WHITE OAK SENIOR CENTER

November 2024

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line								
Staying Fit & Having Fun Int	ellectually Speaking Fun & Games	Music, Movement & More	Creative Corner	At the Movies	Healing Hearts	By Community Partners		
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					Pers Weld 9an w/E 10a 10a Ded 10:: Imp 12:3 Jong 1pm	-10am Tai Chi (In son/Virtual Beginner's come) n-10am Yoga for All sidgar am-11am Fun & Games am-11:30am Jacket corating Workshop 30AM-12PM Low pact Exercise Video 0pm-3:30pm American Mah 39 1-2pm Integral Tai Chi as 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** Tue Thu Fri Mon Wed

9am – 10am Tai Chi (In Person 9am-10am Zumba Gold & Zoom. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle

Spin w/Julienne

Monday

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



w/Amv

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-1:30pm Kensington Club 9:30am-10:30am Morning Chat & Chew

10am-11am Senior Planet: Instagram

11am-12pm Balance Boom w/Jeremy 1pm-2pm Participant's Choice Bingo

1:15pm-1:45pm Indoor Walking Club



9am-10am Zumba Gold w/Amy

9am-1pm CASSA Programs

6

10am-11am Soul Line Dance w/Pevtrienne

10am-11:15am Discussion Trip w/Stan

10:30AM-12PM Low Impact Exercise Video

10am-12pm Pickleball 12pm-4pm Bid Whist

12:45-1:45pm Super Power Dance Circle w/Jane

2pm-3pm Tai Chi (In Person/Virtual)

9am-10am Tai Chi (In Person/Virtual Beginner's Welcome)

9am-10am Yoga for All w/Edgar

9:30am-11:30am Dollar Tree/Aldi

8

10am-11:30am Jacket Decorating Workshop

10am-11am Fun & Games 10:30AM-12PM Low Impact Exercise Video

12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi

Class w/JJ 6pm-9pm Soul Line Dance Party



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** Tue Thu Fri Mon Wed 11 12 9am-10am Zumba Gold w/Amy 9am-10am Tai Chi (In Person & 9am-10am Tai Chi (In Person & 9am-10am Zumba Gold Zoom Beginner's Welcome) Zoom Beginner's Welcome) Center Closed for Holiday~ 10am-11am Fire Safety w/Jim w/Amv 9:30am-10:30am Morning Chat & 9am-10am Yoga for All Resnick *9am-1pm* CASSA Chew 10am-12pm Spiritual Support w/Edgar **Programs** *9:30am-1:30pm Kensington Club* 10:30am-11:30am 55+ Ballet 10am-11:30am Jacket 10am-12pm Pickleball 10:30am-11:30am Healthy Basics Decorating Workshop 12:45pm-1:45pm Holidays Tips w/Nikki 10:30am-11:30am Reader's Introducing Coping with 10am-11am Senior Planet: Mobile 10am-11am Fun & Games Delight w/Shirley Change Group Health Apps 10:30am-12pm Chinese Folk 10:30AM-12PAM Low 11am Beginner's Spanish 10am-11am Soul Line Dancing w/Yilan Impact Exercise Video W/Esperanza Dance w/Peytrienne 11:30am-1:30pm Pinochle 12:30pm-3:30pm American Mah 11am-12pm Balance Boom w/Mr. Kelly 10:30AM-12PM Low Impact Jongg w/Jeremy 1pm-2pm Bingo Blast 1pm-2pm Integral Tai Chi Exercise Video 1pm-2pm Trivia Challenge 1pm-3pm Chinese Folk Dance 12pm-4pm Bid Whist Class w/JJ 2pm-3pm Tai Chi (In 12:45-1:45pm Super Power 1:30pm-3:30pm Chinese Folk Person/Virtual Beginner's Dance Dance Circle w/Jane Welcome)

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	ectually Speaking Fun & Games	Music, Movement & More Creative							
9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 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	Tue 9am-10am Zumba Gold w/Amy 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Chinese Folk Dancing w/Yilan 11am-12pm Fun w/Shuffleboard 11:30am-1:30pm Pinochle w/Mr. Kelly 1pm-2pm Bingo Blast	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-1:30pm Kensington Club 11am American Songbook w/Helaine 10am-11am Senior Planet: Cloud Storage 11am-12pm Balance Boom w/Jeremy 1pm-2pm Participant's Choice Bingo 1:15pm-1:45pm Indoor Walking Club	Thu	Fri					

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 25 27 28 26 29 9am – 10am Tai Chi (In Person 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & Happy Thanksgiving Happy Thanksgiving & Zoom. Beginner's Welcome) Zoom Beginner's Welcome) w/Amy Center Closed Center Closed 10am-11am Brain Games 9:30am-1:30pm Kensington Club 10am-12pm Spiritual Support 10am-11am Gentle Spin 9:30am-10:30am Morning 10:30am-11:30am 55+ Ballet w/Julienne Chat & Chew Basics 11am - 12pm 12 Weeks to 10:30am Depart for Brunch at 11am American Songbook a Sharper You w/Nancy First Watch BLACK w/Helaine 11:30am -1pm Senior 10:30am-12pm Chinese Folk FRIDAY Volleyball Open Play 10am-11am Senior Planet: Exploring Dancing w/Yilan 1pm - 3:30pm Social Bridge 11:30am-1:30pm Pinochle 12:30pm – 2pm New Movie & Downloading Apps w/Mr. Kelly Monday 11am-12pm Balance Boom 1pm-2pm Bingo Blast w/Jeremy 1pm-3pm Chinese Folk Dance 1pm-2pm Participant's 2pm-3pm Tai Chi (In Person/Virtual Beginner's Choice Bingo Welcome) 1:15pm-1:45pm Indoor Walking Club

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