WHITE OAK SENIOR CENTER

April 2024

Staying Fit & Having Fun Intellect	ually Speaking Fun & Games M Tue	lusic, Movement & More Creative Cor	rner At the Movies Healing Hearts Thu	By Community Partners Fri
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	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)	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	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)	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

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line Music. Movement & More Staying Fit & Having Fun Intellectually Speaking Fun & Games **Creative Corner** At the Movies **Healing Hearts By Community Partners** Mon Tue Thu Fri Wed 9 10 12 9am-10am Zumba Gold w/Amy 9am-10am Tai Chi (In 9am – 10am Tai Chi (In Person & 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome) Zoom Beginner's Welcome) Person/Virtual Beginner's *9am-12pm* CASSA w/Amy 10am-11am Brain Games 9:30am-1:30pm Kensington Club Welcome) 10am-12pm Spiritual Support Programs 10am-11am Gentle Spin 9:30am-10:30am Morning 9:15am-10:15am Yoga 10:30am-11:30am 55+ Ballet 10am-11am Soul Line Dance Chat & Chew for All w/Edgar w/Julienne Basics w/Peytrienne 10:30am-12pm Dancing 10:30am Lunch Bunch: 9:30am-11:30am Dollar 11:30am -1pm Senior Volleyball 10:30AM-12PM Low Impact Open Play w/Mina Longhorn Steakhouse Tree/Aldi Trip Exercise Video 12:30 - 3:30pm Social Bridge 11:30am-1:30pm Pinochle w/Mr. 11am-12pm Spanish 10am-12pm Pickleball 10:30AM-12PM Low **12:30pm – 2pm N**ew Movie Kelly Conversation Class 12pm-4pm Bid Whist Impact Exercise Video Monday 1pm-2pm Bingo Blast 1pm-2pm Trivia Challenge 1:15pm-1:45pm Indoor Walking 12:30pm-3:30pm American 1pm-3pm Chinese Folk Dance Club Mah Jongg 2pm-3pm Tai Chi (In 2pm-3pm Tai Chi (In 1pm-2pm Integral Tai Person/Virtual Beginner's Person/Virtual Beginner's N G O Welcome) Chi Class w/JJ La Peluche Welcome) agua cejas El pelo El té Gratis! Huerto Aceituna La El EI Sopa El

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

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