


# WHITE OAK SENIOR CENTER

## Celebrating Black History Month


### February 2025

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
<div style="text-align: right; font-weight: bold; font-size: 1.2em;">3</div> <p>9am – 10am Tai Chi (In Person &amp; Zoom. Beginner's Welcome)                      10am-11am Brain Games                      10am-12pm <span style="color: red;">Matter of Balance</span>                      10am-11am <span style="color: blue;">Gentle Spin w/Julienne</span>                      11:30am -1pm Senior Volleyball Open Play                      1pm - 3:30pm Social Bridge                      12:30pm – 2pm New Movie Monday                      12:45pm-1:45pm <span style="color: orange;">Chair Yoga w/Edgar</span></p> 	<div style="text-align: right; font-weight: bold; font-size: 1.2em;">4</div> <p>9:05am-10:05am <span style="color: red;">Zumba Gold w/Amy</span>                      10am-12pm Spiritual Support                      10:30am-12pm <span style="color: orange;">Chinese Folk Dancing</span>                      11:30am-1:30pm Pinochle w/Mr. Kelly                      1pm-2pm <span style="color: orange;">Bingo Blast</span>                      2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<div style="text-align: right; font-weight: bold; font-size: 1.2em;">5</div> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner's Welcome)                      9:30am-1:30pm Kensington Club                      9:30am-10:30am Morning Chat &amp; Chew                      10am-11am <span style="color: orange;">Senior Planet: Telemedicine</span>                      11am-12pm <span style="color: green;">Balance Boom w/Jeremy</span>                      1pm-2pm <span style="color: blue;">Just for Laughs</span>                      1:15pm-1:45pm Indoor Walking Club</p>	<div style="text-align: right; font-weight: bold; font-size: 1.2em;">6</div> <p>9:05am-10:05am <span style="color: red;">Zumba Gold w/Amy</span>                      *9am-1pm* CASSA Programs                      10:15am-11:15am <span style="color: blue;">Soul Line Dance w/Peytrienne</span>                      10:30AM-12PM <span style="color: orange;">Low Impact Exercise Video</span>                      10am-12pm Pickleball                      12pm-4pm Bid Whist                      12:45-1:45pm Super Power Dance Circle                      2pm-3pm Tai Chi (In Person/Virtual)</p>	<div style="text-align: right; font-weight: bold; font-size: 1.2em;">7</div> <p>9am-10am Tai Chi (In Person/Virtual Beginner's Welcome)                      9am-10am <span style="color: green;">Yoga for All w/Edgar</span>                      10am-11am Fun &amp; Games                      10:30AM-12PM <span style="color: orange;">Low Impact Exercise Video</span>                      11am <span style="color: blue;">Mental Movements</span>                      12:30pm-3:30pm American Mah Jongg                      1pm-2pm <span style="color: red;">Integral Tai Chi Class w/JJ</span></p>

Mon	Tue	Wed	Thu	Fri
<p>10</p> <p>9am – 10am Tai Chi (In Person &amp; Zoom. Beginner’s Welcome) 10am-11am Brain Games 10am-12pm Matter of Balance 10am-11am Gentle Spin w/Julienne 11:30am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday 12:45pm-1:45pm Chair Yoga w/Edgar</p> 	<p>11</p> <p>9:05am-10:05am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-12pm Chinese Folk Dancing 10:30am-11:30am Reader’s Delight w/Shirley 11:30am-1:30pm Pinochle w/Mr. Kelly 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p> 	<p>12</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner’s Welcome) 9:30am-1:30pm Kensington Club 9:30am-10:30am Morning Chat &amp; Chew 10am-11am Senior Planet: Smartphones at a Glance 11am-12pm Sing-A-Long w/Hong 11am-12pm Balance Boom w/Jeremy 1pm-2pm Just for Laughs 1:15pm-1:45pm Indoor Walking Club</p>	<p>13</p> <p>9:05am-10:05am Zumba Gold w/Amy *9am-1pm* CASSA Programs 9:30am-11:30am Dollar Tree/Aldi Shopping Trip 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 12:45pm-1:45pm Introducing Coping with Change Group 2pm-3pm Tai Chi (In Person/Virtual)</p>	<p>14</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner’s Welcome) 9am-10am Yoga for All w/Edgar 10am-11:30am Valentine’s Day Party w/Darrin Carter 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>17</p> <p>Center Closed</p> 	<p>18</p> <p>9:05am-10:05am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-12pm Chinese Folk Dancing 10:30am-1pm Lunch Bunch: Carolina Kitchen 11:30am-1:30pm Pinochle w/Mr. Kelly 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p> 	<p>19</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner’s Welcome) 9:30am-10:30am Morning Chat &amp; Chew *9:30am-1:30pm Kensington Club* 10am-11am Senior Planet: Streaming &amp; Smart TV’s 11am Beginner’s Spanish W/Esperanza 1pm-2pm Balance Boom w/Jeremy 1pm-2pm Participants Choice Bingo 1pm-2pm Trivia Challenge</p> 	<p>20</p> <p>9:05am-10:05am Zumba Gold w/Amy *9am-1pm* CASSA Programs 10am-12pm Pickleball 10am-11am Soul Line Dance w/Peytrienne 10:30am-12pm Black History Month Musical Tribute w/Walter Ware 10:30AM-12PM Low Impact Exercise Video 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle</p>	<p>21</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner’s Welcome) 9am-10am Yoga for All w/Edgar 10am-11am Fun &amp; Games 10:30AM-12PAM Low Impact Exercise Video 11am Mental Movements 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 style="text-align: right;">24</p> <p>9am – 10am Tai Chi (In Person &amp; Zoom. Beginner’s Welcome)                      10am-11am Brain Games                      10am-12pm Matter of Balance                      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                      12:45pm-1:45pm Chair Yoga w/Edgar</p> 	<p style="text-align: right;">25</p> <p>9:05am-10:05am Zumba Gold w/Amy                      10am-12pm Spiritual Support                      10:30am-12pm Chinese Folk Dancing                      11:30am-1:30pm Pinochle w/Mr. Kelly                      1pm-2pm Bingo Blast                      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 &amp; Zoom Beginner’s Welcome)                      9:30am-10:30am Morning Chat &amp; Chew                      *9:30am-1:30pm Kensington Club*                      10am-11am Senior Planet: Understanding Internet Plans                      11am American Songbook w/Helaine                      11am Beginner’s Spanish W/Esperanza                      11am-12pm Balance Boom w/Jeremy                      1pm-2pm Participants Choice Bingo</p>	<p style="text-align: right;">27</p> <p>9:05am-10:05am Zumba Gold w/Amy                      *9am-1pm* CASSA Programs                      10am-12pm Pickleball                      10:15am-11:15am Soul Line Dance w/Peytrienne                      10:30AM-12PM Low Impact Exercise Video                      12pm-4pm Bid Whist                      12:45-1:45pm Super Power Dance Circle                      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 &amp; Zoom Beginner’s Welcome)                      9am-10am Yoga for All w/Edgar                      9:30am-1:30pm Departt: Great Blacks in Wax Museum &amp; Lunch in Baltimore, MD                      10:30AM-12PAM Low Impact Exercise Video                      11am Mental Movements                      12:30pm-3:30pm American Mah Jongg                      1pm-2pm Integral Tai Chi Class w/JJ                      1:30pm-3:30pm Chinese Folk Dance</p>