



**March
2025**



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

Center Closures:
None

STAFF

Karen McDonough
Center Director

Maeghan Gross
*Assistant
Center Director*

Liz Sokoloff
Activity Specialist

Jessica Pontown
410-887-5128
*Community
Outreach
Specialist*

Barbara Wilt
410-887-4141
Home Team

Adrian Worrell
Custodian

REMARKABLE WOMEN of Maryland

Thursday, March 6th | 2:00 PM

March is Women's History Month!
Celebrate with a fascinating virtual presentation by the Maryland Center for History and Culture, highlighting the remarkable women of Maryland.

Discover the inspiring lives of
Harriet Tubman,

Elizabeth Bonaparte,

Margaret Brent, Maryland suffragists, and more!



BLOOD SUGAR FRIENDLY SNACKS Cooking Demo

Friday, March 7th | 1:00 PM

March is Nutrition Month!

Celebrate with us as Julie Welch hosts a delicious and nutritious cooking demo. Learn how to whip up blood sugar-friendly snacks that are as tasty as they are healthy!

Sign-up is required
in the white binder.



SAINT PATRICK'S DAY Celebration

Friday, March 14th | 11:30 AM—3:00 PM | Cost: \$25

Live Music by The Reputations

Enjoy a delicious meal featuring corned beef, cabbage, potatoes, green beans, carrots, Irish soda bread, dessert, wine and beer!

Meal catered by Richardson Farms

Plus try your luck with 50/50s, door prize raffles, and more!

Acorn Contest Challenge:

List 5 Events that are advertised in the Acorn in 2 different locations.

Answers due by Friday, March 7th to the front desk.

WAKING UP YOUR GARDEN

Wednesday, March 26th | 10:00 AM

Join Baltimore County Master Gardeners for a lively presentation on how to wake up your garden for Spring!

Learn the best practices that will give plants the best start for a strong growing season!



Sign-up is required
in the white binder!

TAP RECITAL

Friday, March 21st | 10:00 AM

Join Us for a Delightful Performance by Seven Oaks' Tap Group, the Shining Stars! These outstanding dancers have been working hard all semester and are ready to show off their moves!

Don't miss this exciting showcase of talent and dedication.

Sign-up is required
in the white binder!





March Special Events



Stress Management (Rescheduled)

Monday, March 3 | 10 AM | Classroom

Rescheduled from January due to snow.

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.

Diamond Art & Coloring Drop-In

Monday, March 3, 10, 17, 24 & 31 | 12-4 PM | MPR 1

Thursday, March 6, 13 & 20 | 10 AM-12 PM | 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, March 3, 10 & 31 | 1 PM | Classroom

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, March 4 | 9 AM | Craft Room

Join volunteer instructor, Davida Brautman, as she leads a lively discussion about March's Book: *Rouge* by Mona Awad. April's book will be *Library Book* by Susan Orlean.

Maryland Insurance Administration

Tuesday, March 4 | 10 AM - 1 PM | Lobby

The Maryland Insurance Administration will be on-site to assist with your insurance concerns. They can investigate claims, provide guides for comparing rates, help you better understand your policy, and ensure you are treated fairly under Maryland law. Stop by their table in the lobby to learn more!

Bingo & Eating Together Lunch

Tuesday, March 4 & 18 | 12 Noon | 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 on the kiosk. **Bingo** starts at **12:30 pm**.

FREE Bead Demo with Kat

Wednesday, March 5 | 10 AM - 11:30 AM | Craft Room

Join jewelry expert, Kat, for a free beading demo demonstrating Russian Spiral Beading!

Great Physioballs of Fire

Wednesday, March 5 | 2 PM | 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.

Acoustic Advanced Guitar Jam

Wednesday, March 5 | 2 PM | Game Room

Wed, March 12, 19 & 26 | 2 PM | MPR 1

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

TED Talk: How Amazon, Apple, Facebook and Google Manipulate Our Emotions

Thursday, March 6 | 1 PM | MPR 1

Explore the dominance of Amazon, Apple, Facebook, and Google in this eye-opening TED Talk by Scott Galloway. Facilitated discussion with Jim Lightner will follow.

Remarkable Women of Maryland (Virtual)

Thursday, March 6 | 2 PM | MPR 2

Join Maryland Center for History and Culture for a virtual presentation on celebrating the remarkable women of Maryland! Learn about the lives of Harriet Tubman, Elizabeth Bonaparte, Margaret Brent, the work of suffragists, and more to gain a richer understanding of Maryland's history.

Polyclay Jewelry Workshop with Kat

Friday, March 7 | 12:30 PM | Game Room

Join Kat for a hands-on workshop in creating Polyclay jewelry! **Cost:** \$12 in advance; **Limited to 5**

Blood Sugar Friendly Snack Demonstration

Friday, March 7 | 1 PM | MPR 1

Get ready to snack smarter with Julie Welch! Join her for a fun and interactive cooking demo featuring blood sugar-friendly snacks that taste as good as they are healthy. Don't forget to sign up in the binder to reserve your spot!

12 MONTHS OF KINDNESS

During March, we will be collecting items for Easter Baskets to be donated to the Eastern Resource Center. There is a list of items requested on the red donation box next to the travel desk. Please donate items to this box by Friday, March 21st.



March Special Events



Senior Planet: Protecting Your Information Online

Monday, March 10 | 10 AM | Classroom

This presentation will cover the ins and outs of how to protect your personal information online. We'll cover tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK — or not — to share your personal information online.

Laminating

Monday, March 10 | 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, March 11 | 11 AM | Classroom

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

Eating Together Lunch & A Movie

Tuesday, March 11 | Noon & 1 PM | 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 at the kiosk. After lunch, stick around for a movie and popcorn at 1 pm. We will be watching *80 For Brady*. Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl.

Rummikub

Wednesday, March 12 | 10 AM | Game Room

Join us for our monthly game of Rummikub!
No experience necessary; all skill sets welcomed!

Antiques with Dixie: Cookie Jars & Tea Pots

Wednesday, March 12 | 1:30 PM | MPR 1

Join antique expert Dixie Cook for an engaging session on the history of members' treasured antiques! This time, Dixie will focus on Cookie Jars and Tea Pots. Bring yours along and discover its history!

Card Making Workshop

Friday, March 14 | 10:30 AM-12:30 PM | Craft Room

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

Caring Across the Community Meeting

Tuesday, March 18 | 2 PM | MPR 2

Our Caring Across the Community group will be meeting to discuss previous and upcoming acts of service in our community.

Easy Peasy Card Making

Wednesday, March 19 | 10 AM-12 Noon | Game 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.

Seated Massages

Thursday, March 20 & Friday, March 21 |

9 AM-2:30 PM

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.** Friday massage appointments after Thursday appointments are filled.

**HAPPY HOUR:
RIVER STONE GRILL**
Thursday, March 20 | 3 PM - 5 PM
Maximum of 40 participants.
Sign up required in white binder

Shining Stars Tap Group Recital

Friday, March 21 | 10 AM | MPR 2

Join Us for a Delightful Performance by Seven Oaks' Tap Group, the Shining Stars! These outstanding dancers have been working hard all semester and are ready to show off their moves! Don't miss this exciting showcase of talent and dedication.

Free Blood Pressure Screening

Friday, March 21 | 10:30 AM-11:30 AM | 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

SAINT PATRICK'S DAY PARTY
Friday, March 14 | 11:30 AM—3:00 PM | \$25
Please see the front desk for ticket availability.





March Special Events



Diabetes Support Group

Friday, March 21 | 11 AM | Classroom

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.

Man on the Inside Showing

Friday, March 21 (PART 1) | 12:30 PM | Game Room

Friday, March 28 (PART 2) | 12:30 PM | Game Room

Join us for a showing of Netflix's hit series, *Man on the Inside*. A retired professor gets a new lease on life when a private investigator hires him to go undercover inside a San Francisco retirement home.

History of Baltimore by CCBC

Friday, March 21 | 2 PM | MPR 1

Please arrive by 1:45 PM for CCBC Registration.

Get ready for a fun and fascinating dive into Baltimore's past with CCBC Instructor and history enthusiast, Patrick Heline! Join us for a lively and engaging presentation that brings the city's rich history to life in a way you won't want to miss!

How to Interact with Doctors with Al Muehlberger

Monday, March 24 | 10 AM | Classroom

One of the most important parts of receiving good health care is to have an honest, comprehensive interaction with your doctors. That's not always easy. Let's discuss what we can do to improve that interaction e.g. preparing for the visit, questions while there, requesting drug information, etc. Your quality of life may depend on it.

Karaoke Party

Tuesday, March 25 | 1:30—3:30 PM | 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.

Waking Up Your Garden

Thursday, March 26th | 10 AM | Game Room

Join Baltimore County Master Gardeners for a lively presentation on how to wake up your garden for Spring! Learn the best practices that will give plants the best start for a strong growing season!

Current Events

Wednesday, March 26 | 2:30 PM | 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.

Florida Canasta

Friday, March 28 | 10 AM-3:45 PM | Classroom

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

Upcoming Events

ALL CENTERS WILL BE CLOSED ON FRIDAY, APRIL 11TH FOR BCDA'S ANNUAL STAFF DAY TRAINING.

Shrimp Feast

Thursday, April 10th | 12 Noon—3 PM

Join us for our annual Shrimp Feast!

Tickets on sale March 13th | \$30

Bunny Hop Dance

Wednesday, April 16th | 1:00 PM—3:30 PM

60's music by DJ Dave Miceli

Soda Fountain | Photos with the Easter Bunny

\$5 per person

Tickets on Sale: March 24th through April 11th

Shred Day Event

Saturday, April 26th | 9 AM—12 Noon

See Weekly Updates for more information.

12 Months of Kindness

During April, we will be collecting pajamas for the Casey Cares Foundation!



New pajamas of all sizes are accepted for donation.

Senior Center Staff & Executive Board



Center Director: Karen McDonough
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, Wayne Knowles
Past Presidents: Jim Lightner, Nancy Bach

Meeting Schedules

Executive Board Meeting

Monday, March 24
Lunch at 12:30 PM; Meeting at 1:00 PM

Council (Membership) Meeting

Monday, April 28th @ 12:30 PM
Lunch (\$6 to be purchased in advance)
served at 12:00 PM
Chicken Salad on a Roll
with Chips & a Drink

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 12 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 | END TIME | CLASS | INSTRUCTOR | LOCATION | FEE |
|-------------------------|-----------------|------------------------------|----------------------------|------------------------|------------|
| <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 | \$ |
| 8:30 am | 9:15 am | Strength to the Core | Karen Kansler | MPR 2 | \$ |
| 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 Shaul, 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 | Classroom | |
| 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 | |
| 10:00 am | 11:00 am | Tai Chi* | Greg Smith, CT | MPR 1 | \$ |
| 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 | \$ |
| 2:30 pm | 3:30 pm | American Sign Language | Tabitha Sherman, Vol | MPR 1 | |
| 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 15 minutes late you may be denied access to class.

Seeking 2025-2026 Board Members!

With New Members Comes New Ideas!

The Seven Oaks Executive Board is seeking members who wish to run for our Executive Board! If you're interested in running for a board position or have questions about the requirements, please speak with a member of the nominating committee: June Green, Janet Chance, or Edit Dietrich.

What Makes a Good Board Member?

The best board members are those who care deeply about our center, work well with others, actively promote and support the center in a positive way, and can commit to being regularly involved in our activities.

The board meets on the third Monday of every month, with an additional meeting every other month on the fourth Monday to present to the general membership.

All board positions are open to any member in good standing with their membership.

Executive Board Positions include: President, Vice President, Treasurer, 1st Assistant Treasurer, 2nd Assistant Treasurer, Recording Secretary, Corresponding Secretary, Sergeant at Arms and 2 Members at Large.

Eating Together Program

We invite you to join the Eating Together Program and benefit from the "**Connection**" and nutritionally balanced meals. In **March**, Eating Together lunch will be offered on **March 4, 11 & 18**. Individuals interested in attending the meal must **sign up at the kiosk 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:

Wednesday, March 5th @ 2:30 pm

Wednesday, March 19th @ 2:30 pm

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

Adventure Club

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

Paul Reed Smith Guitars Tour

380 Log Canoe Circle Stevensville, MD 21666

March 28th at 10:30 AM

Come join us on a 90 minute tour of the PRS factory. We'll get a firsthand look at their production of instruments and amplifiers from raw wood to finished guitars. Lunch at Fisherman's Inn in Grasonville.

Cost: \$10 per person. Tickets go on sale March 3rd.



SEVEN OAKS TRAVEL

Washington D.C. Day Trip

PAYMENTS NOT ACCEPTED UNTIL MAY 1ST, 2025

Join us for a memorable day trip to Washington, D.C., featuring a guided sightseeing tour of the WWII Memorial, Vietnam Memorial, Lincoln Memorial, Korean War Memorial, and MLK Memorial. Enjoy a delicious lunch and explore the Smithsonian Institution.

Date: Thursday, September 4, 2025

Cost: \$139 | **Activity Level:** Moderate

Deposit: \$50 due at sign-up. **NOT ACCEPTED UNTIL MAY 1ST**

Trip Hostess: Sharon Crumbaker



Brooklyn Chocolate Tour

PAYMENTS NOT ACCEPTED UNTIL MAY 1ST, 2025

Indulge in a delicious 4.5-hour guided bus tour through Manhattan and Brooklyn, featuring stops at some of the best chocolate shops in New York. Enjoy tastings at Brooklyn Ice Cream Factory in DUMBO, The Chocolate Room in Cobble Hill, Raaka Chocolate in Red Hook, and Li-Lac Chocolates in Sunset Park.

Lunch will be at the famous Grimaldi's.

Date: Wednesday, September 10, 2025

Cost: \$160 | **Activity Level:** Easy

Deposit: \$70 due at sign-up. **NOT ACCEPTED UNTIL MAY 1ST**

Trip Hostess: Pat Krasowski



Ocean City Sunfest

PAYMENTS NOT ACCEPTED UNTIL MAY 1ST, 2025

Join Seven Oaks Senior Center for a fun-filled day at **Ocean City's Sunfest**, celebrating its **50th year** as the town's biggest festival. Enjoy live entertainment, browse stunning arts and crafts, and sample a variety of delicious foods, from Eastern Shore delicacies to pit beef, gyros, and Asian cuisine.

Date: Thursday, October 23, 2025

Cost: \$60 due at sign-up. **NOT ACCEPTED UNTIL MAY 1ST**

Activity Level: Easy, Moderate Walking | **Trip Hostess:** Teresa Sexton



Green Dragon Farmers Market & Shady Maple

PAYMENTS NOT ACCEPTED UNTIL MAY 1ST, 2025

Spend the day exploring the Green Dragon Farmers Market & Auction, a 60-acre treasure trove in the heart of Amish Country. Browse unique vendors, fresh produce, handmade goods, and more. Plus, enjoy a delicious lunch at Shady Maple, one of the most famous smorgasbords in Pennsylvania!

Date: Friday, November 7, 2025

Cost: \$85 due at sign-up. **NOT ACCEPTED UNTIL MAY 1ST**

Activity Level: Moderately Easy

Trip Hostess: Cindy Mabus

