


WHITE OAK SENIOR CENTER



April 2024



1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line

Staying Fit & Having Fun Intellectually Speaking Fun & Games Music, Movement & More Creative Corner At the Movies Healing Hearts By Community Partners

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9am – 10am Tai Chi (In Person/Virtual Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11:30am -1pm Senior Volleyball Open Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday</p> 	<p>2</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 11:30am-1:30pm Pinochle w/Mr. Kelly 1pm-2pm Bingo Blast 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p>3</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-10:30am Morning Chat & Chew *9:30am-1:30pm Kensington Club* 11am-12pm Spanish Conversation Class 1pm-2pm Participant's Choice/Bingo</p> 	<p>4</p> <p>9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 1:15pm-1:45pm Indoor Walking Club 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p>5</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 10:30AM-12PM Low Impact Exercise Video 12pm–1pm Lunch 12:30pm-3:30pm American Mah Jong 1pm-2pm Integral Tai Chi Class w/JJ</p>

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<p style="text-align: right;">15</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner’s Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11:30am -1pm Senior Volleyball Open Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday</p> 	<p style="text-align: right;">16</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 11:30am-1:30pm Pinochle w/Mr. Kelly 1pm-2pm Bingo Blast 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>	<p style="text-align: right;">17</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner’s Welcome) 9:30am-10:30am Morning Chat & Chew *9:30am-1:30pm Kensington Club* 11am-12pm Spanish Conversation Class 1pm-2pm Participant’s Choice/Bingo 10am-11:30am 55+ Basketball Skills Challenge 1pm-2pm Bingo Blast (Espanol)</p> 	<p style="text-align: right;">18</p> <p>9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-12pm Pickleball 10am-11am Soul Line Dance w/Peytrienne 10am-1pm Publick Playhouse Trip: Dallas Black Dance Theatre 10:30AM-12PM Low Impact Exercise Video 12pm-4pm Bid Whist 1:15pm-1:45pm Indoor Walking Club 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>	<p style="text-align: right;">19</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner’s Welcome) 9:15am-10:15am Yoga Video 10:30AM-12PAM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)</p>

Mon	Tue	Wed	Thu	Fri
<p>22</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner’s Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11:30am -1pm Senior Volleyball Open Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday</p> 	<p>23</p> <p>9am-10am Zumba Gold w/Amy 10am-11am Commission on Aging Ambassador Program 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 11:30am-1:30pm Pinochle w/Mr. Kelly 1pm-2pm Bingo Blast 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>	<p>24</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner’s Welcome) 9:30am-1:30pm Kensington Club 9:30am-10:30am Morning Chat & Chew 10am-1pm Depart for Long Branch Fashion Show & Lunch 11am-12pm Music w/Hong 1pm-2pm Trivia Challenge</p> 	<p>25</p> <p>9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-12pm Pickleball 10am-11am Soul Line Dance w/Peytrienne 10am-11:15am Current Events Discussion w/Stan Boyd 10:30AM-12PM Low Impact Exercise Video 12pm-4pm Bid Whist 1:15pm-1:45pm Indoor Walking Club 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>	<p>26</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner’s Welcome) 9:15am-10:15am Yoga Video <i>10am-1pm Tour and Lunch @ The New Silver Spring Senior & Aquatics Center</i> 10:30AM-12PAM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 6pm-9pm Soul Line Dance Party</p>
<p>29</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner’s Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11:30am -1pm Senior Volleyball Open Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday</p>	<p>30</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 11:30am-1:30pm Pinochle w/Mr. Kelly 1pm-2pm Bingo Blast 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>		<p>Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line Teanna.abraham@montgomerycountymd.gov Kathei Brown-Abraham Esparanza Rubio-Garcia Program Assistant Nancy Court Program Assistant Denise Perdue Program Assistant Obehi Iglile Nutrition Manager</p>	<p>*Kensington Club is a social day club for seniors with early-stage memory loss. Registration required. For information call 301-255-4221 Please email TeAnna.abraham@montgomerycountymd.gov to register for Virtual classes. White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided daily.</p>