top intelligence officers and experts, the new Museum places visitors in the shoes of a spy! Lunch is on your own at the food court next door at L'Enfant Plaza (it's not part of the museum so be sure to get a wristband or stamp so you can re-enter). Bus departs from Weis Shopping Center on Joppa Road at 9:30 am and returns around 5:30 pm.



No KIDding Club - Upcoming Events

For St. Patty's Day join the group for corned beef and cabbage on Saturday, March 14, 2020 at 11:00 am at Dellis' Restaurant - 8776 Philadelphia Rd. Rosedale, MD 21237. Then in April they're going to the Valley View Inn on Saturday, April 4, 2020 at 11:00 am - 8712 Satyr Hill Rd. Parkville, MD 21234. If you are planning to join please RSVP to Kathy at kakbaltomd@comcast.net.

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 am - 3:30 pm
Saturday 8:00 am - 2:00 pm

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, March 11 & March 25 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 March 3, 10, 13 and 24.** 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 and sign up on the Eating Together clipboard. 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.** Please arrive on the day of the lunch by 11:45 am to check in at the front desk. If you do not arrive by then your lunch envelope may be given to someone who is on the standby list. If you're running late please call the front desk to have them hold your spot. The menus have now been posted on our website.



The Adventure Club Resumes for 2020

This month the Adventure Club will visit the Baltimore Museum of Industry on **Saturday, March 28 at 11 am**. The museum is located at 1415 Key Highway. The cost is just \$6 and payment is due by Friday 3/27. The tour will begin at 11 am and lasts about 1 hour. Afterwards you can look around the museum and then the group will go to lunch at Barracudas Locust Point Tavern at 1pm. When you pay for the tour please indicate if you will go to lunch afterwards. The cost of lunch is on your own however we need to make a reservation in advance. Feel free to park at the center and carpool. Barracudas Tavern is located at 1230 E Fort Ave, Baltimore, MD 21230.

In April, the Adventure Club will tour the Amazon Fulfillment Center (2010 Broening Hwy, Baltimore, MD 21224) on **Friday, April 17 at 12:15 pm**. The tour lasts about 1 hour and then the group will go to lunch at Squire's. Again feel free to park at Seven Oaks and carpool. The center is closed that day for staff training.

As always, we welcome your ideas for future outings! Join us on **Friday, March 6 at 1:30 pm** for an Adventure Club Planning Meeting!

Volunteer Week Activities - April 20 - 24

Thank you to all of our amazing volunteers! Without your hard work and dedication Seven Oaks would not be the amazing Center it is! For our volunteers who have logged 50+ hours we have some fun activities planned as a THANK YOU! Check the folder at the front desk for a list of activities and let us know which activities you will be attending!



SENIOR PROM at Perry Hall High School

On Thursday, April 23 from 4 - 8:30 pm the students at Perry Hall High School will hold their Annual Prom for the Senior Citizens in the area.

There's dinner and dancing and it's a lot of fun! Some people dress up and others dress casually. RSVP on the clipboard at the Seven Oaks' front desk by 4/10.

Mark Your Calendar

- ♦ Garden Club - Wednesday, April 1
- ♦ Great Physioballs of Fire - Wednesday, April 1
- ♦ Family Search - Thursday, April 2
- ♦ Decorative Fabric Spring Wreath - Saturday, April 4
- ♦ Everyone Has A Story with P.J. - Tuesday, April 7, 14 & 21
- ♦ Bingo - Tuesday, April 7 & 21
- ♦ Benefits of Acupuncture - Wednesday, April 8
- ♦ Paint Nite with the Painted Mermaid - Thursday, April 9
- ♦ Card Making - Friday, April 10
- ♦ TED Talk: The Mystery Box - Thursday, April 16
- ♦ Center Closed for Staff Training - Friday, April 17
- ♦ Shred Day - Saturday, April 18
- ♦ DIY Bee Hotel with TALMAR - Saturday, April 25
- ♦ AARP Safe Driving Course - Saturday, April 25
- ♦ Council Meeting - Monday, April 27
- ♦ Perry Hall Library Series - Tuesday, April 28
- ♦ Law Day - Friday, May 1
- ♦ Stepping Up Your Nutrition and Stepping On Workshop - Friday, May 1 - Friday, June 19



Stepping On
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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!



2020 Trips Announced

Pick up a flyer at the Travel Desk for information on each trip.

- ♦ **Bi-Monthly Delaware Park Trips** – March 11, April 29, June 10, July 22, Sept 9 and Nov. 4. Cost \$25 with \$30 casino rebate. Bus departs at 9:30 am at Weis, boards at 3:45 pm for 5pm return. 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, fill out a green envelope with your payment and put it in the box by the travel desk and complete a liability form.
On the day of the trip bring your player card and photo id.
- ♦ **Dutch Apple Dinner Theater, Lancaster, PA- Grumpy Old Men** - March 14 - \$95
 - ♦ **International Spy Museum, Washington, DC** - April 21 - \$50
 - ♦ **Springfest, Ocean City, MD** - May 7 - \$40
- ♦ **Dover Downs Doo Wop Sounds of the Streets**– May 19-20—\$170 pp/double
 - ♦ **Vermont & New Hampshire** - June 22 - 26 - \$825 pp/ double - *Waitlist*
 - ♦ **Totem Pole Playhouse, Fayetteville, PA** - July 16 - \$90 - *Waitlist*
 - ♦ **Blennerhassett Island, West Virginia** - July 29 - 31 - \$575 pp/ double
 - ♦ **Quilt Gardens, Elkhart, Indiana** - August 11 - 16 - \$715 pp/double
 - ♦ **Crab Feast & Arundel Mills** - August 20 - \$80
 - ♦ **Afternoon Tea Litiz, Pennsylvania** - September 2 - \$60 *Waitlist*
- ♦ **Waterfalls and Wineries - Finger Lakes, New York** - September 13 - 16 - \$599 pp/ dbl - *Waitlist*
 - ♦ **Sunfest, Ocean City, MD** - October 1 (*new date!*) - \$40
 - ♦ **Fall Foliage Train Ride** - October 21 - \$100 - *Waitlist*
- ♦ **American Music Theater Lancaster, PA - Deck the Halls** - December 2 - \$95
- ♦ **Nashville & Biltmore Christmas** - December 6 - 11 - \$1,399 pp/ double - *Waitlist*
- ♦ **Christmas at Longwood Gardens Christmas & Mendenhall Inn Lunch** - December 10 - \$95

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. Fill out an envelope with your information, put your payment inside and place it in the lock box on the wall.
- ♦ 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.
- ♦ Travel Insurance is recommended for overnight trips.



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