



JANUARY
2025

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

Center Closures:
Mon. Jan 20th—CLOSED

STAFF

Beckie Ebert
Center Director

Maeghan Gross
Assistant Center Director

Liz Sokoloff
Activity Specialist

Jessica Pontown

COS

Barbara Wilt

Home Team
Adrian Worrell
Custodian

Acorn Contest
Challenge:

The Acorn

Seven Oaks Senior Center

2025 NEW BEGINNINGS CELEBRATION

Friday, Jan 3 | 9:00AM -10:00AM

\$5 per person | Tickets on sale 12/1-12/27

A new year means new beginnings, and we're excited to welcome it with you! Enjoy a delightful hot chocolate bar, an array of pastries, chocolate-dipped fruit, a door prize raffle, and pre-recorded music to set the mood. Let's toast to fresh starts and festive moments together!

WINTER CANDLE WORKSHOP



Wednesday, Jan 29 | 10:00AM

\$10 per person

Tickets on sale 1/2- 1/17

Join Assistant Director, Maeghan Gross, for this fun hands-on workshop of creating your own soy winter-scented candle!

All materials provided.

Cost: \$10 in advance.

Limited to 10 Participants.

MLK ACT OF SERVICE DAY

Friday, Jan 17
12:30PM-2:30 PM

Celebrate and honor Dr. Martin Luther King's Legacy with a session of signing *Get Well Soon* cards for our local assisted living centers.

While signing, Participants will enjoy a showing of *Selma (2014)*; a 2014 biographical drama film about Martin Luther King Jr.'s campaign for voting rights in 1965.



Sign up in the free binder to attend.



RIVER STONE GRILL FUNDRAISER

Tuesday, Jan 14 | 11:30 AM— 8:30 PM

8720 Cowenton Ave unit 6, Perry Hall, MD 21128

Enjoy a delicious meal at River Stone Grill between 11:30 AM and 8:30 PM and help support Seven Oaks Senior Center!

River Stone Grill will donate 10% of their revenue from the day to the center. These funds will go directly back into the center, supporting programming and enhancements for our members!



January Special Events



TED Talk—How to let go of being a “good” person—and become a better person

Thursday, Jan 2 | 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 your age!

New Beginnings Celebration

Friday January 3rd | 9:00AM-10:00AM | MPR

See front page for more information

Diamond Art & Coloring Drop-In

Monday, Jan 6, 13, 27 | 12-4pm | MPR 1

Thursday, Jan 2, 9, 16, 23, & 30 | 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, Jan 6, 13, 27 | 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.

Stress Management Part 1 with Al Muehlberger

Monday, Jan 6 | 10:00-11:30am | Classroom

Stress is always present in our lives and can be both good and harmful. Learn how it develops in the body through the mind and how it impacts all our actions along with its harmful symptoms and how we can manage it all.

Book Club

Tuesday, Jan 7 | 9:00 am | Craft Room

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

The Women by Kristen Hannah.

February's book will be *Rouge* by Mona Awad

Genealogy

Tuesday, Jan 7 | 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.

Bingo & Eating Together Lunch

Tuesday, Jan 7 & 21 | 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, Jan 8 | 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.

Heart of the Civil War Documentary

Wednesday, Jan 8 | 10:00am | Game Room

Join us for a showing of PBT's *Heart of the Civil War* Documentary. Find out how the Civil War impacted our region, the typical soldier as well as civilians through visits to scenic vistas, compelling historian interviews, archival images and dramatic re-creations.

Acoustic Advanced Guitar Jam

Wed, Jan 8, 22, & 29 | 2:00 pm | MPR 1

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

Caring Across the Community Meeting

Thursday, Jan 9th | 2pm | MPR2

Our caring across the community group will be meeting to discuss previous and upcoming acts of service in our community.

Are You Taking Your Medication Safely? With Maryland Poison Center

Friday, Jan 10 | 10:00am | Classroom

Join the Maryland Poison Center for an engaging and eye-opening presentation on medication safety! Learn practical tips, ask your questions, and gain peace of mind knowing you're taking your medication the right way.

Card Making Workshop

Friday, Jan 10 | 10:30-12:30pm | Craft Room

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

FRIDAY CAFÉ

Friday Jan 10, 17, 24, & 31 | 9:30am-10:30am | MPR

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



January Special Events



Stress Management Part 2: Coping Strategies and Relaxation Techniques

Monday, Jan 13 | 10:00-11:30am | Classroom

Instructed by Al Muehlberger. To prevent Stress there are life long Coping Strategies that can be adapted into our lives. For immediate stress relief there are "Relaxation Techniques that can help us anytime. Come learn what these are - just for the health of it!

Demystifying Annuities with Mike Crabb

Monday, Jan 13 | 12:00pm | Classroom

Join certified financial planner Mike Crabb for an insightful session that breaks down the mysteries of annuities. Get clear, expert guidance on how they work and how they might fit into your financial plan!

Laminating

Monday, Jan 13 | 1:30 - 3:30 pm

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

Adventure Club Monthly Meeting

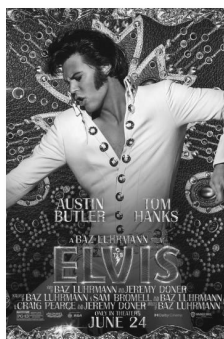
Tuesday, Jan 14 | 11:00am | Game Room

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

Eating Together Lunch & A Movie

Tuesday, Jan 14 | 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 *Elvis* (2022); a biographical film focusing on the life of music icon Elvis Presley, highlighting his rise to fame and complex relationship with his manager, Colonel Tom Parker, played by Tom Hanks, while exploring the cultural impact of Elvis' music against the backdrop of a changing America



Bunco!

Tuesday Jan 14, 21, & 28 | 10-11:30am | Game Rm

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

Rummikub

Wednesday, Jan 15 | 10am-11:30am | Game Room

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

Seated Massages

Thursday, Jan 16 & Friday Jan 17 | 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**

Easy Peasy Card Making

Friday, Jan 17 | 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, Jan 17 | 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.

Martin Luther King's Act of Service Day

Friday, Jan 17 | 12:30-2:00pm | Game Room

Celebrate and honor Dr. Martin Luther King's Legacy with a session of signing *Get Well Soon* cards for our local assisted living centers. While signing, Participants will enjoy a showing of *Selma* (2014); a 2014 biographical drama film about Martin Luther King Jr.'s campaign for voting rights in 1965. Sign up in the free binder to attend.

Planning Ahead: A Guide to Funeral Pre-Planning

Wed, Jan 22nd | 10:00AM | Game Room

Join Robin from Legacy of Love Funeral Planning for an informative session on the importance of pre-planning your funeral. Learn about the options available, how to ease the burden on your loved ones, and make decisions that align with your wishes.

FUNDRAISER AT RIVER STONE GRILL

Tuesday, Jan 14 | 11:30am-8:30pm

Enjoy a delicious meal at River Stone Grill between 11:30 AM and 8:30 PM. See front page for more information.



January Special Events



Happy Hour: Liberatore's

Thursday, Jan 23 | 3:00PM-5:00PM

5005 Honeygo Center Dr, Perry Hall, MD 21128

Limited to 45 People

Join us at Seven Oaks for our monthly *Happy Hour*! Enjoy a fun time socializing, eating, and drinking with fellow members. It's the perfect way to unwind and connect with others. Sign up in the white binder to reserve your spot! We can't wait to see you there!

Pets on Wheels Presentation

Monday, Jan 27 | 10:00AM | Classroom

Join a representative from Pets on Wheels Animal Therapy for an informative presentation about their services and how they bring joy to others through pet therapy. After the talk, you'll have the chance to meet the pets, interact with them, and ask questions to the volunteers who make it all happen!

Current Events

Wednesday, Jan 29 | 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.

This is Your Life: Living in Alaska

Tuesday, Jan 28 | 1:00-2:00PM | MPR 1

Join us for our exciting new program, *This Is Your Life*! Each month, one of our members will share a personal adventure they've experienced. This month, we're thrilled to welcome Tabitha, who will tell us about her unforgettable experience living through Alaskan winters! Don't miss this opportunity to hear her unique story!

Karaoke

Tuesday, Jan 28 | 1:00-3:30pm | MPR 2

Got a passion for singing songs? Join us for a fun-filled karaoke session! We'll have a blast with your favorite tunes and delicious refreshments.

Winter Candle Making Workshop

Wednesday, Jan 29 | 10:00AM | Game Room

Join Assistant Director, Maeghan Gross, for this fun hands-on workshop of creating your own soy winter-scented candle! All materials provided.

Cost: \$10 in advance. Limited to 10 Participants.

Battle of Antietam: The Day That Changed America

Thursday, Jan 30 | 2 | Class Rm

Instructed by CCBC Instructor, David Uris, Examine the Battle of Antietam through eyewitness accounts, covering Lees Maryland Campaign, battle strategies, Mathew Bradys photography, Lincolns visit, the aftermath and impact on America and the Civil War.

Florida Canasta

Friday, Jan 31 | 10:00am-3:45pm | Class Rm

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

12 MONTHS OF KINDNESS

During January, we will be collecting hats, gloves, and scarves for the Crisis Center.

Please donate all items to the red box near the travel desk by Jan 27th.

Upcoming Events

Love and Laughter Valentine's Day Celebration

Friday February 14th | 9:00AM

Tickets on sale 1/17-2/7

Start your day at 9:00 AM with a delightful Valentine's breakfast for just \$5 per ticket. Enjoy heart-shaped pancakes, fresh fruit, sausage, eggs, and more!



At 10:30 AM, indulge your sweet tooth by joining our chocolate-making class, a hands-on experience that's sure to satisfy.

Cap off the day with a romantic movie classic! At 12:00 PM, we'll screen *Sleepless in Seattle* (1993). This heartwarming romantic comedy follows widowed architect Sam (Tom Hanks) as his son inspires him to share his grief on a radio show, capturing the attention of Annie (Meg Ryan), a journalist who embarks on a heartfelt journey to find him.

Come for the food, stay for the fun, and fall in love with a day full of Valentine's cheer!

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, January 27 @ 1:00 pm

Lunch at 12:30pm

Council (Membership) Meeting

Monday, Feb 24th, 2025

12:30pm Meeting

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)	David 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	Advanced Italian	Catherine Miserendino, Vol	MPR1	
2:30 pm	3:30 pm	Beginner Italian	Catherine Miserendino, Vol	MPR1	
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**.

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.

Center Resources

The Seven Oaks Library

Please visit our Seven Oaks Library located in the hallway outside of the Game Room and Classroom. The library is composed of fiction and non-fiction books donated by members. You are free to browse and take home any books that you like. Keep them as long as you like and return them, if you choose. Please place them in the wicker basket outside the classroom when returning them.

Please feel free to donate books from home that are in good condition by placing them in the wicker basket, too. Books will be processed from the basket and placed back on the appropriate shelves.

The Seven Oaks Free Exchange Shelves

Check out are free exchange shelves located in the hallway outside the Fitness Center. Feel free to bring in items in good condition that you no longer want and are willing to share with other members. Feel free to browse and take home any items that interest you, too.

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 **January 7, 14, & 21**. 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.

Fitness center orientations are now optional but encouraged for new fitness center members.

The next Fitness Center Orientations are scheduled for:

Note: Change in Day & Time:

Wed, Jan 8th

Wed, Jan 22nd

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.

McFadden Art Glass Studio Saturday, Jan 18 @ 11:00AM Limited to 12 People

Create your own glass art piece from \$25 upwards! Lunch afterward at Broadway Diner

Log Cabin Candies Tour Wednesday , Jan 22nd

Join the Adventure Club for a guided tour of Log Cabin Candies located at 2625 Belair Rd, Fallston MD 21047.

\$10 per person; if interested please sign up in white binder.



Seven Oaks Travel

ATLANTIC CITY, CAPE MAY, & PHILADELPHIA

Join us for a memorable 5-day trip (May 19-23, 2025) exploring Atlantic City, Cape May, and Philadelphia! Enjoy guided tours of iconic sites, including Cape May Victorian homes, Cape May Point Lighthouse, and Philadelphia's historic landmarks. Ride the Cape May trolley, and take in free time at the Atlantic City Boardwalk. The trip costs \$845 per person for double occupancy or \$958 for single occupancy, with a \$75 deposit required. The bus departs from Weis Markets on E. Joppa Road, Baltimore. Contact trip hostess Teresa Sexton at (410) 370-8431 for details.

Final payment is due by March 1, 2025!



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 miles 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 miles 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: 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.

