


WHITE OAK SENIOR CENTER



June 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
3	4	5	6	7
<p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin <i>w/Julienne</i> 11:30am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday</p>	<p>9am-10am Zumba Gold <i>w/Amy</i> 10am-12pm Spiritual Support 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Chinese Folk Dancing <i>w/Yilan</i> 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>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 Beginner Spanish Conversation Class 1pm-2pm Participant's Choice Bingo</p> 	<p>9am-10am Zumba Gold <i>w/Amy</i> *9am-1pm* CASSA Programs <i>10am-11:30am Discussion w/Stan</i> 10am-11am Soul Line Dance <i>w/Peytrienne</i> 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>9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9:15am-10:15am Yoga Video 10:30AM-12PM Low Impact Exercise Video 12pm–1pm Lunch 12:30pm-3:30pm American Mah Jong 1pm-2pm Integral Tai Chi Class <i>w/JJ</i></p>

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<p>10</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</p> 	<p>11</p> <p>9am-10am Zumba Gold w/Amy 10am-11:30am WEEAD Event (Virtual) 10am-12pm Spiritual Support 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Chinese Folk Dancing w/Yilan 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>129am-10am Tai Chi (In Person & Zoom Beginner’s Welcome) 9:30am-1:30pm Kensington Club 9:30am-2pm Depart for Senior Spring Party 9:30am-10:30am Morning Chat & Chew 11am-12pm Spanish Conversation Class 1pm-2pm Trivia Challenge</p> <p style="text-align: center;">B I N G O</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td>Invierno</td> <td></td> <td>La avena</td> <td></td> <td>Peluche</td> </tr> <tr> <td></td> <td>El agua</td> <td></td> <td>Las cejas</td> <td></td> <td></td> </tr> <tr> <td></td> <td>El pelo</td> <td></td> <td>Gratis</td> <td></td> <td>Desayuno</td> </tr> <tr> <td></td> <td>El tocino</td> <td></td> <td>La aceituna</td> <td></td> <td>El pollo</td> </tr> <tr> <td></td> <td>El pollo</td> <td></td> <td>Sopa</td> <td></td> <td>El jamón</td> </tr> </table>		Invierno		La avena		Peluche		El agua		Las cejas				El pelo		Gratis		Desayuno		El tocino		La aceituna		El pollo		El pollo		Sopa		El jamón	<p>13</p> <p>9am-10am Zumba Gold w/Amy *9am-1pm* CASSA Programs 10am-11am Soul Line Dance w/Peytrienne 10:15am-1:15pm Depart for Movie at The Publick Playhouse: Summer of Soul 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>14</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner’s Welcome) 9:15am-10:15am Yoga Video 10:30AM-12PM Low Impact Exercise Video 10:30am-12pm Dancing, Dad’s and Dogs (Hot) Honoring Father’s of White Oak 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 6pm-9pm Soul Line Dance Party</p>
	Invierno		La avena		Peluche																													
	El agua		Las cejas																															
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<p>17</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner’s Welcome) 9:45am Depart for Sandy Spring Museum 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>18</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-11:30am 55+ Ballet Basics 10:30am-11:30am Reader’s Delight w/Shirley 10:30am-12pm Chinese Folk Dancing w/Yilan 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>19</p> <p style="text-align: center;">Closed for Holiday</p> 	<p>20</p> <p>9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-12pm Pickleball 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 11am-12pm American Songbook w/Heleine 12pm-4pm Bid Whist 1:15pm-1:45pm Indoor Walking Club 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>	<p>21</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 12:45pm-1:45pm- Mystery Trip 1:30pm-3:30pm Chinese Folk Dance</p>																														

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">24</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner’s Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 10:30am Depart Lunch Bunch @ Olive Garden in Hyattsville, MD 11:30am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday</p> 	<p style="text-align: right;">25</p> <p>9am-10am Zumba Gold w/Amy 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Chinese Folk Dancing w/Yilan 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;">26</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner’s Welcome) 9:30am-1:30pm Kensington Club 10am-11am Coffee & Conversations 11am-12pm Beginner Spanish Conversation Class 1pm-2pm Participant’s Choice/Bingo</p> 	<p style="text-align: right;">27</p> <p>9am-10am Zumba Gold w/Amy *9am-1pm* CASSA Programs 9:30am-11:30am Dollar Tree/Aldi Trip 10am-12pm Pickleball 10am-11am Soul Line Dance w/Peytrienne 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;">28</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner’s Welcome) 9:15am-10:15am Yoga for All w/Edgar 10am-2pm 55+ Men’s Health & Wellness Summit 10:30AM-12PAM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg</p>

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>Kathei Brown Program Assistant</p> <p>Esparanza Rubio-Garcia Program Assistant</p> <p>Nancy Court Program Assistant</p> <p>Denise Perdue Program Assistant</p> <p>Obehi Iglile Nutrition Manager</p> <p>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> 