




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 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>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 style="text-align: right;">1</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner's Welcome)</p> <p style="color: green;"><i>9am-10am Yoga for All w/Edgar</i></p> <p>10am-11am Fun & Games</p> <p style="color: blue;"><i>10am-11:30am Jacket Decorating Workshop</i></p> <p style="color: orange;">10:30AM-12PM Low Impact Exercise Video</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p style="color: red;">1pm-2pm Integral Tai Chi Class w/JJ</p>

Mon	Tue	Wed	Thu	Fri
4	5	6	7	8
<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>11am – 12pm 12 Weeks to a Sharper You w/Nancy</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>9am-10am Zumba Gold w/Amy</p> <p>10am-12pm Spiritual Support</p> <p>10:30am-11:30am Ballet Basics</p> <p>10:30am-12pm Chinese Folk Dancing w/Yilan</p> <p>11:30am-1:30pm Pinochle w/Mr. Kelly</p> <p>1pm-2pm Bingo Blast</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 & Zoom Beginner’s Welcome)</p> <p>9:30am-1:30pm Kensington Club</p> <p>9:30am-10:30am Morning Chat & Chew</p> <p>10am-11am Senior Planet: Instagram Basics</p> <p>11am-12pm Balance Boom w/Jeremy</p> <p>1pm-2pm Participant’s Choice Bingo</p> <p>1:15pm-1:45pm Indoor Walking Club</p> 	<p>9am-10am Zumba Gold w/Amy</p> <p>*9am-1pm* CASSA Programs</p> <p>10am-11am Soul Line Dance w/Peytrienne</p> <p><i>10am-11:15am Discussion w/Stan</i></p> <p>10:30AM-12PM Low Impact Exercise Video</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>2pm-3pm Tai Chi (In Person/Virtual)</p>	<p>9am-10am Tai Chi (In Person/Virtual Beginner’s Welcome)</p> <p><i>9am-10am Yoga for All w/Edgar</i></p> <p>9:30am-11:30am Dollar Tree/Aldi Trip</p> <p><i>10am-11:30am Jacket Decorating Workshop</i></p> <p>10am-11am Fun & Games</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p> <p>6pm-9pm Soul Line Dance Party</p> 

Mon	Tue	Wed	Thu	Fri
<p>11 ~Center Closed for Holiday~</p> 	<p>12 9am-10am Zumba Gold w/Amy 10am-11am Fire Safety w/Jim Resnick 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>13 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-10:30am Morning Chat & Chew *9:30am-1:30pm Kensington Club* 10:30am-11:30am Healthy Holidays Tips w/Nikki 10am-11am Senior Planet: Mobile Health Apps 11am Beginner's Spanish W/Esperanza 11am-12pm Balance Boom w/Jeremy 1pm-2pm Trivia Challenge</p> 	<p>14 9am-10am Zumba Gold w/Amy *9am-1pm* CASSA Programs 10am-12pm Pickleball 12:45pm-1:45pm Introducing Coping with Change Group 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle w/Jane</p>	<p>15 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9am-10am Yoga for All w/Edgar 10am-11:30am Jacket Decorating Workshop 10am-11am Fun & Games 10:30AM-12PAM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Folk Dance</p>

Mon	Tue	Wed	Thu	Fri
<p>18</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>11am – 12pm 12 Weeks to a Sharper You w/Nancy</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>19</p> <p>9am-10am Zumba Gold w/Amy</p> <p>10:30am-11:30am 55+ Ballet Basics</p> <p>10:30am-12pm Chinese Folk Dancing w/Yilan</p> <p>11am-12pm Fun w/Shuffleboard</p> <p>11:30am-1:30pm Pinochle w/Mr. Kelly</p> <p>1pm-2pm Bingo Blast</p> <p>1pm-3pm Chinese Folk Dance</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>	<p>20</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner’s Welcome)</p> <p>9:30am-1:30pm Kensington Club</p> <p>11am American Songbook w/Helaine</p> <p>10am-11am Senior Planet: Cloud Storage</p> <p>11am-12pm Balance Boom w/Jeremy</p> <p>1pm-2pm Participant’s Choice Bingo</p> <p>1:15pm-1:45pm Indoor Walking Club</p> 	<p>21</p> <p>9am-10am Zumba Gold w/Amy</p> <p>*9am-1pm* CASSA Programs</p> <p>10am-12pm Pickleball</p> <p>10am Depart for Trip & Lunch at Damascus Senior Center for Former Hostage Speaker</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 w/Jane</p> <p>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)</p> <p>9am-10am Yoga for All w/Edgar</p> <p>10am-11:30am Jacket Decorating Workshop</p> <p>10am-11am Fun & Games</p> <p>10:30AM-12PAM Low Impact Exercise Video</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 style="text-align: right;">25</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner’s Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 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</p> 	<p style="text-align: right;">26</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-11:30am 55+ Ballet Basics 10:30am Depart for Brunch at First Watch 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;">27</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 11am American Songbook w/Helaine 10am-11am Senior Planet: Exploring & Downloading Apps 11am-12pm Balance Boom w/Jeremy 1pm-2pm Participant’s Choice Bingo 1:15pm-1:45pm Indoor Walking Club</p>	<p style="text-align: right;">28</p> <p><i>Happy Thanksgiving Center Closed</i></p> 	<p style="text-align: right;">29</p> <p><i>Happy Thanksgiving Center Closed</i></p> 