

WHITE OAK SENIOR CENTER

January 2025

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>Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line teanna.abraham@montgomerycountymd.gov</p> <p>Kathe 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>	<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>1</p> 	<p>2</p> <p>9:05am-10:05am Zumba Gold w/Amy *9am-1pm* CASSA Programs 10:15am-11:15am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 2pm-3pm Tai Chi (In Person/Virtual)</p>	<p>3</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9am-10am Yoga for All w/Edgar 10:30AM-12PM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ</p>
<p>6</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 1pm - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday 12:45pm-1:45pm Chair Yoga w/Edgar</p> 	<p>7</p> <p>9:05am-10:05am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-12pm Chinese Folk Dancing 11:30am-1:30pm Pinochle w/Mr. Kelly 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p> 	<p>8</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-1:30pm Kensington Club 9:30am-10:30am Morning Chat & Chew 10am-11am Senior Planet: Intro to AI 11am-12pm Balance Boom w/Jeremy 1pm-2pm Just for Laughs 1:15pm-1:45pm Indoor Walking Club</p>	<p>9</p> <p>9:05am-10:05am Zumba Gold w/Amy *9am-1pm* CASSA Programs 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 2pm-3pm Tai Chi (In Person/Virtual)</p>	<p>10</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9am-10am Yoga for All w/Edgar 9:30am-11:30am Dollar Tree/Aldi Shopping Trip 10:30AM-12PM Low Impact Exercise Video 11am Intermediate Spanish W/Esperanza 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 6pm-9pm Soul Line Dance Party</p>

Mon	Tue	Wed	Thu	Fri
<p>13</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</p> <p>10:30am Depart for Senior Day Party @ Solaire Social in Silver Spring, MD</p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p>1pm - 3:30pm Social Bridge</p> <p>12:30pm – 2pm New Movie Monday</p> <p>12:45pm-1:45pm Chair Yoga w/Edgar</p> 	<p>14</p> <p>9:05am-10:05am Zumba Gold w/Amy</p> <p>10am-12pm Spiritual Support</p> <p>10:30am-12pm Chinese Folk Dancing</p> <p>10:30am-11:30am Reader's Delight w/Shirley</p> <p>11:30am-1:30pm Pinochle w/Mr. Kelly</p> <p>1pm-2pm Bingo Blast</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p> 	<p>15</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-10:30am Morning Chat & Chew</p> <p>*9:30am-1:30pm Kensington Club*</p> <p>11am-12pm Sing The Winter Blues Away w/Peter & Carlos</p> <p>10am-11am Senior Planet: AI & Disinformation</p> <p>11am Beginner's Spanish W/Esperanza</p> <p>11am-12pm Balance Boom w/Jeremy</p> <p>1pm-2pm Participants Choice Bingo</p> <p>1pm-2pm Trivia Challenge</p> 	<p>16</p> <p>9:05am-10:05am Zumba Gold w/Amy</p> <p>*9am-1pm* CASSA Programs</p> <p>10am-12pm Pickleball</p> <p>12:45pm-1:45pm Introducing Coping with Change Group</p> <p>10am-11am Soul Line Dance w/Peytrienne</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>12pm-4pm Bid Whist</p> <p>12:45-1:45pm Super Power Dance Circle</p>	<p>17</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9am-10am Yoga for All w/Edgar</p> <p>10am-11am Fun & Games</p> <p>10:30AM-12PAM Low Impact Exercise Video</p> <p>11am Intermediate Spanish W/Esperanza</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p> <p>1:30pm-3:30pm Chinese Folk Dance</p>

Mon	Tue	Wed	Thu	Fri
<p>20</p> <p><i>Center Closed</i></p>  <p>MARTIN LUTHER KING JR. DAY</p>	<p>21</p> <p>9:05am-10:05am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-12pm Chinese Folk Dancing 11:30am-1:30pm Pinochle w/Mr. Kelly 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p>22</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* 9:30am-1:30pm Bowling Trip 10am-11am Senior Planet: Intro to Gaming <i>11am American Songbook w/Helaine</i> 11am Beginner's Spanish W/Esperanza 11am-12pm Balance Boom w/Jeremy 1pm-2pm Participants Choice Bingo</p>	<p>23</p> <p>9:05am-10:05am Zumba Gold w/Amy *9am-1pm* CASSA Programs <i>10am-12pm Chinese New Year Celebration</i> 10am-12pm Pickleball 10:15am-11:15am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p>24</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 10:30AM-12PAM Low Impact Exercise Video 11am Intermediate Spanish W/Esperanza 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Folk Dance</p>
<p>27</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am – 12pm Matter of Balance Class 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11:30am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday</p> 	<p>28</p> <p>9:05am-10:05am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-12pm Chinese Folk Dancing 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>29</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* 10am-11am Senior Planet: Messaging Apps 11am Beginner's Spanish W/Esperanza 11am-12pm Balance Boom w/Jeremy 1pm-2pm Trivia Challenge</p> 	<p>30</p> <p>9:05am-10:05am Zumba Gold w/Amy *9am-1pm* CASSA Programs 10am-12pm Pickleball 10:15am-11:15am Soul Line Dance w/Peytrienne 11am-12pm Coffee & Conversation w/Senior Center Director 10:30AM-12PM Low Impact Exercise Video 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p>31</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-1pm Brunch @ Golden Corall in Largo 10:30AM-12PAM Low Impact Exercise Video 11am Intermediate Spanish W/Esperanza 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Folk Dance</p>