


# WHITE OAK SENIOR CENTER

## December 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
2	3	4	5	6
<p>9am – 10am Tai Chi (In Person &amp; Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p><b>10am-11am Gentle Spin w/Julienne</b></p> <p>11am – 12pm 12 Weeks to a Sharper You w/Nancy</p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p><b>12:45pm-1:45pm Chair Yoga w/Edgar</b></p> <p>1pm - 3:30pm Social Bridge</p> <p>12:30pm – 2pm New Movie Monday</p>	<p><b>9:05am-10:05am Zumba Gold w/Amy</b></p> <p>9:30am-12pm Bus Departs: Red, White &amp; Blue Thirft Store</p> <p>10am-12pm Spiritual Support</p> <p><b>10:30am-12pm Chinese Folk Dancing w/Yilan</b></p> <p>11:30am-1:30pm Pinochle w/Mr. Kelly</p> <p><b>1pm-2pm Bingo Blast</b></p> <p>1pm-3pm Chinese Folk Dance</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p> 	<p>9am-10am Tai Chi (In Person &amp; Zoom Beginner's Welcome)</p> <p>9:30am-1:30pm Kensington Club</p> <p><b>9:30am-10:30am Morning Chat &amp; Chew</b></p> <p>10am-11am Senior Planet: Protecting Your Personal Information Online</p> <p><b>11am-12pm Balance Boom w/Jeremy</b></p> <p><b>1pm-2pm Participant's Choice Bingo</b></p> <p>1:15pm-1:45pm Indoor Walking Club</p>	<p><b>9:05am-10:05am Zumba Gold w/Amy</b></p> <p><b>*9am-1pm* CASSA Programs</b></p> <p><b>10:15am-11:15am Soul Line Dance w/Peytrienne</b></p> <p><b>10:30AM-12PM Low Impact Exercise Video</b></p> <p>10am-12pm Pickleball</p> <p>12pm-4pm Bid Whist</p> <p>12:45-1:45pm Super Power Dance Circle w/Jane</p> <p><b>2pm-3pm Tai Chi (In Person/Virtual)</b></p>	<p>9am-10am Tai Chi (In Person/Virtual Beginner's Welcome)</p> <p><b>9am-10am Yoga for All w/Edgar</b></p> <p><b>10am-1pm Joint Holiday Party</b></p> <p><b>10am-11:30am Jacket Decorating Workshop</b></p> <p><b>10:30AM-12PM Low Impact Exercise Video</b></p> <p>12:30pm-3:30pm American Mah Jongg</p> <p><b>1pm-2pm Integral Tai Chi Class w/JJ</b></p>

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Mon	Tue	Wed	Thu	Fri
<p>9</p> <p>9am – 10am Tai Chi (In Person &amp; Zoom. Beginner’s Welcome) 10am-11am Brain Games <b>10am-11am Gentle Spin w/Julienne</b> <b>10am-3pm AARP Safe Driving Class</b> 11am – 12pm 12 Weeks to a Sharper You w/Nancy 11:30am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday <b>12:45pm-1:45pm Chair Yoga w/Edgar</b></p> 	<p>10</p> <p><b>9am-10am Zumba Gold w/Amy</b> 10am-12pm Spiritual Support <b>10:30am-11:30am Reader’s Delight w/Shirley</b> <b>10:30am-12pm Chinese Folk Dancing w/Yilan</b> 11:30am-1:30pm Pinochle w/Mr. Kelly <b>1pm-2pm Bingo Blast</b> 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p> 	<p>11</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner’s Welcome) 9:30am-1:30pm Kensington Club <b>9:30am-10:30am Morning Chat &amp; Chew</b> 10am-11am Senior Planet: Smartphones at a Glance <i>11am American Songbook w/Helaine</i> <b>11am-12pm Balance Boom w/Jeremy</b> 1:15pm-1:45pm Indoor Walking Club</p> 	<p>12</p> <p><b>9am-10am Zumba Gold w/Amy</b> <b>*9am-1pm* CASSA Programs</b> <b>9:30am-11:30am Dollar Tree/Aldi Trip</b> <b>10am-11am Soul Line Dance w/Peytrienne</b> <b>10:30AM-12PM Low Impact Exercise Video</b> 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle w/Jane <b>2pm-3pm Tai Chi (In Person/Virtual)</b></p>	<p>13</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner’s Welcome) <b>9am-10am Yoga for All w/Edgar</b> <i>10:30am Bus Departs: Holiday Party at Civic Center</i> <b>10:30AM-12PM Low Impact Exercise Video</b> 12:30pm-3:30pm American Mah Jongg <b>1pm-2pm Integral Tai Chi Class w/JJ</b> 6pm-9pm Soul Line Dance Party</p> 
<p>16</p> <p>9am – 10am Tai Chi (In Person &amp; Zoom. Beginner’s Welcome) 10am-11am Brain Games <b>10am-11am Gentle Spin w/Julienne</b> 10:30am Depart for Senior Day Party @ Solaire Social in Silver Spring, MD 11am – 12pm 12 Weeks to a Sharper You w/Nancy 11:30am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday <b>12:45pm-1:45pm Chair Yoga w/Edgar</b></p>	<p>17</p> <p><b>9am-10am Zumba Gold w/Amy</b> 10am-12pm Spiritual Support 10:30am-12pm Scarf Making Workshop <b>10:30am-12pm Chinese Folk Dancing w/Yilan</b> 11:30am-1:30pm Pinochle w/Mr. Kelly <b>1pm-2pm Bingo Blast</b> 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>	<p>18</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner’s Welcome) 9:30am-10:30am Morning Chat &amp; Chew *9:30am-1:30pm Kensington Club* <b>10am-11am Sing-a-Long w/Hoang</b> 10am-11am Senior Planet: Intro to Digital Wallets <b>11am Beginner’s Spanish W/Esperanza</b> <b>11am-12pm Balance Boom w/Jeremy</b> <b>1pm-2pm Trivia Challenge</b></p>	<p>19</p> <p><b>9am-10am Zumba Gold w/Amy</b> <b>*9am-1pm* CASSA Programs</b> 10am-12pm Pickleball <b>12:45pm-1:45pm Introducing Coping with Change Group</b> <b>10am-11am Soul Line Dance w/Peytrienne</b> <b>10:30AM-12PM Low Impact Exercise Video</b> 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle w/Jane</p>	<p>20</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner’s Welcome) <b>9am-10am Yoga for All w/Edgar</b> <i>10:30am-Lunch Bunch Trip: Milk &amp; Honey</i> 10am-11am Fun &amp; Games <b>10:30AM-12PAM Low Impact Exercise Video</b> 12:30pm-3:30pm American Mah Jongg <b>1pm-2pm Integral Tai Chi Class w/JJ</b> 1:30pm-3:30pm Chinese Folk Dance</p>

Mon	Tue	Wed	Thu	Fri
<p>23</p> <p>9am – 10am Tai Chi (In Person &amp; Zoom. Beginner’s Welcome)  <b>9:30am-11:30am</b>  <i>Centerpiece Making</i>  <i>w/Juliet</i></p> <p>10am-11am Brain Games  <b>10am-11am Gentle Spin</b>  <i>w/Julienne</i></p> <p>11:30am -1pm Senior Volleyball Open Play                      1pm - 3:30pm Social Bridge                      12:30pm – 2pm New Movie Monday</p> 	<p>24</p> <p><b>9:05am-10:05am Zumba Gold w/Amy</b>  <b>10:30am-12pm Chinese Folk Dancing w/Yilan</b>  <b>11am-12pm Fun w/Shuffleboard</b>                      11:30am-1:30pm Pinochle w/Mr. Kelly  <b>1pm-2pm Bingo Blast</b>                      1pm-3pm Chinese Folk Dance                      2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>	<p>25</p> <p><i>Happy Holidays</i>  <i>Center Closed</i></p> 	<p>26</p> <p><b>9:05am-10:05am Zumba Gold w/Amy</b>                      *9am-1pm* CASSA Programs  <i>9:30am Bus Departs: Post Holiday Shopping Trip @ Arundel Mills</i>                      10am-12pm Pickleball  <b>10:15am-11:15am Soul Line Dance w/Peytrienne</b>  <b>11am-12pm Balance Boom</b>  <b>10:30AM-12PM Low Impact Exercise Video</b>                      12pm-4pm Bid Whist                      12:45-1:45pm Super Power Dance Circle w/Jane  <b>2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</b></p>	<p>27</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner’s Welcome)                      10am-11am Celebrate Kwanzaa: West African Dance Fitbess Class  <b>10:30AM-12PAM Low Impact Exercise Video</b>  <i>12:30-2pm Pamper Party</i>                      12:30pm-3:30pm American Mah Jongg  <b>1pm-2pm Integral Tai Chi Class w/JJ</b>                      1:30pm-3:30pm Chinese Folk Dance</p>
<p>30</p> <p>9am – 10am Tai Chi (In Person &amp; Zoom. Beginner’s Welcome)  <b>10am Bus Depart: Bedford Court Lunch Bunch &amp; Tour</b></p> <p>10am-11am Brain Games  <b>10am-11am Gentle Spin</b>  <i>w/Julienne</i></p> <p>11:30am -1pm Senior Volleyball Open Play                      1pm - 3:30pm Social Bridge                      12:30pm – 2pm New Movie Monday</p> 	<p>31</p> <p><b>9:05am-10:05am Zumba Gold w/Amy</b>  <i>10:30am -1pm New Years Eve Celebration w/Darrin Carter &amp; DJ Invisible</i></p> <p>10am-12pm Spiritual Support  <b>10:30am-12pm Chinese Folk Dancing w/Yilan</b>                      11:30am-1:30pm Pinochle w/Mr. Kelly  <b>1pm-2pm Bingo Blast</b>                      1pm-3pm Chinese Folk Dance                      2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>		<p>Kensington Club is a social day club for seniors with early-stage memory loss. Registration required. For information call 301-255-4221</p> <p>White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided daily</p>	<p><u>Senior Team</u>                      TeAnna Abraham-Smith                      Senior Center Director                      240-777-6945 Direct Line                      teanna.abraham@montgomerycountymd.gov</p> <p>Kathei Brown                      Program Assistant                      Esparanza Rubio-Garcia                      Program Assistant                      Nancy Court                      Program Assistant                      Denise Perdue                      Program Assistant                      Obehi Iglile                      Nutrition Manager                      Susan Ward                      Nutrition Manager</p>