

The Acorn

Seven Oaks Senior Center

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



DIWALI CELEBRATION

Tues Oct 22 | 1-3pm

Celebrate the Hindu festival of Lights with Seven Oaks! Participants will enjoy henna tattoos by Pari, the history of Diwali, mandala painting sessions, cooking demos, and more!

FREE for members!

Sign up in the binder by 10/15 to attend!

Acorn Contest Challenge: There are 3 new member suggested activities coming to the center in October. Name the 3 new activities & submit your answer to the front desk by **Mon Oct 7th for a chance to win a prize!**

SEVEN OAKS SENIOR CENTER ANNUAL

CRAB FEAST

Cost: \$60/ticket

Thurs Oct 3rd | 12-3pm | \$60

Enjoy a fun-filled afternoon with fresh crabs, great company, and a true Maryland tradition.

Don't miss out on the fun!

Menu: Crabs, Crab Soup, Corn on the Cob, Watermelon, Ziti, Baked Chicken, Salad, Beer, & Dessert!

Door prizes!



It'll be a scary good time!

Thurs Oct 31st | 12-3pm | \$10

Join other members of Seven Oaks for a spook-tacular Halloween Party! Participants will enjoy baked ziti, garlic bread, salad, dessert, candy, games, raffles, music by Joey McCann, costume contest, and more!

Tickets on sale from 10/1 until 10/25

Baltimore County Department of Aging

Power of Age



20/24 | BALANCE
FOR OPTIMAL AGING

Wednesday, October 30

9 a.m. - 6 p.m.

Timonium Fairgrounds

Closures

All Senior Centers will be on **Oct 14th** and **Oct 30th.**

Seven Oaks Senior Center

9210 Seven Courts Drive Baltimore, MD 21236

Phone: 410-887-5192 | Travel: Call Trip Agent

sevenoakssc@baltimorecountymd.gov | www.SevenOaksSeniors.org

Look Inside!



October Special Events



Book Club

Tuesday, Oct 1 | 9:00 am | Craft Room

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

The Midnight Library by Matt Haig



Genealogy

Tuesday, Oct 1 | 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 of genealogy.

Bingo & Eating Together Lunch

Tuesday, Oct 1 & 15 | 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**.

WALK MARYLAND DAY!

Wednesday, Oct 2nd | 10-11:30am

Join BCDA Senior Centers for Walk Maryland Day!

Seven Oaks will be taking a leisurely stroll through

Seven Courts Drive (about 1/2 mile).

Walk will be at a relaxed pace and will include breaks.

All participants will receive a complimentary reusable water bottle.



Homeowner's Tax Credit & SOAR Presentation

Wednesday, Oct 2 | 10:30am | Game Room

Join us for an informative session led by Jamila from Economic Action MD, where you'll gain valuable insights into Maryland's Homeowner Tax Credit and SOAR program.

CRAB FEAST

THURSDAY OCT 3RD | 12PM | \$60

See front page for details

Blankets of Love Project

Friday, Oct 4 | 9-10:30am | Craft Room

Join Assistant Center Director, Maeghan Gross, as she leads a fun no-sew blanket project for dogs and cats at the Maryland SPCA. Participants will enjoy the screening of *Homeward Bound: The Incredible Journey* (1996).

FRIDAY CAFE

Fridays | 9:30am-10:30am | MPR

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

Cribbage



Friday, Oct 4 | 12:30-3:30pm | Game Rm

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

Diamond Art Drop-In

Monday, Oct , 7, 21, 28 | 12-4pm | MPR 1

Thursday, Oct 10, 17, 24 | 10-12pm | MPR 1

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



Kick Back and Color Drop-In

Monday, Oct 7, 21, 28 | 12-4pm | MPR 1

Thursday, Oct 10, 17, 24 | 10-12pm | MPR 1

Enjoy a few hours of kicking back, relaxing, and coloring with fellow coloring enthusiasts. Bring your coloring materials from home, or use the center's printed pages.

Brain Maintenance with Al Muehlberger

Monday, Oct 7 | 10:00am | Class Room

The most extraordinary thing in the universe is inside your head. It's composed of water, fat and protein and weights about 2% of your body weight.....and has never seen the outside world! Your brain is truly you - everything else is just scaffolding and plumbing. Come learn how to take care of it so you can live longer and happier - just for the health of it!

Survey of the Old & New Testaments

Monday, Oct 7 | 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. Sign up!

Adventure Club Monthly Meeting

Tuesday, Oct 8 | 11:00am | Game Rm

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

12 Months of Kindness: Wreaths Across America

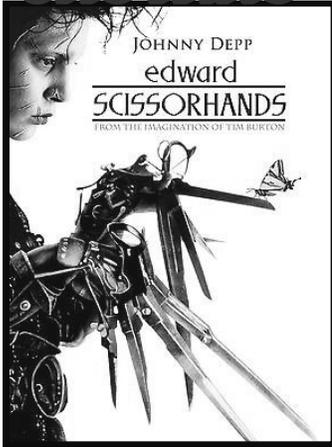
In **October** we will be collecting monetary donations for the Wreaths Across America Foundation to purchase wreaths in the upcoming months. See front desk for details.



October Special Events



NOW SHOWING



Eating Together Lunch & A Movie

Tuesday, Oct 8 | 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 *Edward Scissorhands* (1999). The solitary life of an artificial man- who was incompletely constructed and has scissors for hands - is

upended when he is taken in by a suburban family. Rated:PG-13;

Great Physioballs of Fire

Wednesday, Oct 9 | 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. Sign up.

Car Fit With MDOT

Wednesday, Oct 9 | 10-2p (BY APPT ONLY) | Parking Lot

Car Fit is an educational program that offers older adult the opportunity to check how well their personal vehicles "fit" them and offer adjustments to ensure their safest ride. **Registration is required in advance.** Sign up for your appointment in the white sign up binder.

Maryland's First People: A Presentation by Irvine Nature Center

Wednesday, Oct 9 | 9-10am | Class Room

Maryland has a long history of settlement by indigenous people, from early mammoth hunters to large villages along the Chesapeake Bay and recent migrants to Baltimore. While providing a timeline of these changes, this program focuses on the Eastern Woodland Indians and their adaptations to living in Maryland and use of its natural resources, including looking at recreated artifacts and trying some traditional skills .

Seated Massages

Thursday, Oct 10 & Friday Oct 11 | 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 health questionnaire before your first massage. Call in advance to cancel.

No refunds for no shows or same day cancellations.

TED Talk: Could an Orca Give a TED Talk?

Thursday, Oct 10 | 1:00pm | MPR 1

What if we could hear nature's ultrasonic communication -- and talk back? From a bat's shrill speech to a peacock's infrasound mating call, conservation technology researcher Karen Bakker takes us through a sound bath of animal noises that are far outside humanity's range of hearing, demonstrating how artificial intelligence has translated the incredible complexity of nature's soundtrack.

Card Making Workshop

Friday, Oct 11 | 10:30-12:30pm | Craft Room

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

Introduction to Screen Painting Presentation w/ Michael Seipp

Friday, Oct 11 | 2-3:30pm | MPR 2

Join Michael Seipp, a screen painting artist and member of the Baltimore Screen Painters Association, as he dives into the world of Screen Painting and its history in Baltimore. **Note:** *This is an informational class and does not include any crafting. Please see next week's workshop for screen printing session.*

Bunco!

Tuesday, Oct 15, 22, & 29 | 10-11:30am | Game Rm

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

Balt. Co. Health Department Tobacco Resource Table

Tuesday, Oct 15 | 11am-1pm | Lobby

Are you or someone you know looking to quit tobacco? Join the Baltimore County Department of Health for a table resource session. Stop by the lobby any time between 11am-1pm to receive FREE resources.



October Special Events



Junk Mail: Shred, Pile, or File?

Wednesday, Oct 16 | 9:30a-10:30am | Game Room
Everyone gets junk mail—are you properly sorting it? Join Heather Murphy from Abilities Network as she gives an informational presentation on what to do with the endless junk mail.

Acoustic Guitar Jam

Wed, Oct 16 & 23 | 2:00 pm | MPR 1
Bring your acoustic guitar and join other Seven Oaks members for a fun jam session

Diabetes Support Group

Friday, Oct 18 | 11am | Class Rm
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.

Easy Peasy Cards

Friday, Oct 18 | 1-3:30pm | 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**

Screen Painting Workshop with Michael Seipp

Friday, Oct 18 | 9am-12pm | Class Room | \$10
Limited to 15 participants per instructor
Join Michael Seipp, legendary screen painting artist and member of the Baltimore Screen Painters Society, as he leads a workshop on painting your own screen. Participants will leave with a decorated screen.
Cost: \$10/pp (all supplies included)



Karaoke

Friday, Oct 18 | 2:00-4:00pm | MPR 2
Got a passion for singing? Join us for a fun-filled karaoke session!
We'll have a blast with great tunes and delicious refreshments. Just sign up, show up, and let your inner superstar shine!

Laminating

Monday, Oct 21 | 1:30 - 3:30 pm
Join our monthly service to have your medical and other important cards laminated by SOSOC volunteers.

Diwali Celebration

Tuesday, Oct 22nd | 1-3pm | MPR 2
Celebrate the Hindu Festival of Lights—Diwali—with us! Enjoy henna tattoos by Pari, mandala painting sessions, an Indian cuisine cooking demonstration, and more. Sign up in the binder to join in the festivities!



Rummikub

Wednesday, Oct 23 | 10am-11:30am | Game Room
Join other members of Seven Oaks for a friendly game of Rummikub! No experience necessary.

Aging Happily with Humana

Wednesday, Oct 23 | 1-2pm | Game Room
Join Chastin from Humana to discover how to embrace aging with joy and positivity. Learn what's normal with aging and gain practical tips for thriving in your golden years. Getting older doesn't mean you can't keep having a good time!

Current Events

Wednesday, Oct 23 | 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.

Shrunken Head Apple Carving

Thursday, Oct 24 | 2:15pm | Class Room
Join Volunteer Instructor, Ed Konig, as he leads a follow along tutorial on how to create a spooky shrunken head carving!

Florida Canasta

Friday, Oct 25 | 10:00am-3:45pm | Class Rm
Join us for all day Florida Canasta on the fourth Friday of each month!

Free Blood Pressure Screening

Friday, Oct 25 | 9:30-10:30a | Lobby
Join RN Becky Cohen as she conducts free BP screenings in the front lobby. No sign up necessary

AARP Driver Safety Course

Friday, October 25 | 9am-1pm | Craft Room
AARP is offering a defensive driving course at the Center that could help save you money on your car insurance. Check with your insurance before signing up to see if they participate in this discount. **Cost: \$20 for AARP members, \$25 for non-AARP members. Must be paid by CHECK written to AARP.**

Seven Oaks Halloween Party

Thursday, Oct 31 | 12-3pm
See Front Page for Details

Senior Center Staff & Executive



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, October 21 @ 1:00 pm

Council (Membership) Meeting

Monday, October 28th

12:00pm lunch | 12:30pm Meeting

Menu: Vegetable Soup, Turkey Sandwich w/
lettuce & tomato, and drinks.

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	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	
12:30 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	
8:30 am	9:15 am	Strength To The Core	Karen Kansler, IC	MPR & 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 Shaul, Vol	Craft Room	
9:45 am	10:45 am	Intermediate Line Dance	Fore/Alleva, Vols	MPR	\$
10:00 am	11:30 am	BUNCO (Every Other)	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	\$
12:00 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	SEE
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	3:15 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	
1:00 pm	2:00 pm	Int. Line Dancing	F. 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	
9:30 am	11:30 am	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 if 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.

Sharing Our 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.

The Seven Oaks Free Puzzle Exchange

The last shelf on the Free Exchange Shelves is dedicated to jigsaw puzzles. Bring in and leave any jigsaw puzzles you are no longer using at home. Then, feel free to select another puzzle from that shelf with you and use at home. If and when you return puzzles, please place them on the bottom shelf.

Seven Oaks Hall of Fame

We want to celebrate our members who have been with us for 15+ years!

- * Cathy Milando.....21 Years
- * Al Coke.....17 Years
- * Maggie Coke.....17 Years
- * David A. Jagodzinski.....15 Years

*Know someone who should be on this list?
Add their name and years to the Hall of Fame list at the front desk!*

Eating Together Program

We invite you to join the Eating Together Program and benefit from the “**Connection**” and nutritionally balanced meals. In **October**, Eating Together lunch will be offered on **October 1, 8, & 15**. 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:

Wednesday, Oct 2nd @ 2:30pm

The Adventure Club AND Discovery

The Adventure Club AND Discovery Group continue 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. Our next outing (*with availability*) is:

Texas Quarry Scenic Tour—\$0 | Lunch at Mothers North Grille

10000 Beaver Dam Road Cockeysville, MD 21030

Wednesday, November 13th | 10:00am

The tour is stationed at a scenic overlook above the quarry. Bring your binoculars and a lawn chair to watch the equipment in comfort while we learn the history of the quarry, including past and current ownership and information on its daily operations. The quarry tour is 1.5 hours long, which includes 30 minutes of history at the beginning, 30 minutes of operational excellence with visual guidance of what is done day-to-day basis in the pit, then 30 minutes for Q&A about the site. The entirety of the tour is hosted at the scenic overlook which overlooks the entire pit and the operations inside and outside of the site.

Sign up in in the free binder to attend!

Mark Your Calendars ~ Upcoming Special Events

November ~ Charitable Cause: Collecting Items to be Donated to VA Hospitals

Monday, November 4th—History of the American Fire Service Presentation by the Fire Museum

Tuesday November 5th—CLOSED for election day

Thursday, November 7th—TED Talk

Friday, November 8th—Veteran's Day Celebration

Saturday, November 9th—Travel Fair

Friday, November 15th—Senior Craft Gallery

Monday, November 18th—Caregiving from a Man's Perspective

Thursday, November 21st—Gratitude with Al Muehlberger

Friday, November 22nd—Down size and Declutter with Heather Murphy

Thursday, November 28th - CLOSED for thanksgiving

Seven Oaks Travel



You may now sign up for all trips taking place June through December 2024.

Peddler's Village

Lahaska, PA ~ November 14 - \$57

Rockettes Christmas Spectacular

New York City, NY ~ December 3

Price: \$233 Orchestra Seats

Pennsylvania Christmas & Gift Show

Harrisburg, PA ~ December 5 - \$95

Lunch at Friendly Farms Restaurant

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.

Mark your calendar!

Our 2024 Travel Fair will be on **Saturday, November 9th from 1-3pm!**

Our trip for 2025 will be presented for members to explore and inquire about!
Don't miss out on the first look at all the amazing trips we have planned!

Questions? Please call the center and ask to speak with the travel department.