

**DEC
2024**



Seven Oaks Senior Center
9210 Seven Courts Drive
Nottingham, MD 21236
(410)-887-5192

Center Closures:
Fri, Dec 6th—Opening at
10:30am
Wed, Dec 25th—Closed

STAFF

Beckie Ebert
Center Director

Maeghan Gross
Assistant Center Director

Liz Sokoloff
Activity Specialist

Jessica Pontown
410-887-5128
COS

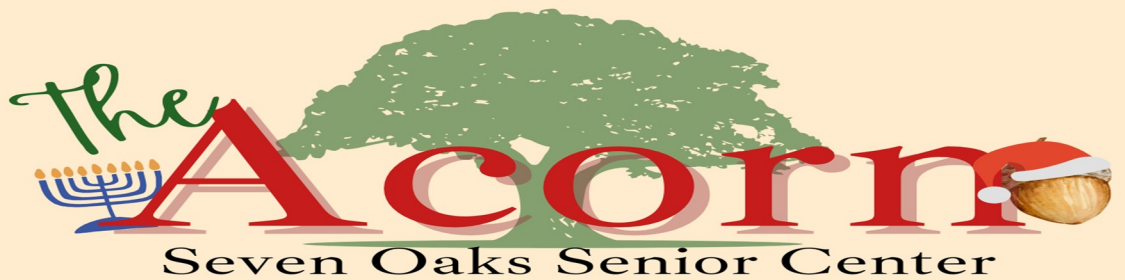
Barbara Wilt
410-887-4141
Home Team

Adrian Worrell
Custodian

Acorn Contest Challenge:

Name 4 ways the Center
is celebrating December
holidays.

Entry due to the front
desk by Friday, Dec 6th



CENTER DECORATING & OAKETTES CHOIR PERFORMANCE!

Monday, Dec 2nd
10:00AM-12:00PM / MPR & CR
Join us as we bring some holiday
cheer into the center with decorating.
No fee but we encourage you to bring
a pack of *store bought* cookies to
share with other members in a cookie
exchange!
Then, at 11:00am enjoy a wonderful
performance from our Oakettes Choir
Group!
Sign up in the binder to attend!

KWANZAA

With Janice Green the Griot

Thursday, Dec 19th | 2-3:30PM

Join the captivating Janice Green, the
Griot, for a vibrant, theatrical journey
through the rich history, symbols, and
stories of Kwanzaa! Get ready for an
engaging performance that brings the
spirit of Kwanzaa to life in a powerful
blend of storytelling and tradition.

Don't miss this unforgettable
celebration of culture and community!

HOLIDAY SPARKLE PARTY!

Wednesday Dec 11 | 12:00PM | Rosedale Gardens

Join Seven Oaks for our annual Holiday party! Participants will enjoy a
delicious dinner featuring Beef Jardiniere with gravy, Roast Turkey with gravy,
Vegetable Medley, Au Gratin Potato Cheese and Vegetable Tray,
Fresh Garden Salad, Desserts, Cash Bar, Door Prizes, raffles, and live music by

The Reputations!

**\$40 per person; Tickets on sale 11/7 until sold out.
No refunds available after purchase.**

INTERGENERATIONAL SOAP CARVING

Thurs. Dec 26th |
12:00PM-2:00PM / MPR
Join Ed Konig for a soap carving
activity for all ages! Participants
will be provided with a bar of
soap that they will follow along
to turn into a holiday themed
trinket!

**Sign up in the white binder
to attend!**



INTERGENERATIONAL BUILD A FRIEND



Friday, Dec 27th | 12:00PM-2:30PM / MPR 2
\$20 per ticket; on sale 11/25-12/18

Join us for a heartwarming intergenerational
event where grandchildren and members can
bond and create lasting memories!

Each \$20 ticket includes an 8" stuffed animal
for kids to hand-stuff, a wish-filled heart to
place inside, and a shirt for their new friend.

While waiting, enjoy teddy grahams and juice,
coloring, and a reading of *Brown Bear Brown
Bear* from Council President, Penny Brown!

**Limited to 24 tickets*



December Special Events



Center Holiday Decorating & Oakettes Holiday Performance

Monday, Dec 2 | 10am-12pm | Lobby

Join us as we bring some holiday cheer into the center with decorating. No fee but we encourage you to bring a pack of *store bought* cookies to share with other members in a cookie exchange!

Then, at 11:00am enjoy a wonderful holiday performance from our Oakettes Choir Group in the MPR

Sign up in white binder to attend!

Diamond Art & Coloring Drop-In

Monday, Dec 2, 9, 23, 30 | 12-4pm | MPR 1

Thursday, Dec 5, 12, 19, 26 | 10-12pm | MPR 1

Bring your Diamond Art or coloring project and supplies from home to work on with other Diamond Art and coloring enthusiasts.

Survey of the Old & New Testaments

Monday, Dec 2, 23, 30 | 1pm | Class Room

An educational class about the Old and New Testaments. Different aspects of the Old and New Testaments will be discussed each class.

Book Club

Tuesday, Dec 3 | 9:00 am | Craft Room

Join volunteer instructor, Davida Brautman, as she leads a lively discussion about December's Book:

The Silent Patient by Alex Michaelides

Genealogy

Tuesday, Dec 3 | 9:30-10:30am | Game Rm

CLASS IS FULL Join Volunteer Instructor Kathy Francis as she provides a wealth of information relating to the practice

Adventure Club Monthly Meeting

Tuesday, Dec 3 | 11:00am | Game Rm

Join us for our monthly meeting to plan exciting outings for our vibrant Adventure Club. Everyone is welcome!

Bingo & Eating Together Lunch

Tuesday, Dec 3 & 17 | 12:00 pm | MPR 1 & MPR 2

Mary & helpers 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 **\$4.00** donation. Sign up for lunch in the Eating Together binder. **Bingo** starts at **12:30 pm.**

Great Physioballs of Fire

Wednesday, Dec 4 | 2:00pm | MPR 2

Led by Al Muehlberger. This fun, feel good, therapeutic music experience involves music, exercise balls, drum sticks and movement. Free program limited to 20 students.

Note: This is not an exercise class.

TED Talk—Why Your Life Needs Novelty, No Matter Your Age

Thursday, Dec 5 | 1:00pm | MPR 1

Join Volunteer Facilitator, Jim Lightner, as he leads a lively discussion on this TED talk. Participants will learn more about how to create these meaningful moments, where mundane routine is broken by novel experiences in small but significant ways -- no matter how old you are.

Name that Holiday Tune

Friday, Dec 6 | 2:30-3:30pm | MPR 1

Join our spirited Assistant Director Maeghan Gross for a joyful afternoon of musical cheer! Compete in two teams to see who can guess those beloved holiday jingles the fastest and claim the title of *Most Festive of All!* **Sign up in the white binder to attend!**

Laminating

Monday, Dec 9 | 1:30 - 3:30 pm

Join our monthly service to have your medical and other important cards laminated by SOSC volunteers

The John Wilkes Booth Exhumation Trial

Tuesday, Dec 10 | 10:30-12:00pm | Craft Room

Join Attorney Frank Gorman will speak about the 1995 exhumation trial of John Wilkes Booth, an attempt to alter the history of the assassination of President Lincoln, particularly the capture, shooting, and death of John Wilkes Booth on April 26, 1865. Several historians asked the court to order Baltimore's Green Mount Cemetery to allow the exhumation of the remains in Booth's grave, relying on a 1907 book that claimed Booth escaped justice and died in 1903. **Sign up in white binder to attend!**

Have a program you want to see at SOSC in 2025?! Make your suggestions in our suggestion box in the lobby!



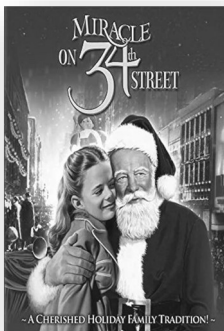
December Special Events



Eating Together Lunch & A Movie

Tuesday, Dec 10 | 12:00 & 1:00pm | MPR 1 & 2

Join us for an Eating Together lunch at Noon. The suggested donation for the meal is \$4.00. Sign up for lunch in the Eating Together Binder. After lunch, stick around for a movie and popcorn at 1pm. We will be watching *Miracle on 34th Street* (1947); After a divorced New York mother hires a nice old man to play Santa Claus at Macy's, she is startled by his claim to be the genuine article. When his sanity is questioned, a lawyer defends him in court by arguing that he's not mistaken.



Rummikub

Wednesday, Dec 11 | 10am-11:30am | Game Room

Join other members of Seven Oaks for a friendly game of Rummikub! No experience necessary.

HOLIDAY SPARKLE PARTY

Wed, Dec 11th | 12-4pm | Rosedale Gardens

See front page for more details. Ticket required for attendance (\$40 per person).

Acoustic Advanced Guitar Jam

Wed, Dec 11 | 2:00 pm | MPR 1

Bring your acoustic guitar and join other Seven Oaks members for a fun jam session!

Seated Massages

Thursday, Dec 12 & Friday Dec 13 | 9:00 am-2:30 pm | Fitness Center

Doug Wittich, Licensed Massage Therapist, offers chair massages once a month. **\$20 for 30 minutes**. Pay in advance at the front desk. You must fill out a brief questionnaire before your first massage. Call in advance to cancel. **No refunds for no shows or same day cancellations**

Floral Arranging: Deck the Halls Workshop

Thursday, Dec 12 | 1pm-3pm | MPR1 | Cost: \$30

SOLD OUT—WAITLIST AVAILABLE Dress up your table with your own Christmas floral arrangement! Learn floral arrangement basics, use tools, and supplies and enjoy guided instruction. Limited to 20 participants.

FRIDAY CAFE

Friday Dec 13, 20, 27 | 9:30am-10:30am | MPR

Connect with fellow Seven Oaks members and savor a delightful complimentary breakfast together!

Emergency Preparedness with Baltimore County Department of Emergency Management

Friday, Dec 13 | 10:00-11:00AM | Class Room

Join Baltimore County Department of Emergency Management for an engaging and informative presentation on how you can be prepared for Maryland's severe weather! Sign up in the white binder to attend.

Card Making Workshop

Friday, Dec 13 | 10:30-12:30pm | Craft Room

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

Combating the Winter Blues with RN Karin Taylor

Friday, Dec 13 | 11:15-12:15pm | Classroom

Join Registered Nurse Karin Taylor for an engaging and informative presentation on managing the 'Winter Blues' and Seasonal Affective Disorder (SAD). Learn practical tips and effective treatments to help lift your spirits and stay resilient through the winter months. Sign up in the white binder to attend.

The Holiday Spirit with Al Muehlberger

Monday, Dec 16 | 10:30-11:30am | Class Room

There is more to the holiday season than buying gifts. Of course, gift giving and shared meals are pleasant and rewarding. But there is more that can be done to develop a deeper meaningful spirit and it can be shared with everyone.....even those we don't know. Let's get together and do that. Just for the spirit of it!

Council Farewell to Beckie Ebert

Monday, Dec 16 | 12:30pm | MPR1

Join the Executive Board at the council meeting to say farewell to Beckie directly after the 12:30pm meeting. Come express your congratulations, good luck, and thanks!

Cinnamon Apple Ornaments

Monday, Dec 16 | 1:00pm | Class Room

Join Ed Konig, volunteer instructor and Executive Board Member, for a festive crafting session where you'll create delightful ornaments using apples and cinnamon! **Sign up in the white binder to attend**



December Special Events



Bunco!

Tuesday Dec 17, 24, 31 | 10-11:30am | Game Rm

Join other Seven Oaks members in this easy-to-learn dice game! No experience necessary.

Polymer Clay Jewelry Workshop

Wednesday, Dec 18 | 10:00am | Game Room

Join volunteer instructor, Kat, to create a matching pendant and earring set. All materials provided. Kat will apply resin and return the items by the following Friday.

Cost: \$12 in advance. Maximum 5 people.

Peppermint Bark Candy Workshop with Barbara Rehak

Wednesday, Dec 18 | 1:30-3:30pm | MPR 1

Join volunteer instructor Barb Rehak for a fun, interactive baking class where you'll learn to make festive peppermint bark! Each participant will leave with a sample of the delicious treats to enjoy at home.

Cost: \$5 in advance. Maximum of 20 participants.

Current Events

Wednesday, Dec 18 | 2:30pm -4:00pm | Game Room

Joy Mays facilitates this group's lively discussions on local, national and international current events. We welcome new participants with varying viewpoints and suggestions for topics to discuss.

Arthritis Presentation by Advance Care Physical Therapy

Thursday, Dec 19 | 9:30-10:30am | MPR1

Join Physical Therapist Linda from Advance Care PT for an informative session on how to manage your arthritis symptoms and how physical therapy can help.

Sign up in the white binder to attend!

Kwanzaa with Janice Green the Griot

Thursday, Dec 19 | 2:00PM-3:30PM | MPR1

Join the captivating Janice Green, the Griot, for a vibrant, theatrical journey through the rich history, symbols, and stories of Kwanzaa! Get ready for an engaging performance that brings the spirit of Kwanzaa to life in a powerful blend of storytelling and tradition. **Sign up in the white binder to attend!**

Easy Peasy Card Making

Friday, Dec 20 | 10:30am-12:30pm | Craft Room

Join Claire Blair for this fun, introduction to card making class. Everyone will leave with a few completed cards and a fun experience.

Cost: \$12 in advance.

Diabetes Support Group

Friday, Dec 20 | 11am | Class Room

Join us the **3rd Friday of each month** for support and information. Retired RN and licensed and certified diabetes instructor, Kat D'Ascenzo, will present different topics about Type 2 diabetes, including diet, medications, myths and more. Each class will focus on a different topic.

Free Blood Pressure Screening

Friday, Dec 20 | 10:30am-11:30am | Lobby

Take advantage of our **free monthly blood pressure screening!** Stop by the lobby, where RN Becky Cohen will be checking blood pressure and providing valuable health resources. Don't miss this opportunity to stay on top of your health!

Holiday Karaoke Party

Tuesday, Dec 24 | 1:00-3:30pm | MPR 2

Got a passion for singing holiday songs? Join us for a fun-filled karaoke session! We'll have a blast with festive tunes and delicious refreshments. Holiday songs are suggested but not mandatory!

INTERGENERATIONAL SOAP CARVING

Thurs Dec 26 | 12:00PM-2:00PM | MPR2

See front of newsletter for details. Sign up in binder required for attendance

Florida Canasta

Friday, Dec 27 | 10:00am-3:45pm | Class Rm

Join us for all day Florida Canasta on the fourth Friday of each month!

INTERGENERATIONAL BUILD-A-FRIEND WORKSHOP!

Friday Dec 27 | 12:00PM-2:30PM | MPR2

See front of newsletter for details.

Ticket required for attendance.

12 MONTHS OF KINDNESS

December's Month of Kindness brings back our annual Seven Oaks Giving Tree! Visit our MPR to select a tag, then bring in the listed items to spread some holiday cheer. Please remember, no need to wrap the items!

Plea

Senior Center Staff & Executive Board



Center Director: Beckie Ebert
Assistant Director: Maeghan Gross
Activity Specialist: Liz Sokoloff
COS: Jessica Pontown 410-887-5128
Home Team: Barbara Wilt 410-887-4141
Center Custodian: Adrian Worrell

President: Penny Brown
Vice President: Regina Wheeler
Treasurer: Rob Ermer
1st Asst. Treasurer: Gail Smith
2nd Asst. Treasurer: Dale Mullineaux
Recording Secretary: Betty O'Carroll
Corresp. Secretary: Peg Myers
Sgt. At Arms: Ed Konig
Members at Large: Ken Dornbush, Barbara Como
Past Presidents: Jim Lightner, Nancy Bach

Meeting Schedules

Executive Board Meeting

Monday, December 9th @ 1:00 pm
Lunch at 12:30pm

Council (Membership) Meeting

Monday, Dec 16th
12:30pm Meeting
Lunch at 12:00noon (\$5)
Chili dogs, Pasta Salad, and Potato Chips

The Seven Oaks Executive Board consists of 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. 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 spouses (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 2 tickets to a Seven Oaks special event or a gift card at each meeting!

Have an idea or suggestion?

Please use the suggestion box located behind the front desk.

Schedule of Classes

START TIME CLASS		INSTRUCTOR	LOCATION	FEE	END
<u>Monday</u>					
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	Tom & Sylvia Sordillo, Vol	Game Room	
9:30 am	11:30 am	Craft Projects	Sachs & Weber, Vol	Craft Room	\$
10:00 am	11:00 am	Tai Chi*	Greg Smith, CT	MPR 1	\$
10:15 am	11:15 am	Yoga	Karen Kansler, IC	MPR 2	\$
11:30 am	12:30 pm	Seated Yoga	Karen Kansler, IC	MPR 2	\$
11:45 am	1:15 pm	Projects for Charity	Barbara Goldsmith	Craft Room	
12:00 pm	3:00 pm	Pickleball	Volunteers	Eastern Reg Pk	\$
12:00 pm	4:00 pm	Diamond Art Drop-In	Caryl Fletcher, Vol	MPR 1	
12:00 pm	4:00 pm	Kick Back & Color	Volunteers	MPR 1	
12:30 pm	2:30 pm	Mexican Train Dominoes	Volunteers	Game Room	
12:45 pm	1:45 pm	Zumba Gold	Kathy Lally, IC	MPR 2	\$
1:00 pm	2:00 pm	Survey Old/New Testaments	Nelda Murphy, Vol	Classroom (Select Mon)	
1:30 pm	3:00 pm	Watercolor Painting	CCBC Karen Ruberry	Craft Room	\$
2:00 pm	3:00 pm	Ballroom Dance	Mary Jane Hartner, IC	MPR 2	\$
<u>Tuesday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:45 am	9:45 am	Spanish - Beginner	Maria Luque	Classroom & Zoom	
9:00 am	10:00 am	Book Club (1st Tue)	Davida Brautman, Vol	Craft Room	
9:15 am	12:15 pm	Knitting & Crocheting	Joan Shaull, Vol	Craft Room	
9:45 am	10:45 am	Intermediate Line Dance	Fore/Alleva, Vols	MPR	\$
10:00 am	11:30 am	BUNCO (select Tuesdays)	Linda Linley, Vol	Game Room	
10:00 am	11:00 am	Mindfulness Meditation	Dr. Mickey Fenzel, Vol	Classroom & Zoom	
11:00 am	12:00 pm	Chair Exercise	Benner/Smith, Vols	MPR	
12:00 pm	3:00 pm	Pickleball	Volunteers	Eastern Reg Pk	\$
12:15 pm	3:15 pm	Social Poker	Volunteers	Class Room	
12:30 pm	3:45 pm	Social Pinochle	Rita Pulaski, Vol	Craft Room	
12:30 pm	3:30 pm	Bingo (1st & 3rd Tue)	Mary Kulishek, Vol	MPR	\$
12:45 pm	3:00 pm	Movie (2nd Tue)	Staff	MPR	
1:00 pm	3:00 pm	Bridge	Volunteers	Game Room	
<u>Wednesday</u>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:30 am	EnhanceFitness*	Debbie Jobson, CT	MPR & Zoom	\$
9:45 am	11:00 am	TOPS (Weight Loss)	Claudia Maher, Vol	Craft Room	\$
10:00 am	11:00 am	Yoga	Karen Kansler	MPR 2	\$
10:00 am	11:30 am	Spanish - Continuing	Maria Luque	Classroom	
10:30 am	12:30 pm	Zoom: Watercolor	Alina Kurbiel, IC	Zoom-Online	\$
11:05 am	12:05 pm	Water Aerobics	CCBC Rachael Fuller	CCBC Essex Pool	\$
12:00 pm	3:00 pm	Pickleball	Volunteers	Eastern Reg Pk	\$
12:00 pm	3:00 pm	Hand & Foot Canasta	Rita Pulaski, Vol	Craft Room	
12:00 pm	1:00 pm	Beginner Line Dance	Fore/Thau, IC	MPR	\$
12:15 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol	Classroom	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR 2	
2:00 pm	3:00 pm	Physioballs (1st Wed)	Al Muehlberger, Vol	MPR 2	
2:00 pm	4:00 pm	Acoustic Guitar Jam (Select)	Al Kropkowski, Vol	MPR 1	
2:30 pm	3:45 pm	Current Events (4th Wed)	Joy Mays, Vol	Game Room	



Schedule of Classes



START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
Thursday					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:30 am	EnhanceFitness*	Debbie Jobson, CT	MPR & Zoom	\$
8:30 am	9:45 am	Woodcarving	Ed Konig, Vol	Craft Room	
9:00 am	12:00 pm	Pinochle	Tom & Sylvia Sordillo, Vol	Game Room	
9:35 am	10:25 am	Strength To The Core	Karen Kansler, IC	MPR 2	\$
10:00 am	11:00 am	Acoustic Guitar Lessons	Ron Kraft, Vol	Classroom	
10:00 am	12:00 pm	Quilting	Volunteers	Craft Room	
10:00 am	12:00 pm	Diamond Art Drop-In	Caryl Fletcher, Vol	MPR 1	
10:30 am	11:30 am	Chair Exercise	Benner/Smith, Vols	MPR 2	
10:30 am	12:30 pm	Zoom: Drawing	Alina Kurbiel, IC	Zoom-Online	\$
11:30 am	12:30 pm	Geri-Fit	Libby Bryant, Vol	MPR 2	
12:00 pm	3:00 pm	Pickleball	Volunteers	Eastern Reg Pk	\$
12:15 pm	3:00 pm	Social Poker	Volunteers	Classroom	
12:15 pm	3:45 pm	Canasta	Volunteers	Craft Room	
1:00 pm	3:00 pm	Bridge	Volunteers	Game Room	
12:45 pm	2:00 pm	Int. Line Dancing	Frankie Fore	MPR 2	\$
Friday					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:30 am	9:15 am	Pre-Recorded Strength	Volunteers	MPR 2	\$
9:00 am	12:00 pm	Scrabble	Volunteers	Game Room	
10:30 am	12:30 pm	Card Making (2nd Fri)	Claire Blair, Vol	Craft Room	\$
10:00 am	3:45 pm	Florida Canasta (Last Fri)	Caryl Fletcher, Vol	Classroom	
10:00 am	11:45 am	Advanced Tap Dance	Kathy Lally, IC	MPR 2	\$
11:00 am	12:30 pm	Oakettes Vocal Group	Cal Goeller, Vol	MPR 1/Craft Room	
12:00 pm	3:00 pm	Pickleball	Volunteers	Eastern Reg Pk	\$
1:00 pm	2:00 pm	Beginner Italian	Catherine Miserendino, Vol	Game Room	
12:30 pm	3:45 pm	Florida Canasta	Caryl Fletcher, Vol	Classroom	
1:00 pm	3:30 pm	Stained Glass	Amy Rynes, Vol	Craft Room	
1:00 pm	3:45 pm	Table Tennis	Free Play	MPR 2	
1:00 pm	2:00 pm	Water Aerobics	CCBC Maribeth Cox-Livingston	CCBC Essex Pool	\$

Please Note...

- ♦ If you see a \$ symbol, there is a fee associated with that class. Generally, fee-based classes run on a 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.
- ♦ Program is partially funded under Title III-D of the Older Americans Act of 1965. Individuals 60 and over are encouraged to make the suggested donation of \$35 at registration to ensure viability of program.
- ♦ See the Quarterly Course Guide for further details on class descriptions, dates and fees.
- ♦ All classes are subject to being recorded. If the class is going to be recorded we will disclose prior to class. Please note if you are late you will not be informed that classes are recorded.
- ♦ Please be respectful of class instructors and other participants and **be on time**. If you are more than 15 minutes late you may be denied access to class.

Taking Care of Each Other

We at *Seven Oaks Senior Center* are a close knit group. We share smiles, “Hellos”, laughs, and conversations about our families, health and life. We talk, play, learn, sing, dance, eat, exercise, and create with each other. We are a community that cares about our members.

Unfortunately, some of our Seven Oak friends are unable to get to the center to interact with us. We need your help to identify current and past Seven Oaks members who are sick, recovering from surgery, disabled, a full time caregiver, or who are homebound and unable to come to the center. If you know of such members please give their names to a staff or council member. We hope to share a caring message and small treat with them to let them know they aren’t forgotten.

Upcoming Events

New Beginnings Celebration

Friday Jan 3rd | 10:00AM-11:30 | MPR2

Join us for a special celebration welcoming everyone to the New Year! Enjoy a **hot cocoa bar**, light refreshments, music, and a chance at a raffle!

Tickets on sale 12/2/24 until 12/27 | **\$5 per person**

Fundraiser at Riverstone Grill

Tuesday, January 14th | 11:30AM-8:30PM | Offsite

8720 Cowenton Ave unit 6, Perry Hall, MD 21128

Support Seven Oaks Senior Center while enjoying a delicious meal! Riverstone Grill will be donating 10% of the total sales of the entire restaurant made on January 14th. Snow date: Tuesday, January 21st.

Eating Together Program

We invite you to join the Eating Together Program and benefit from the “**Connection**” and nutritionally balanced meals. In **December**, Eating Together lunch will be offered on **December 3, 10, & 17**. Individuals interested in attending the meal must **sign up in the binder at the front desk by the meal deadline**.

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 \$5.96 cost of each regular meal (super special meals \$7.87). The average cost of a fast-food meal is \$11 and likely not nutritionally balanced. The Eating Together lunch is provided by a contracted caterer and is supported through the Older American’s Act, allowing qualified participants to make a voluntary, anonymous donation of any amount. If you cannot contribute the full amount, a voluntary minimum contribution of **\$4.00** 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 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.**

Fitness Center

Improve your physique and enhance your overall well-being at our state-of-the-art fitness center. Great low cost of **\$80 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: **\$25.00** for 3 months, **\$50.00** for 6 months or **\$80.00** for one full year

Stop in to pick up your application! Individuals must be a current senior center member and have signed the exercise release form. A medical clearance form is no longer required.

All paperwork should be turned into staff.

The next Fitness Center Orientations are scheduled for:

Note: Change in Day & Time:

Monday, Dec 2 @ 2:30pm

Wednesday, Dec 18 @ 2:30pm

Minimum of 3 sign ups needed. See staff to sign up.

Adventure Club

The Adventure Club continue to offer exciting adventures outside of Seven Oaks Senior Center. Please check the Weekly Update and marked sections in the front of the binder at the front desk for all the details for upcoming outings.

**Evergreen Museum and Library,
Thurs. December 12th 11:30AM \$10 per person**



Evergreen Museum and Library , located on N. Charles Street between Loyola University and Notre Dame University, is housed in a Gilded Age mansion surrounded by 26 acres of gardens and woods. This museum is home to a renowned collection of fine and decorative arts, rare books, and manuscripts, assembled by two generation of Baltimore's civic-minded Garrett Family. Tour is approximately 75 minutes and is docent led. Due to the historic nature of the house, Evergreen Museum is not wheelchair accessible and all tours require going up multiple flights of steps.

Lunch to be held at the Peppermill

Seven Oaks Travel

Our next trip (with space):

Charlestown Casino Trip

Thursday, March 27th, 2025 | \$40 per person with \$20 rebate

SIGN UP NOW AVAILABLE

Must be 21 or older with a valid ID to attend and receive rebate. Sign up at the travel desk on the clipboard. **Payment is not due until trip coordinator, Cindy Mabus, contacts participants.**

Bus departs at 9:00AM from Weis Markets at 4126 Joppa Road, Baltimore MD 21236

Activity Level: Easy

Hostess: Cindy Mabus (410)-375-2422

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. Fill out an envelope with your information, put your payment inside the envelope, seal and place the envelope in the black lock box on the wall near the travel desk.
 - ◆ 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.
 - ◆ Travel insurance is recommended for overnight trips.

Travel Activity Levels

Limited: Trip may require participants to handle luggage, climb stairs, walk at least a quarter of a mile on a relatively flat grade, and stand for up to half an hour.

Easy: Trip may require participants to handle luggage, climb two or three flights of stairs, walk at least one mile on a relatively flat grade and stand for up to an hour.

Moderately Easy: Trip may require participants to handle luggage, climb three or four flights of stairs, walk at least two mile on a relatively flat grade and stand for up to an two hours.

Moderate: Trip may require participants to handle luggage, climb six or seven flights of stairs, walk at least three mile with potential hills and stand for up to three hours

Moderately Challenging: Trip may require participants to handle luggage, climb six or more flights of stairs, walk at least four miles at a moderate pace, and stand for up to three hours.

Challenging: Easy: Trip may require participants to be in good physical shape and climb eight or more flights of stairs over varied terrain/ and stand for up to 5 hours. Physical demanding activities may be included in this trip.