Seven Oaks Senior Center

9210 Seven Courts Drive
Nottingham, MD 21236

410-887-5192

Center Hours
Monday - Friday
8:30 a.m. - 4 p.m.

sevenoakssc@baltimorecountymd.gov

www.baltimorecountymd.gov/departments/aging

Center Staff

Karen McDonough
Center Director

Tracy Drummond
Assistant Director

Liz Sokoloff
Activities Specialist

Jessica Pontown
Community Outreach Specialist

HEART & MIND & COMMUNITY
2026 BALTIMORE COUNTY DEPARTMENT OF AGING

12 Months of Kindness
During June, we will be collecting non-perishable food and hygiene products for the Perry Hall United Methodist Church pantry. Please place donations in the box in the lobby by June 30.

BCDA Baltimore County Department of Aging

CENTER CLOSING

Friday, June 19
Juneteenth

SEVEN OAKS Acorn

A Great Oak is a Little Nut that Held its Ground!

June 2026



Coffee House Jams

Wednesday, June 10 & 24
1:00 pm-3:00 pm
MPR 1 & 2

Cost: $3 per person per Jam
Purchase your tickets at the front desk by 6/5.

Come enjoy music performed by our very own Seven Oaks Guitar Jam Group (6/10) and Continuing Guitar Class (6/24) while enjoying light refreshments.

Flag Day/U.S. Army Birthday Breakfast

Friday, June 12
9:30 am-10:30 am | MPR 1

Cost: $6 per person
Limited to 48

Check front desk for ticket availability. Join Seven Oaks for a celebration of Flag Day and the U.S. Army's Birthday.

Enjoy Chipped Beef on Toast, Fruit Salad, Coffee and a flag presentation.



ACORN CONTEST QUESTIONS

Why is there voting at Seven Oaks?
When can you cast your vote?
Complete a contest form in the center lobby by Friday, June 5.

BALTIMORE COUNTY DEPARTMENT OF AGING IS AN EQUAL OPPORTUNITY SERVICE AGENCY.

Special Events for June 2026

Please sign up for programs in advance.

Don't Forget to Vote for the 2026-2027 Executive Board
June 1 – June 5 | 9 AM–3 PM

The Pursuit Documentary

Monday, June 1 | 10 AM
Classroom

In celebration of Pride Month, *The Pursuit* reflects on the fight for LGBT rights, more than 50 years since protesters gathered in front of Independence Hall and called for an end to discrimination against homosexuals. Contrasting stories from LGBT experiences past and present, a complex and vibrant picture emerges that demonstrates both how far the community has come and how far there is left to go. Sign up in Free binder.

Bingo & Eating Together Lunch

Tuesday, June 2 & 16 | 12 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 PM** for the recommended **$4.00** donation. Sign up for lunch on the kiosk. **Bingo** starts at **12:30 PM.**

Great Balls of Fire

Wednesday, June 3 | 2 PM | MPR 2

Experience your inner rockin' rhythms and join us as we drum to the music of the 60's, 70's and beyond-just for the fun memories and health of it. All instruments are provided for this free program led by Al Muehlberger. Limited to 20.

TED Talk: Why We Laugh

Thursday, June 4 | 1 PM | MPR 1

Did you know that you're 30 times more likely to laugh if you're with somebody else than if you're alone? Cognitive neuroscientist Sophie Scott shares this and other surprising facts about laughter in this fast-paced, action-packed and yes, hilarious dash through the science of cracking up. Jim Lightner facilitates a lively talk after the video. Sign up in the free binder.

Pre-Arranged Funeral Planning

Friday, June 5 | 10 AM | Classroom

The presenter will educate attendees on the benefits of pre-planning. Attendees will receive information about the five pieces of the pre-planning puzzle. Also a pre-planning guide will be given at no cost. Sign up in the free binder.

Aromatherapy

Monday, June 8 | 10 AM-11:30 AM
Classroom

Aromatherapy presented by Al Muehlberger. The very heart and soul of a plant is its essential oils. Aromatherapy is the use of those oils to help with mental and physical healing through the process of inhalation as well as physical application. Come learn how that works - just for the health of it! Sign up in the free binder.

Movie & Eating Together Lunch

Tuesday, June 9 | 12 PM & 1 PM
MPR 1 & MPR 2

Join us for **Eating Together** lunch at 12 PM. 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. **Movie: Knives Out** The circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there's one thing that renowned Detective Benoit Blanc knows for sure - everyone in the wildly dysfunctional Thrombey family is a suspect. Now, Blanc must sift through a web of lies and red herrings to uncover the truth. Sign up for the movie in the free binder.

Coffee House Jams

Wednesday, June 10 & 24 | 1 PM-3 PM
MPR 1 & 2

See front cover for details.

Tools & Tips for Staying Calm in Chaotic Times Presentation

Thursday, June 11 | 12 PM | MPR 1

Discover simple, science-supported practices to help you feel grounded and steady when life throws everything at you. Learn heart-centered tools for use everyday to foster strength and resilience over time. Sign up in the free binder.

Flag Day/U. S. Army Birthday Breakfast

Friday, June 12 | 9:30 AM-10:30 AM
MPR 1 & 2

See front cover for details.

Special Events for June 2026

Please sign up for programs in advance.

Mind Over Matter

Friday, June 12 & 26 | 10:30 AM | Classroom
Friday, July 10 | 10:30 AM | Classroom

A program that helps older women build the skills and confidence they need to avoid or improve symptoms of incontinence (bladder and bowel).
Suggested donation $15.
Register in advance at the front desk.

Wear Blue Each Day in Support of Men's Health Week

Monday, June 15 to Sunday, June 21

History of Juneteenth

Monday, June 15 | 10 AM | Classroom

Presented by CCBC. Students will explore the history of Juneteenth, the holiday marking June 19, 1865, when enslaved people in Texas learned of their freedom over two years after the Emancipation Proclamation. Topics to be covered include the origins of Juneteenth; significance in African American communities; evolution into a national celebration; its enduring role in honoring resilience, liberation and the ongoing pursuit of justice. Sign up in the free binder. Please arrive by 9:45 AM to complete required registration form.

Seated Massages

Thursday, June 18 | 9 AM-2:30 PM
Craft Room

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.

Happy Hour Double T Diner

Thursday, June 18 | 4 PM-6 PM
Do not arrive before 3:45 PM.
9010 Belair Rd., Nottingham, MD 21236
Limited to 40 participants
Sign up required at the front desk.

Perry Hall Town Fair

Saturday, June 20 from 10 AM-3 PM

Car Fit

Monday, June 22 | 9:30 AM-12 PM
Parking Lot

Car Fit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The program also provides information and materials on community-specific resources that could enhance their safety as drivers and/or increase their mobility in the community. Sign up in the free binder.

Installation of Executive Board

Monday, June 22 | 12:30 PM | MPR 1

Please join us as we thank the 2025-2026 executive board members and welcome the new 2026-2027 executive board members!

Music & Memory Hour

Tuesday, June 23 | 1:30 PM | MPR 1

Music & Memory Hour is an interactive session where we play popular songs from past decades to spark memories, conversation and connection among participants. Attendees are encouraged to share stories or memories that certain songs bring up, creating a warm and engaging group experience.
Sign up in the free binder.

Men's Health Presentation

Monday, June 29 | 10 AM | Classroom

An educational presentation that takes a look at senior men's health. Identify normal changes of aging, proactive management of age-related risks, suggested health screenings and actions we can take to maintain or improve in each area. Sign up in the free binder.

Next Step Rehab

Monday, June 29 | 11:30 AM-1:30 PM | MPR 1

Next Step Rehab is a new Maryland-based wellness and in-home rehabilitation practice. They provide physical and occupational therapy services throughout the region. Their primary goal is to serve as a resource for Seniors. Their presentation is an interactive health fair experience called "Steady Steps & Safety", which offers higher engagement and tangible value for seniors.
Sign up in the free binder.

Moving for Your Mood: Exercise & Mental Health

Tuesday, June 30 | 11:30 AM | MPR 1

Movement is magic - for your mood, your mind and your body! Join us for this upbeat session full of simple ways to get moving no matter your ability level. We'll uncover how even small stretches can boost brain health, lower stress and improve sleep.
Sign up in the free binder.

Weekly Class Schedule

MONDAY

Time			Program	Fee	Instructor	Room
8:30 a.m.	-	3:30 p.m.	Fitness Center	$	Monitor, Volunteers	Fitness Center
8:30 a.m.	-	9:30 a.m.	EnhanceFitness*	$	Lisha Malmgren, CT	MPR & Zoom
9:00 a.m.	-	12:00 p.m.	Pinochle		Tom & Sylvia Sordillo, Vols	Game Room
9:30 a.m.	-	11:30 a.m.	Craft Projects	$	Sachs & Weber, Vols	Craft Room
10:00 a.m.	-	11:00 a.m.	Tai Chi*	$	Greg Smith, CT	MPR 1
10:00 a.m.	-	11:00 a.m.	Yoga	$	Karen Kansler, IC	MPR 2
10:30 a.m.	-	2:30 p.m.	Pickleball	$	Michael Smith & Vols	Honeygo
11:00 a.m.	-	12:00 p.m.	Water Aerobics	$	CCBC, Mary Lewis	CCBC Essex
11:15 a.m.	-	12:15 p.m.	Chair Yoga	$	Karen Kansler, IC	MPR 2 & Zoom
11:45 a.m.	-	1:15 p.m.	Projects for Charity		Anne Coughlin, Vol	Craft Room
12:00 p.m.	-	4:00 p.m.	Diamond Art		Caryl Fletcher, Vol	MPR 1
12:00 p.m.	-	4:00 p.m.	Kick Back & Color		Volunteers	MPR 1
12:00 p.m.	-	2:30 p.m.	Mexican Train Dominoes		Volunteers	Class/Game Rm
12:45 p.m.	-	1:45 p.m.	Zumba Gold	$	Kathy Lally, IC	MPR 2
1:00 p.m.	-	2:00 p.m.	Old/New Testaments		Nelda Murphy, Vol	Game Room
1:30 p.m.	-	3:00 p.m.	Watercolors	$	CCBC Patricia Cornejo	Craft Room
2:00 p.m.	-	3:00 p.m.	Ballroom Dance	$	Mary Jane Hartner, IC	MPR 2

TUESDAY

8:30 a.m.	-	3:30 p.m.	Fitness Center	$	Monitor, Volunteers	Fitness Center
8:30 a.m.	-	9:15 a.m.	Strength to the Core	$	Karen Kansler, IC	MPR 2 & Zoom
9:00 a.m.	-	10:30 a.m.	Book Club (1st Tuesday)		Davida Brautman, Vol	Craft Room
9:30 a.m.	-	11:30 a.m.	BUNCO		Linda Linley, Vol	Game Room
9:45 a.m.	-	10:45 a.m.	Intermediate Line Dance	$	Frankie Fore, Vol	MPR
10:00 a.m.	-	12:15 p.m.	Knitting & Crocheting		Joan Shaull, Vol	Craft Room
10:00 a.m.	-	11:00 a.m.	Mindfulness Meditation		Volunteers	Classroom
10:30 a.m.	-	2:30 p.m.	Pickleball	$	Michael Smith & Vols	Honeygo
11:00 a.m.	-	12:00 p.m.	Chair Exercise		Benner/Smith, Vols	MPR 2
12:15 p.m.	-	3:15 p.m.	Social Poker		Volunteers	Classroom
12:30 p.m.	-	3:45 p.m.	Social Pinochle		Rita Pulaski, Vol	Craft Room
12:30 p.m.	-	3:30 p.m.	Bingo (1st & 3rd Tuesday)	$	Mary Kulishek, Vol	MPR 1 & 2
1:00 p.m.	-	3:00 p.m.	Movie (2nd Tuesday)		Staff	MPR 2
1:00 p.m.	-	3:00 p.m.	Bridge		Volunteers	Game Room

WEDNESDAY

8:30 a.m.	-	3:30 p.m.	Fitness Center	$	Monitor, Volunteers	Fitness Center
8:30 a.m.	-	9:30 a.m.	EnhanceFitness*	$	Lisha Malmgren, CT	MPR & Zoom
9:45 a.m.	-	11:30 a.m.	TOPS (Weight Loss)	$	Claudia Maher, Vol	Craft Room
10:00 a.m.	-	11:00 a.m.	Yoga	$	Karen Kansler, IC	MPR 2
10:00 a.m.	-	11:30 a.m.	Spanish (TBD)		TBD	Classroom
10:30 a.m.	-	12:30 p.m.	Zoom: Watercolor	$	Alina Kurbiel, IC	Zoom - Online
10:30 a.m.	-	2:30 p.m.	Pickleball	$	Michael Smith & Vols	Honeygo
11:00 a.m.	-	12:00 p.m.	Water Aerobics	$	CCBC Rachael Fuller	CCBC Essex

- The Department of Aging recommends that you check with your physician before participating in any physically demanding activity. Classes and Events are subject to change.
- *Programs are partially funded under Title III-D of the Older Americans Act of 1965. Individuals age 60+ are encouraged to make the suggested donation to ensure viability of program.

Weekly Class Schedule

WEDNESDAY continued

Time			Program	Fee	Instructor	Room
11:00 a.m.	-	1:00 p.m.	Rummikub (2nd & 4th Wed)		Glynn Faith, Vol	Game Room
12:00 p.m.	-	3:30 p.m.	Hand & Foot Canasta		Rita Pulaski, Vol	Game/Craft Rm
12:00 p.m.	-	1:00 p.m.	Beginner Line Dance	$	Frankie Fore, IC	MPR 2
12:00 p.m.	-	3:00 p.m.	Mah Jongg		Thelma Neifeld, Vol	Classroom
1:00 p.m.	-	3:45 p.m.	Table Tennis		Free Play	MPR 1
2:00 p.m.	-	3:00 p.m.	Great Balls of Fire (1st Wed)		Al Muehlberger, Vol	MPR 2
2:00 p.m.	-	4:00 p.m.	Advanced Acoustic Guitar Jam		Palmeri/Podhorniak, Vol	Craft Rm/MPR 2
2:30 p.m.	-	4:00 p.m.	Current Events (4th Wed)		Joy Mays, Vol	Game Room

THURSDAY

8:30 a.m.	-	3:30 p.m.	Fitness Center	$	Monitor, Volunteers	Fitness Center
8:30 a.m.	-	9:30 a.m.	EnhanceFitness*	$	Lisha Malmgren, CT	MPR & Zoom
8:30 a.m.	-	9:45 a.m.	Woodcarving		Volunteers	Craft Room
9:00 a.m.	-	12:00 p.m.	Pinochle		Tom & Sylvia Sordillo, Vols	Game Room
9:35 a.m.	-	10:25 a.m.	Strength To The Core	$	Karen Kansler, IC	MPR 2 & Zoom
10:00 a.m.	-	11:00 a.m.	Continuing Acoustic Guitar		Ron Kraft, Vol	Classroom
10:00 a.m.	-	12:00 p.m.	Quilting		Anne Coughlin, Vol	Craft Room
10:30 a.m.	-	12:30 p.m.	Diamond Art		Caryl Fletcher, Vol	MPR 1
10:30 a.m.	-	12:30 p.m.	Kick Back & Color		Volunteers	MPR 1
10:30 a.m.	-	11:30 a.m.	Chair Exercise		Benner/Smith, Vols	MPR 2
10:30 a.m.	-	12:30 p.m.	Zoom: Drawing	$	Alina Kurbiel, IC	Zoom - Online
10:30 a.m.	-	2:30 p.m.	Pickleball	$	Michael Smith & Vols	Honeygo
11:30 a.m.	-	12:30 p.m.	Geri-Fit		Libby Bryant, Vol	MPR 2
12:15 p.m.	-	3:00 p.m.	Social Poker		Volunteers	Classroom
12:15 p.m.	-	3:45 p.m.	Canasta		Volunteers	Craft Room
12:45 p.m.	-	2:00 p.m.	Int. Line Dancing	$	Volunteers	MPR 2
1:00 p.m.	-	3:00 p.m.	Bridge		Volunteers	Game Room

FRIDAY

8:30 a.m.	-	3:30 p.m.	Fitness Center	$	Monitor, Volunteers	Fitness Center
8:45 a.m.	-	9:30 a.m.	Recorded Strength to Core		Staff	MPR 2
9:00 a.m.	-	12:00 p.m.	Scrabble		Volunteers	Game Room
9:30 a.m.	-	10:30 a.m.	Water Aerobics	$	CCBC Barb Cochnar	CCBC Essex
10:00 a.m.	-	11:45 a.m.	Advanced Tap Dance	$	Kathy Lally, IC	MPR 2
10:30 a.m.	-	12:30 p.m.	Card Making (2nd Fri)	$	Claire Blair, IC	Craft Room
10:30 a.m.	-	2:30 p.m.	Pickleball	$	Michael Smith & Vols	Honeygo
11:00 a.m.	-	12:30 p.m.	Oakettes Vocal Group		Cal Goeller, Vol	MPR 1/Craft Rm
12:30 p.m.	-	3:45 p.m.	Florida Canasta		Caryl Fletcher, Vol	Classroom
1:00 p.m.	-	3:30 p.m.	Stained Glass	$	Amy Rynes, Vol	Craft Room
1:00 p.m.	-	3:45 p.m.	Table Tennis		Free Play	MPR 2
1:00 p.m.	-	2:00 p.m.	Continuing Italian		C. Miserendino, Vol	MPR 1
2:00 p.m.	-	3:00 p.m.	Beginner Italian		C. Miserendino, Vol	MPR 1

- 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.

Seven Oaks Senior Center Monthly Happenings

Diamond Art & Coloring Drop-In

Monday, June 1, 8, 15 | 12 PM-4 PM | MPR 1
Thursday, June 4, 11, 18 & 25 | 10:30 AM-12:30 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

Potential June Dates June 1, 8, 22 & 29 | 1 PM-2 PM | Game Room
An educational class about the Old and New Testaments discussing different aspects each class.

Book Club

Tuesday, June 2 | 9 AM | Craft Room
Join volunteer instructor, Davida Brautman, as she leads a lively discussion about June's Book: ***Hamnet*** by Maggie O'Farrell. July's Book will be ***Red Clay*** by Charles Fancher.

Bunco

Tuesday, June 2, 9, 16, 23 & 30 | 9:30 AM | Game Room
Join this fun, easy-to-learn dice game. All are welcome.

Advanced Acoustic Guitar Jam

Wednesday, June 3 | 2 PM | Craft Room
Wednesday, June 17 | 2 PM | MPR 2
Bring your acoustic guitar and join other Seven Oaks members for a fun jam session!

Adventure Club

Tuesday, June 9 | 11 AM | Classroom ~ Monthly Meeting
Thursday, June 11 | 12 PM | Parkville Bowling Lanes | $13

Rummikub

Wednesday, June 10 & 24 | 11 AM | Game Room
Join other members of Seven Oaks for a friendly game of Rummikub! All skill sets are welcome.

Card Making

Friday, June 12 | 10:30 AM-12:30 PM | Craft Room
Students will make 3 greeting cards to take home. All supplies provided. **Cost: $12 in advance at the front desk.**

Laminating

Monday, June 15 | 1:30 PM-3:30 PM | MPR 1
Join our monthly service to have your medical and other important cards laminated by Seven Oaks Senior Center volunteers. No need to sign up. Just stop in.

Current Events

Wednesday, June 24 | 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.
Sign up in the free binder.

Free Blood Pressure Screening

Friday, June 26 | 10 AM-11 AM | Lobby
Take advantage of our **free monthly blood pressure screening!** RN Becky Cohen and Kathryn Hacke will be checking blood pressure and providing valuable health resources. Don't miss this opportunity.

Seven Oaks Senior Center Monthly Happenings

Diabetes Support Group

Friday, June 26 | 10:30 AM | Craft Room

Join us **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. Sign up in the free binder.

Karaoke Party

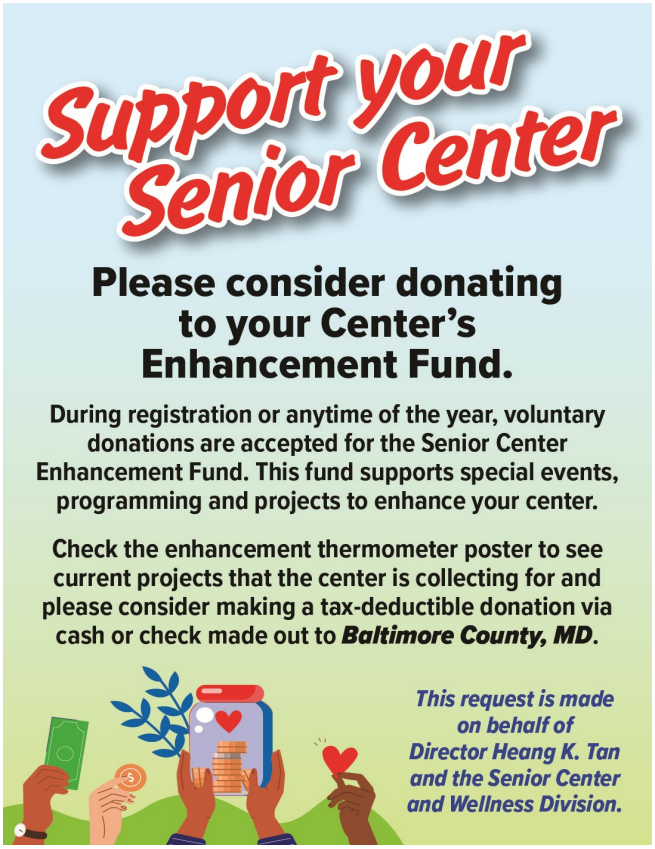
Tuesday, June 30 | 1:30 PM-3:30 PM | MPR 2

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. Sign up in the free binder.

Baltimore County Department of Aging News

Farmer's Market

The Baltimore County Department of Aging is excited to announce the annual Senior Farmers' Market Nutrition Program electronic card distribution. Starting June 1, Baltimore County residents may apply online, or, for those without internet access, by calling 311. 311 Assistance will be available from June 1 through June 12 for individuals who need help completing their application. For complete details on this program and eligibility requirements please see the posted flyer at your local senior center or visit www.baltimorecountymd.gov/eatingtogether.





Special Notes

2026 Ed Konig Memorial College Scholarship

Seven Oaks Senior Center is offering a $2,000 college scholarship to a grandchild of a Seven Oaks Senior Center member who will be an incoming college freshman in 2026. Pick up an application, containing the requirements and other information, at the information center between the restrooms. All required documents may be submitted, in one email, to sevenoakssc@baltimorecountymd.gov or dropped off, in one package, at Seven Oaks Senior Center by July 1, 2026.

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 $55 to $150; see personal training pamphlet for more information. Free fitness center 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 Orientation is scheduled for:
Thursday, June 4 at 11:30 AM (NOTE: NEW TIME)
Minimum of 2 sign-ups needed. See staff to sign up.

Eating Together Program

We invite you to join the Eating Together Program and benefit from the **"Connection"** and nutritionally balanced meals. In **June,** Eating Together lunch will be offered on **June 2, 9 & 16.** Individuals interested in attending the meal must **sign up <u>at the kiosk</u> 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 $6.10 cost of each regular meal (box $6.25, super special meals $8.00). 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 Americans 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.**

Seven Oaks Senior Center Council News

Senior Center Council

As a registered member of the senior center, you are also a member of the senior center council. Senior center councils were established to enhance the Department of Aging's ability to maintain, expand, improve, enrich and maximize opportunities for the older adult population.
They are non-profit 501c3 organizations, governed by bylaws, and have a managing executive board that the senior center council elects into office each year. Donations to the council are tax deductible.

Executive Board Meeting

Monday, June 15 | 1 PM | Classroom

Bi-Monthly Council Membership Meeting

Monday, June 22 | 12:30 PM | MPR 1
Installation of 2026-2027 Executive Board

All members are encouraged to attend these meetings to discuss the business of the center, make suggestions, ask questions, vote on financial and other matters and help shape the future of the senior center. Everyone who attends has a chance to win 2 tickets to an upcoming Seven Oaks special event or a gift card.

Lunch at 12 PM
$6 to be purchased in advance
Menu: A delicious Italian Bread Salad, known as Panzanella. Toasted Bread Cubes combined with Tomatoes, Cucumbers, Sweet Onions drizzled with Olive Oil and Wine Vinegar, Iced Tea and, or Lemon Water.

**Minutes from the Executive and Council meetings are posted on the bulletin board in the MPR and also available online at SevenOaksSeniors.org. The monthly 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.

Suggestion Box-Located in the Lobby

Feel free to submit suggestions. They will be reviewed at the next Executive Board and Council Membership meetings. Suggestions may be anonymous or please include your name if you would like a follow-up.

2025 - 2026 Executive Board

Penny Brown
President

Regina Wheeler
Vice President

Rob Ermer
Treasurer

Gail Smith
1st Assistant Treasurer

Dale Mullineaux
2nd Assistant Treasurer

Betty O'Carroll
Recording Secretary

Peg Myers
Corresponding Secretary

Lou Eckerl
Sergeant At Arms

Ken Dornbush
Karen Lindemann
Members at Large

Jim Lightner
Nancy Bach
Past Presidents

Seven Oaks
Perry Hall

Seven Oaks Mission Statement

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 older adult individuals and their families.

Seven Oaks Senior Center Council is a 501 (c)(3) non-profit organization. We welcome your tax deductible contributions.

Leave Blank for FATA

Leave Blank for FATA

Seven Oaks 2026 Travel

443-505-0256 | sevenoakstravel@yahoo.com

SOLD OUT Mackinac Island ~ Michigan
Monday-Saturday, June 15-20 $1,292 pp / double; $1,791 pp / single

Delta Bingo and Slots ~ Laurel, Maryland
Wednesday, July 15 ~ $65

WAIT LIST St. Michael's ~ Maryland
Wednesday, August 5 ~ $140 ~ Deposit $70 ~ Final Payment due July 1

Delaware Park Casino & Racing ~ Wilmington, Delaware
Wednesday, August 19 ~ $40

WAIT LIST Cape Cod ~ Massachusetts
Monday-Friday, September 21-25 ~ $1,104 pp / double; $1,283 pp / single
Deposit $200 ~ Final Payment due August 1

New York City, NY ~ 9/11 Memorial
Tuesday-Thursday, October 13-15 ~ $695 pp / double; $980 pp / single
Deposit $232 double; $327 single ~ Final Payment due September 1

Sunfest ~ Ocean City, Maryland
Thursday, October 22 ~ $65

Wind Creek Casino ~ Bethlehem, Pennsylvania
Thursday-Friday, November 19-20 ~ $270 pp / double; $354 pp / single
Deposit $100 ~ Final Payment due September 1

Pennsylvania Christmas & Gift Show ~ Harrisburg, Pennsylvania
Thursday, December 3 ~ $65

WAIT LIST Holly Jolly Holiday at Dutch Apple Dinner Theatre ~ Lancaster, Pennsylvania
Wednesday, December 9 ~ $135 ~ Deposit $75 ~ Final Payment due November 1





Please be aware of our **Travel Trip Cancellation Policy** prior to registering for a trip.

- If you cancel a trip, you will **not** be allowed to reclaim your spot on the trip. You must contact the trip hostess as soon as possible to cancel.
- If you notify the Travel Coordinator of your **cancellation 60 days in advance of the trip date** (and before the contracts with the travel vendors have been paid), you will be refunded your payment.
- If you **cancel less than 60 days** prior to trip, if there is a waitlist, we will attempt to fill your seat from the waitlist (based on order of sign-up). If there is no waitlist, there will be no refund.
- All refunds will be processed in a timely manner.
- It is recommended that all members purchase travel insurance, especially for overnight and multi-day trips. Please note: Seven Oaks does **not** provide insurance.