WHITE OAK SENIOR CENTER

June 2024

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		
Jam – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) I0am-11am Brain Games I0am-11am Gentle Spin W/Julienne I1:30am -1pm Senior Volleyball Open Play Ipm - 3:30pm Social Bridge I2:30pm – 2pm New Movie Monday	9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm 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)	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	*9am-1pm* CASSA Programs 10am-11:30am Discussion	9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9:15am-10:15am Yog Video 10:30AM-12PM Low Impact Exercise Video 12pm-1pm Lunch 12:30pm-3:30pm American Ma 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

Staving 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 10 11 13 14 9am – 10am Tai Chi (In Person 9am-10am Zumba Gold 129am-10am Tai Chi (In Person & 9am-10am Zumba Gold 9am-10am Tai Chi (In & Zoom. Beginner's Welcome) Zoom Beginner's Welcome) Person/Virtual Beginner's w/Amv 10am-11am Brain Games 9:30am-1:30pm Kensington Club Welcome) *9am-1pm* CASSA 10am-11:30am WEEAD 9:30am-2pm Depart for Senior 9:15am-10:15am Yoga 10am-11am Gentle Programs **Event (Virtual)** Spring Party Spin w/Julienne Video 10am-11am Soul Line Dance 10am-12pm Spiritual Support 9:30am-10:30am Morning 11:30am -1pm Senior 10:30AM-12PM Low Impact 10:30am-11:30am 55+ Ballet w/Peytrienne Chat & Chew Volleyball Open Play **Basics** Exercise Video 10:15am-1:15pm Depart for 11am-12pm Spanish 1pm - 3:30pm Social Bridge 10:30am-12pm Chinese Folk 10:30am-12pm Dancing, **Movie at The Publick** Conversation Class 12:30pm – 2pm New Movie Dancing w/Yilan Dad's and Dogs (Hot) Playhouse: Summer of Soul Monday 1pm-2pm Trivia Challenge 11:30am-1:30pm Pinochle w/Mr. 10:30AM-12PM Low Impact Honoring Father's of Kelly Exercise Video White Oak 1pm-2pm Bingo Blast 10am-12pm Pickleball 12:30pm-3:30pm American Mah 1pm-3pm Chinese Folk Dance 12pm-4pm Bid Whist 2pm-3pm Tai Chi (In Jongg 1:15pm-1:45pm Indoor Walking Person/Virtual Beginner's 1pm-2pm Integral Tai Chi Las Club Welcome) Class w/JJ 2pm-3pm Tai Chi (In El té Gratis! Huerto Desayu 6pm-9pm Soul Line Dance Person/Virtual Beginner's Party Welcome) Sopa iamón 18 9am – 10am Tai Chi (In Person 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & Closed for Holiday 9am-10am Zumba Gold & Zoom. Beginner's Welcome) Zoom Beginner's Welcome) w/Amv 9:45am Depart for Sandy 9:15am-10:15am Yoga 10am-12pm Spiritual Support *9am-12pm* CASSA Spring Museum 10:30am-11:30am 55+ Ballet Video **Programs** 10am-11am Brain Games Basics 10:30AM-12PAM Low 10am-12pm Pickleball 10am-11am Gentle Spin 10:30am-11:30am Reader's Impact Exercise Video 10am-11am Soul Line w/Julienne Delight w/Shirley 12:30pm-3:30pm American Mah 11:30am -1pm Senior Dance w/Peytrienne 10:30am-12pm Chinese Folk Jongg Volleyball Open Play 10:30AM-12PM Low Impact Dancing w/Yilan 12:45pm-1:45pm- Mystery 1pm - 3:30pm Social Bridge Exercise Video 11:30am-1:30pm Pinochle w/Mr. 12:30pm – 2pm New Movie **Trip** 11am-12pm American Kelly Monday 1:30pm-3:30pm Chinese Folk 1pm-2pm Bingo Blast Songbook w/Heleine Dance 1pm-3pm Chinese Folk Dance 12pm-4pm Bid Whist 2pm-3pm Tai Chi (In 1:15pm-1:45pm Indoor Walking Person/Virtual Beginner's Club Welcome) 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line Intellectually Speaking Staying Fit & Having Fun **Fun & Games** Music, Movement & More **Creative Corner** At the Movies Healing Hearts By Community Partners Tue Wed Thu Fri Mon 24 25 26 27 9am – 10am Tai Chi (In Person 9am-10am Zumba Gold 9am-10am Tai Chi (In 9am-10am Tai Chi (In Person & 9am-10am Zumba Gold & Zoom. Beginner's Welcome) w/Amy Person/Virtual Beginner's Zoom Beginner's Welcome) w/Amv 10am-11am Brain Games Welcome) 9:15am-10:15am Yoga for 10:30am-11:30am 55+ Ballet *9am-1pm* CASSA 10am-11am Gentle Spin 9:30am-1:30pm Kensington Club All w/Edgar **Basics Programs** w/Julienne 10am-11am Coffee & 10:30am-12pm Chinese Folk 10am-2pm 55+ Men's 10:30am Depart Lunch Bunch @ Conversations 9:30am-11:30am Dollar Dancing w/Yilan 11am-12pm Beginner Health & Wellness Summit Olive Garden in Hyattsville, MD Tree/Aldi Trip 11:30am-1:30pm Pinochle w/Mr. Spanish Conversation Class 10am-12pm Pickleball 11:30am -1pm Senior 10:30AM-12PAM Low Kelly Volleyball Open Play 1pm-2pm Participant's 10am-11am Soul Line Impact Exercise Video 1pm-2pm Bingo Blast 1pm - 3:30pm Social Bridge Choice/Bingo 12:30pm-3:30pm American Mah 1pm-3pm Chinese Folk Dance Dance w/Peytrienne 12:30pm – 2pm New Movie Jongg 2pm-3pm Tai Chi (In Monday 10:30AM-12PM Low Impact Person/Virtual Beginner's Exercise Video Welcome) 12pm-4pm Bid Whist 1:15pm-1:45pm Indoor Walking 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)

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Mon	Tue	Wed	Thu	Fri		
Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line teanna.abraham@montgo merycountymd.gov 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	Kensington Club is a social day club for seniors with early-stage memory loss. Registration required. For information call 301-255-4221 White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided daily.					