

WHITE OAK SENIOR CENTER

September 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
2	3	4	5	6
<p>Center Closed for Holiday</p>	<p>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)</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 Beginner's Spanish W/Esperanza 11am-12pm Balance Boom w/Jeremy 11am-12pm What's My Line? 1pm-2pm Trivia Challenge</p> 	<p>9am-10am Zumba Gold w/Amy 10am-12pm Pickleball 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 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 10am-11am Fun & Games 10:30AM-12PM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jong 1pm-2pm Integral Tai Chi Class w/JJ</p>

Mon	Tue	Wed	Thu	Fri
<p>9</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>10</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-11:30am 55+ Ballet Basics 10am-11am Ride On Rider Appreciation Event 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>11</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9am-12pm Depart for Tour of White House 9:30am-1:30pm Kensington Club 9:30am-10:30am Morning Chat & Chew 11am Beginner's Spanish W/Esperanza 11am-12pm Balance Boom w/Jeremy 1pm-2pm Participant's Choice Bingo 1:15pm-1:45pm Indoor Walking Club</p> 	<p>12</p> <p>9am-10am Zumba Gold w/Amy *9am-1pm* CASSA Programs 10am-11am Soul Line Dance w/Peytrienne <i>10am-11:15am Discussion w/Stan</i> 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 11am-1pm CareFirst Blue Cross Blue Shield Resource Table 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle w/Jane 2pm-3pm Tai Chi (In Person/Virtual)</p>	<p>13</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9:15am-10:15am Yoga Video 10am-1pm End of Summer BBQ 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</p>
<p>16</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>17</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>18</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* 10:30am-11:30am Reader's Delight w/Shirley 11am Beginner's Spanish W/Esperanza 11am Sing-a-Long w/Hoang 11am-12pm Balance Boom w/Jeremy 1pm-2pm Participant's Choice Bingo</p>	<p>19</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Pickleball 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 12pm-4pm Bid Whist 12:45pm-1:45pm Bingo Blast w/Sante 1:15pm-1:45pm Indoor Walking Club 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) 9:15am-10:15am Yoga Video <i>9:30am-11:30am Dollar Tree/Aldi Trip</i> 10:30AM-12PAM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1:30pm-3:30pm Chinese Folk Dance</p>

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">23</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 for Senior Day Party @ Solaire Social in Silver Spring, 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;">24</p> <p>9am-10am Zumba Gold w/Amy 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Chinese Folk Dancing w/Yilan 11am American Songbook w/Helaine 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;">25</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner’s Welcome) 9:30am-1:30pm Kensington Club</p> <p style="text-align: center;"><i>10am-2pm Hispanic Heritage Festival</i></p> 	<p style="text-align: right;">26</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Pickleball 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 11am-12pm Fireside Chat w/Robin Riley Director of Recreation 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;">27</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner’s Welcome) 9:15am-10:15am Yoga for All w/Edgar 10am 3pm AARP Safe Driving w/Nina 10:30AM-12PAM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1:30pm-3:30pm Chinese Folk Dance</p>
<p style="text-align: right;">30</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: center;">Senior Team</p> <p>TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line teanna.abraham@montgomerycountymd.gov</p> <p>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</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> 