



## The Acorn

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

### "Cultivating A Brighter Tomorrow"

#### Baltimore County Department of Aging 2022 Initiative

"Cultivating A Brighter Tomorrow" starts with you! Last year, the Baltimore County Department of Aging (BCDA) focused on resiliency and how to thrive in difficult times. This year, we encourage everyone to become involved in discovering ways to brighten your lives and the community in which you live. Steps can be as simple as starting the day with a grateful heart, learning something new, volunteering or being open to others' opinions. BCDA hopes you will commit 2022 to exploring the many ways you can "Cultivate A Brighter Tomorrow." Let Seven Oaks Senior Center help you "Cultivate A Brighter Tomorrow" with the variety of classes, programs and volunteer opportunities we offer. Stop in and check us out!



### Perry Hall History Speaker Series

New for 2022, a variety of speakers will present intriguing information on the history of Perry Hall. The speaker series will take place every other month. See below for our schedule to date.

Let us know if you know of a presenter who can speak on an aspect of Perry Hall history.

**Thursday, January 13 at 2:30 pm** - Overview of Perry Hall History and Modern Perry Hall from 1950 to Present by Councilman David Marks

**Thursday, March 24 at 1 pm** - History of Perry Hall Library

**Friday, May 13 at 1:30 pm** - History of Perry Hall Mansion



### Please Join Us for These New Programs Look Inside for A Description of Each

#### Survey of the Bible with Friends

Monday, January 10 & 31 at 1:00 pm

#### Show n' Tell

Tuesday, January 11 at 10 am

#### Goulash

Tuesday, January 25 at 1 pm



### Congratulations to Our Seven Oaks 2021 BCDA Creative Arts Contest Winners

#### Larry Drehoff

1st Place Drawing - Lolani Palace

#### Joyce Stevens

2nd Place Photography

Dandelion Seed

#### Barbara Melfa

2nd Place Poetry - We Travel On



### Seven Oaks Senior Center

9210 Seven Courts Drive

Baltimore, MD 21236

Phone: 410-887-5192

Fax: 410-887-5140

Travel: Call Trip Hostess

[sevenoakssc@baltimorecountymd.gov](mailto:sevenoakssc@baltimorecountymd.gov)

[www.SevenOaksSeniors.org](http://www.SevenOaksSeniors.org)

#### Hours Of Operation

Monday – Friday

8:30 a.m. to 4 p.m.

**Look inside!**





# January Special Events



## Technology Help

**Tuesday, January 4 & 18 10:00 am-12 Noon**

Activity Specialist Judy Seechuk will assist you with your questions about your cell phones and tablets. Sign up for your 15 minute session in the sign-up book.

## Bingo

**Tuesday, January 4 & 18 12:30 pm**

Ann and Mary call out the lucky numbers for afternoon Bingo with cash prizes. Cost: \$10.00. An Eating Together lunch will be served at 12 Noon for the recommended \$2.50 donation. Menus are at the front desk. Sign up for lunch by 12/30 and 1/13.



## Great Physioballs of Fire

**Wednesday, January 5 2:00 pm**

Led by Al Muehlberger. 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. This free program is offered once a month. **Limited to 20 students.** All supplies provided. Please note this is not an exercise class but more of a meditative type class. Sign up in advance.

## TED Talk - Say Your Truths and Seek Them in Others

**Thursday, January 6 1:00 pm**

In a lyrical, unexpectedly funny talk about heavy topics such as frayed relationships and the death of a loved one, Elizabeth Lesser describes the healing process of putting aside pride and defensiveness to make way for soul-baring and truth-telling. "You don't have to wait for a life-or-death situation to clean up the relationships that matter to you. Be like a new kind of first responder...the one to take the first courageous step toward the other." Join Jim Lightner as he facilitates a lively talk after the video. Sign up in advance.

## **Friday Café Returns Every Friday Beginning January 7**

**Fridays 9:30 am - 10:30 am**

We may now hold Friday Café inside. We are looking for volunteers to host. Please sign up on the clipboard at the coffee station. Thank you.

## NEW: Survey of the Bible with Friends

**Monday, January 10 & 31 1:00 pm**

This is a new educational class about the Bible which will take place on select Mondays each month. The class will give a basic overview of the Bible including What is the Bible? and the Bible's origins, divisions, geography, history, people, places and events. Different aspects of the Bible will be discussed each class. Sign up in advance.



## NEW: Show n' Tell

**Tuesday, January 11 10:00 am**

Do you have something awesome or something you love and cherish? If so, sign up for our new Show n' Tell! It can be something like a stamp collection, historic photo, salt & pepper collection or anything you would like to share. Participants will have 10 minutes to talk about their item(s). After everyone presents, attendees may browse and get a closer look and talk to you one on one. Limited to 6 presenters each month. You need not be a presenter to attend. Sign up in advance. This program will take place the 2nd Tuesday of each month.



## New Member Orientation

**Tuesday, January 11 2:00 pm**

New members of the center are invited to learn more about Seven Oaks and the services offered by the Baltimore County Department of Aging. Sign up in advance.

## What You Should Know About Memory

**Wednesday, January 12 1:00 pm**

Ashley Scott from the Johns Hopkins Alzheimer's Disease Research Center will present an overview of the different types of dementia, specifically Alzheimer's disease. Risk factors and warning signs of dementia, how dementia is clinically diagnosed by a physician, ways individuals can reduce their risk of cognitive decline and the importance of clinical research for finding improved treatments will also be discussed. Sign up in advance.



**History of Perry Hall Speaker Series  
Thursday, January 13 at 2:30 pm  
See front cover for details.**

### **Blood Pressure**

**Friday, January 14**

**9:30 am**

Karen Kansler, RN, will take your blood pressure in the MPR. Just show up. Please bring your blood pressure card/record if you have it.

### **Card Making Workshop**

**Friday, January 14**

**10:45 am-12:45 pm**

Students will make 3 greeting cards to take home. **Cost:** \$12 in advance.

### **Movie: Selma**

**Friday, January 14**

**12:45 pm**



In honor of Martin Luther King, Jr. this historical drama centers on King Jr. as a key figure, the Civil Rights Act of 1964, the fight for suffrage, the Selma to Montgomery marches in 1965 and the Voting Rights Act of 1965. But most prominently, *Selma* chronicles the history-altering march that was led by King. Rating: PG-13.

Run Time: 2 Hours 8 Min Sign up in advance. Disturbing thematic material including violence, a suggestive moment, and brief strong language. An Eating Together lunch will be served at 12 Noon for the recommended \$2.50 donation. Menus are at the front desk. Sign up for lunch by 1/12.

**Center Will Be Closed  
Monday, January 17  
Martin Luther King, Jr. Holiday**

### **Fresh Conversations:**

#### **Are Healthy Bones Important?**

**Tuesday, January 18**

**10:00 am**

Discover what to do to take care of your bones. Learn how to identify risk factors for osteoporosis. Beat the odds and learn how to reduce your risk of falling. Sign up in advance.

### **Stroke Awareness**

**Wednesday, January 19**

**11:00 am**

Educational presentation about strokes including the importance of heart health, signs of a stroke and knowing your blood pressure numbers. Blood pressure screenings will be provided after the presentation. Sign up in advance.

**Happy Hour at Liberatore's  
Thursday, January 20  
4:00 - 6:00 pm**

### **Sounds of Silence**

**Friday, January 21**

**11:00 am**

Led by Al Muehlberger

Join us for peaceful meditation with the sound energy of quartz Crystal Bowls. A way to purposely regulate our attention and energy and thus possibly transform the quality of our daily life experiences. Goal: To leave with a balanced mind, body and spirit. **Cost:** \$5 in advance. Sign up and pay at the front desk.

### **NEW: Goulash**

**Tuesday, January 25**

**1:00 pm**

Webster says "Goulash is a collection of meat, vegetables and other things to make a good stew." Our center members are somewhat the same i.e. diverse, talented, good people with interesting backgrounds and experiences. Let's gather to celebrate and enjoy the beauty of all that diversity and intelligence. Each meeting will be different as we play, build, laugh, sing/hum, brainstorm, think, discuss and learn something about our minds and bodies - just for the health of it! Caution: Laughter and a positive attitude will be involved and could be contagious. All fun-loving, curious, honest, open-minded humans are welcome. This program will take place the 4th Monday of each month.

Human Being Moderator - Al Muehlberger

### **Current Events**

**Wednesday, January 26**

**2:30 pm**

This class is offered in person and on Zoom. Join Joy Mays as she leads this lively discussion. Bring a topic to discuss if you would like. Staff can provide the Zoom link or you may locate it on the Google doc.



### **Seated Massages**

**Monday, January 31**

**9:00 am**

Doug Wittich, Licensed Massage Therapist, offers chair massages once a month. \$18 for 30 minutes. \$10 for 15 minutes. Pay in advance at the front desk. You must fill out a brief health questionnaire before your first massage. Call in advance to cancel. No refunds if you are a no show.

**Support  
[Your organization's]  
Seven Oaks Senior Center**

[Go to smile.amazon.com](https://www.amazon.com/smile)

**amazon smile**

THE *Senior Center*  
NEWSLETTER IS AVAILABLE  
**ONLINE...**  
VISIT SENIOR CENTER WEBSITE TO VIEW...  
A small photo of two people, a man and a woman, sitting at a table and looking at a laptop.  
SIGN UP TO RECEIVE  
THE NEWSLETTER  
ELECTRONICALLY  
EACH MONTH



## Figure Drawing (In-Person Class)

**Instructor:** Alina Kurbiel

**Course Dates:**

**1st Session:** Mondays January 10 - February 28 No Class 1/17, 2/21 (6 weeks)

**2nd Session:** Mondays March 7 - April 18 No Class 3/21 (6 weeks)

**Class Time:** 10 am - 12 pm

**Cost:** \$30 for each 6-week class

**Class Maximum:** 13 students

**Course Description:** This is a pencil/charcoal drawing class. In this class we will be learning how to draw people from real life. I'm planning on finding volunteers that can pose for the group. If that's not possible, each time a different student can be selected to pose for everyone else. We will start each class with several gesture sketches and then we'll finish with a longer pose drawing. The course is designed for beginner, intermediate, or advanced artists.

*Please give an email address when you sign up to ensure you receive all class information.*

**Models wanted to pose for class. Please see Alina for more details.**

## Woodcarving Class Invites New Students to Join



**New Day and Time: Thursday 8:30 am - 9:45 am**

The Seven Oaks Woodcarving class will now be meeting on Thursday mornings from 8:30 am - 9:45 am in the craft room. They would love to have more members join them! Experience is not necessary, just patience and a willingness to make dazzling miniature sculptures. We are fortunate to have Ed Konig as our talented master carver volunteer instructor with over 30 years experience.

## Congratulations to Jordan Patterson Seven Oaks College Scholarship Winner



Jordan Patterson is the winner of the 2021 Seven Oaks Senior Center \$1,000 college scholarship. Jordan is the granddaughter of Seven Oaks members Karen and Larry Patterson. Jordan is a May 2021 graduate of C. Milton Wright High School. She attends Florida Southern College where she is pursuing a degree in Nursing. Do you have a grandchild who will be a college Freshman in 2022? Pick up a Seven Oaks Senior Center 2022 College Scholarship Application at the front desk.

## Baltimore County Department of Aging Mask/Social Distancing Update for Senior Centers

Baltimore County Department of Aging has recently updated the requirements for wearing masks in the Senior Centers. All staff, visitors and members to senior centers must **still** wear a mask covering the nose and mouth while in the building. **Exceptions:** You no longer need to wear your mask or social distance 6' while you are **sitting and actively eating or drinking** OR **participating in an exercise class, sports program or working out in the fitness center.**



# Senior Center Staff & Executive Board



Center Director: Beckie Ebert  
Assistant Director: Karen McDonough  
Activity Specialist: Judy Seechuk  
Community Outreach Specialist: Jessica Pontown  
Center Custodian: Ed Werner

President:	Jim Lightner
Vice President:	Ed Konig
Treasurer:	Gene Laytar
1st Asst. Treasurer:	Carol Parks
2nd Asst. Treasurer:	Rob Ermer
Recording Secretary:	Edie Dietrich
Corresp. Secretary:	Penny Brown
Sgt. At Arms:	Betty O'Carroll
Members at Large:	Wayne Knowles & Gina Wheeler
Past President:	Nancy Bach

## Meeting Schedule

### **Executive Board Meeting:**

Monday, January 24  
@ 1:00 pm

### **Membership Meeting:**

Monday, February 28  
@ 12:30 pm

*Everyone who attends has a chance to win a \$50 restaurant gift card.*

*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 senior individuals and their families.

## **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](http://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. You can join multiple senior centers when you join Seven Oaks. Membership is valid for 1 year from date of sign up.

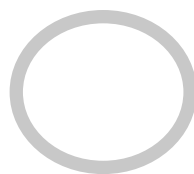
## **Bi-Monthly Council/Membership Meetings**

If you're a member of Seven Oaks then you're a member of the Council! Every other month we hold a council/membership meeting to discuss the business of the center and vote on financial matters. A lunch is usually 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.

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.**

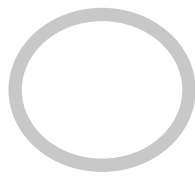


# Schedule of Classes



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<b><u>Monday</u></b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:30 am	EnhanceFitness	Debbie Jobson, CT	MPR & Zoom	\$
9:00 am	12:00 pm	Pinochle	Fred Altman, Vol	Game Room	
9:30 am	11:30 am	Craft Projects	Sachs & Webber, Vol.	Craft Room	
10:00 am	12:00 pm	Drawing	Alina Kurbiel, IC	Classroom	\$
10:15 am	11:15 am	Yoga	Karen Kansler, IC	MPR Extension	\$
11:30 am	12:30 pm	Seated Yoga	Karen Kansler, IC	MPR Extension	\$
11:45 am	1:15 pm	Projects for Charity	Barbara Goldsmith	Craft Room	
12:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
12:30 pm	3:45 pm	Mexican Train Dominoes	Volunteers	Game Room	
12:45 pm	1:45 pm	Zumba Gold	Loretta Witomski, IC	MPR Extension	\$
1:00 pm	2:00 pm	Survey of Bible (Select Mon)	Nelda Murphy	Classroom	
1:00 pm	2:30 pm	Goulash (4th Mon)	Al Muehlberger	MPR	
1:30 pm	3:30 pm	Watercolor Projects	Karen Ruberry, CCBC	Craft Room	\$
2:00 pm	3:00 pm	Ballroom Dance	Mary Jane Hartner	MPR Extension	\$
<b><u>Tuesday</u></b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR & Zoom	\$
9:15 am	11:15 am	Knitting & Crocheting	Carol Trent Walker, Vol	Craft Room	
10:00 am	11:00 am	Show n' Tell (2nd Tue)	June Green	Classroom	
10:00 am	12:00 pm	Chess	Tom Appel, Vol	Game Room	
9:45 am	10:45 am	Int. Line Dance	Joanne Alleva, Vol	MPR	\$
11:00 am	12:00 pm	Chair Exercise	Mary Lou Adams, Vol	MPR	
12:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
12:30 pm	3:45 pm	Social Pinochle	Caryl Fletcher	Craft Room	
12:00 pm	3:00 pm	Social Poker	Volunteers	Class Room	
12:30 pm	3:30 pm	Bingo 1st & 3rd week	Ann Knoerlein, Vol.	MPR	\$
1:00 pm	3:00 pm	Bridge*	Volunteers	Game Room	
<b><u>Wednesday</u></b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:30 am	EnhanceFitness	Debbie Jobson, CT	MPR & Zoom	\$
10:00 am	11:30 am	TOPS (Weight Loss)	Celeste Skruch, Vol.	Craft Room	\$
10:15 am	11:15 am	Walkin' Wednesday	Judy Seechuk	Neighborhood	
10:30 am	12:30 pm	Zoom: Watercolor	Alina Kurbiel, IC	Zoom - Online	\$
12:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Regional Pk	
12:00 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol.	Classroom	
12:15 pm	1:15 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
12:00 pm	3:00 pm	Hand & Foot Canasta	Rita Pulaski	Craft Room	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR Extension	
2:00 pm	3:00 pm	Great Physioballs of Fire	Al Muehlberger, Vol	MPR Extension	
2:30 pm	3:45 pm	Current Events (4th Wed)	Joy Mays, Vol	Game Room & Zoom	

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



# Schedule of Classes



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<b><u>Thursday</u></b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:30 am	EnhanceFitness	Debbie Jobson, CT	MPR Ext & Zoom	\$
8:30 am	9:45 am	Woodcarving	Ed Konig, Volunteer	Craft Room	
9:00 am	12:00 pm	Pinochle	Fred Altman, Vol	MPR	
9:00 am	10:00 am	Zoom: CORE de Force	Karen Kansler, IC	Zoom- Online	\$
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol.	Craft Room	
10:30 am	11:30 am	Barre Fit	Jessica Kern	Inline Barre	\$
10:30 am	11:30 am	Chair Exercise	Mary Lou Adams, Vol	MPR Extension	
10:30 am	12:30 pm	Zoom: Drawing Portraits	Alina Kurbiel, IC	Zoom - Online	\$
12:15 pm	3:45 pm	Canasta	Volunteer	Craft Room	
12:00 pm	3:00 pm	Social Poker	Volunteers	Class Room	
12:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Regional	
1:00 pm	3:00 pm	Bridge*	Volunteers	Game Room	
<b><u>Friday</u></b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR & Zoom	\$
9:00 am	12:00 pm	Scrabble & Other Games	Volunteer	Game Room	
9:30 am	10:10 am	Tai Chi - Beginner	Jeff Herrod, IC	MPR Extension	\$
10:20 am	11:00 am	Tai Chi - Advanced	Jeff Herrod, IC	MPR Extension	\$
11:00 am	12:30 pm	Vocal Group	Henry King, Vol.	Classroom	
10:45 am	12:45 pm	Card Making (2nd Friday)	Claire Blair	Craft Room	\$
11:00 am	12:00 pm	Sounds of Silence(3rd Fri)	Al Muehlberger, IC	Craft Room	\$
12:00 pm	4:00 pm	Pickle Ball	Volunteers	Honeygo Regional	
12:30 pm	4:45 pm	Florida Canasta	Caryl Fletcher	Class Room	
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.

## **Pickle Ball**

Pickle Ball at Honeygo Regional Park. Playtimes are:  
 Indoor Pickle Ball ~ Monday - Friday 12:00 Noon - 4:00 p.m.  
 Outdoor Pickle Ball ~ Monday - Thursday 12:00 Noon - 4:00 p.m.

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



## 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**

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 Orientations for New Members are:**

Thursday, January 6 at 10 am & Thursday, January 20 at 10 am.

## Dine With Us!

**Don't eat at home alone!** Come and dine with your friends at Seven Oaks. A catered lunch is offered on Bingo Tuesdays and on Friday movie days. This month lunch will be offered on **January 4, 14 and 18**. Individuals interested in attending the meal must **sign up on the clipboard 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. **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 \$2.50 is recommended to keep this program going. 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. **If you will not be attending**

**lunch, please call to cancel your meal before 11:45 am.**

## 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 weather closings. 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](http://www.baltimorecountymd.gov).

At Seven Oaks we have a system called **REMINd**, which can give you text or email 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 your name and cell phone number for text alerts OR email address if you wish to receive email alerts (please write clearly!)



**HAPPY★NEW★YEAR**



## Sunshine Book



Did you know that Seven Oaks has a sunshine book at the front desk? The sunshine book is a place where you may write down the name of any registered Seven Oaks member who may need some cheering up. Do you know a member who is ill, has had surgery or has passed on? Write their name in the Sunshine Book and Penny, our corresponding secretary, will send them or their family an appropriate card.

**THANK YOU** to Nancy Bach and her committee members Linda Head and Leony San Miguel for a rip-roaring Country Roads Shindig on Thursday, November 18. Guests enjoyed entertainment by Jack of All Trades which included games such as Lasso a Cow, Dress the Sheriff Relay Race, Bean Bag Spittoon Toss and more. There was line dancing and other moves to the tunes The Country



Fried Chicken, Country Roads Electric Slide and Country Roads Square Dance. Attendees received raffle tickets for participating in the games and dancing. Raffle winners received goodies packed in bandana bags.

**THANK YOU** to everyone who contributed gifts and donations for our Giving Tree and non-perishable food items for the local food pantry. Through your generosity many in our community received the gift of a brighter holiday season.



## Mark Your Calendar!

- ◆ February 1 & 15 - ET Lunch & Bingo
- ◆ February 2 - Great Physioballs of Fire
- ◆ February 3 - TED Talk
- ◆ February 4 - Super Bowl Party
- ◆ February 7 & 28 - Survey of the Bible with Friends
- ◆ February 8 - Show n' Tell, Immunization Clinic
- ◆ February 11 - Blood Pressure, Card Making, Valentine Mix & Mingle
- ◆ February 15 - Fresh Conversations: Fuel Your Independence with Protein
- ◆ February 16 - Register of Wills
- ◆ February 18 - ET Lunch & Movie Matinee, Sounds of Silence Crystal Bowls
- ◆ February 21 - Center Closed for Presidents' Day Holiday
- ◆ February 22 - Seated Massages, Goulash
- ◆ March 15 - Fresh Conversations: Fresh Herbs: Don't Miss Out on Summer Flavor
- ◆ March 16 - Holistic Nutrition
- ◆ March 17 - St. Patrick's Day Party
- ◆ March 19 - Travel Fair
- ◆ March 24 - History of Perry Hall Library
- ◆ March 25 - Maryland Day
- ◆ April 7 - Learn About Tax Free Income
- ◆ April 19 - Fresh Conversations: Summer Check-Up
- ◆ April 23 - Shred-A-Thon
- ◆ May 13 - History of Perry Hall Mansion





## Travel Opportunities

Phone number for the trip hostess is listed with the trip details below. Save this number in your phone contacts in case you need to reach the hostess during the trip.

Come along for the ride!



### **Singin' in the Rain at Dutch Apple Dinner Theatre in Lancaster**

**Thursday, March 17, 2022**

**Cost: \$100**

**Deposit of \$60 due at sign-up. Final payment due by February 14.**

**Trip Hostess: Sharon Crumbaker 410-409-3382**

**Lunch at 11:30 a.m. Show 1:00-3:30 p.m.**

From the golden age of movie musicals, Singin' in the Rain brings up the starlet, the leading man and a love affair that could change lives...and make or break careers. The story focuses on Don Lockwood and Lina Lamont who are a hot item on the screen but, behind the scenes, things aren't always as they seem! Meanwhile, Lina's less than pleasant vocal tones make her an improbable contender for stardom in the new talking pictures. This all-singing, all-dancing extravaganza includes a downpour of unforgettable songs such as "Good Mornin," "Make 'Em Laugh," and of course, "Singin' in the Rain"!



### **A Tea Affair and Shopping**

**Thursday, May 5, 2022**

**Cost: \$65**

**Full payment due at sign-up.**

**Trip Hostess: Sharon Crumbaker 410-409-3382**

**Only 40 seats available.**

**Join us as we travel to Lititz, PA... America's coolest town!**

**A Garden Afternoon Tea at 11:30 a.m.** will include: Tea and Scones, Fresh Salad, Sweets and Savories, Tea Sandwiches, Crème Brûlée and Pastries. **"A Tea Affair" and Shopping** in the town of Lititz: Book Shop, Watch and Jewelry, Antiques, Home Décor, Fashion Accessories, Clothing, Stationery, Kitchen Products, Unique Candy Store, Boutique Yarn and Fiber, Soaps and Scents, Tea and Coffee, Music Store that sells Instruments, Thrift Shop, Paw Prints – Pet Toys, and Baked Goods – just to name a few! **We will have 2 to 2-1/2 hours to shop!** Be sure to visit "A Tea Affair" Boutique at 34 Main Street while you are shopping. **\*Any food dietary restrictions for the Tea Room will be an additional \$5.00 and must be made in advance.**



### **Delaware Park Casino**

**March 23, April 27, June 8, July 20, September 14, November 2**

**Cost: \$25 with \$30 cash rebate.**

**Bus departs at 9:30 am from Weis and boards at casino 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.

### **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 are 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 Road, unless otherwise noted.
- ♦ Travelers must wear a mask on the bus.