


WHITE OAK SENIOR CENTER

December 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
1 9:05am – 10:05am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-11am Brain Games 10:05am-11:05am Gentle Spin w/Julienne 10:30am-11:30am Senior Circle w/Sante 11am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday 12:50pm-1:50pm Chair Yoga w/Edgar	2 9:05am-10:05am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-12pm Chinese Folk Dancing 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome) 	3 9:05am-10:05am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-10:30am Morning Chat & Chew *9:30am-1:30pm Kensington Club* 9:45am-10:45am Beginner Spanish w/Esperanza 10am Depart: International Holiday Bash @ Long Branch 11:05am-12:05pm Balance Boom w/Jeremy 1pm -1:30 Outdoor/Indoor Walking Club 	4 9:05am-10:05am Zumba Gold Video 10:15am-11:15am Soul Line Dance w/Peytrienne 10:15am-11:15am Mah Jong Lessons w/Barbara 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 2pm-3pm Tai Chi (In Person/Virtual) 	5 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:05am-10:05am Yoga for All w/Edgar 10am-11am Fun & Games 10:30AM-12PAM Low Impact Exercise Video 10:30-11:30am Mindful Movement & Fitness 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Folk Dance
8 9:05am – 10:05am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-11am Brain Games 10:05am-11:05am Gentle Spin w/Julienne 10:30am-11:30am Senior Circle w/Sante 11am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday 12:50pm-1:50pm Chair Yoga w/Edgar 1pm-2pm Nutrition Program Update	9 9:05am-10:05am Zumba Gold w/Amy 10am-12pm Spiritual Support 10am -12pm Creative Crafts w/Eileen 10:30am-11:30am Reader's Delight w/Shirley 10:30am-12pm Chinese Folk Dancing 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome) 	10 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:45am-10:45am Beginner Spanish w/Esperanza 11am-12pm Balance Boom w/Jeremy 12pm-1pm Sing-a-long w/Hong 12:45pm-1:45pm Senior Planet: Intro to Digital Wallets 1pm -1:30 Outdoor/Indoor Walking Club 	11 9:05am-10:05am Zumba Gold w/Amy 9:30am-12pm CASSA Survey & Listening Session 10:15am-11:15am 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 1pm-3pm 55+ Senior Community Survey & Listening Session 2pm-3pm Tai Chi (In Person/Virtual)	12 9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9am-10am Yoga for All w/Edgar 9:30am-10:30am Dollar Tree Trip 10:30AM-12PM Low Impact Exercise Video 10:30-11:30am Mindful Movement & Fitness 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ

Mon	Tue	Wed	Thu	Fri
<p>15</p> <p>9:05am – 10:05am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10:05am-11:05am Gentle Spin w/Julienne</p> <p>10:30am-11:30am Senior Circle w/Sante</p> <p>11am -1pm Senior Volleyball Open Play</p> <p>1pm - 3:30pm Social Bridge</p> <p>12:30pm – 2pm New Movie Monday</p> <p>12:50pm-1:50pm Chair Yoga w/Edgar</p> 	<p>16</p> <p>9:05am-10:05am Zumba Gold w/Amy</p> <p>10am-12pm Spiritual Support</p> <p>10:30am-12pm Chinese Folk Dancing</p> <p><i>10:30am-1pm Lunch Bunch: Yummy Bowl</i></p> <p>1pm-2pm Bingo Blast</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>  	<p>17</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-10:30am Morning Chat & Chew</p> <p>9:45am-10:45am Beginner Spanish w/Esperanza</p> <p><i>11am-12pm Holiday Music w/Peter</i></p> <p>11am-12pm Balance Boom w/Jeremy</p> <p>12:45pm-1:45 Bingo: Participant's Choice</p> <p>1pm -1:30 Outdoor/Indoor Walking Club</p> 	<p>18</p> <p>9:05am-10:05am Zumba Gold w/Amy</p> <p>10:15am-11:15am Soul Line Dance w/Peytrienne</p> <p>10am-11:30am CASSA Holiday Party</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>10am-12pm Pickleball</p> <p>10:30am-2pm Depart: Holiday Party @ Civic Center</p> <p>12pm-4pm Bid Whist</p> <p>12:45-1:45pm Super Power Dance Circle</p> <p>2pm-3pm Tai Chi (In Person/Virtual)</p> 	<p>19</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9am-10am Yoga for All w/Edgar</p> <p>10:30am-11:30am Basketball Fun & Skills</p> <p>10:30-11:30am Mindful Movement & Fitness</p> <p>10:30AM-12PAM Low Impact Exercise Video</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p><i>1pm-3pm Ugly Sweater, Karaoke, Holiday Dance Party</i></p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p> <p>1:30pm-3:30pm Chinese Folk Dance</p>
<p>22</p> <p>9:05am – 10:05am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>9:30am-12pm Depart: Burlington Coat Factory</p> <p>10am-11am Brain Games</p> <p>10:05am-11:05am Gentle Spin w/Julienne</p> <p>10:30am-11:30am Senior Circle w/Sante</p> <p>11am -1pm Senior Volleyball Open Play</p> <p>1pm - 3:30pm Social Bridge</p> <p>12:30pm – 2pm New Movie Monday</p> <p>12:50pm-1:50pm Chair Yoga w/Edgar</p>	<p>23</p> <p>9:05am-10:05am Zumba Gold w/Amy</p> <p>10am -12pm Creative Crafts w/Eileen</p> <p>10am-12pm Spiritual Support</p> <p>10:30am-12pm Chinese Folk Dancing</p> <p>1pm-2pm White Elephant Holiday Bingo</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p> 	<p>24</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-10:30am Morning Chat & Chew</p> <p>10:30am-12pm Holiday Cheer w/TeAnna</p> <p>9:45am-10:45am Beginner Spanish w/Esperanza</p> <p>11am-12pm Balance Boom w/Jeremy</p> <p>12:45pm-2:45pm Holiday Feel Good Movie</p> 	<p>25</p> <p><i>Center Closed</i></p> 	<p>26</p> <p><i>Center Closed</i></p> 

Mon	Tue	Wed	Thu	Fri
<p>29</p> <p>9:05am – 10:05am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10:30am-11:30am Senior Circle w/Sante</p> <p>11am -1pm Senior Volleyball Open Play</p> <p>1pm - 3:30pm Social Bridge</p> <p>12:30pm – 2pm New Movie</p> <p>Monday</p>	<p>30</p> <p>10am Indoor Walking Club</p> <p>10am-12pm Spiritual Support</p> <p>10:30am-12pm Chinese Folk Dancing</p> <p>1pm-2pm Bingo Blast</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p> 	<p>31</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-10:30am Morning Chat & Chew</p> <p>9:45am-10:45am Beginner Spanish w/Esperanza</p> <p>12:45pm-1:45 Bingo: Participant's Choice</p>	<p><u>Senior Team</u></p> <p>TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line teanna.abraham@montgomeryco.untymd.gov</p> <p>Kathei Brown Program Assistant</p> <p>Esperanza Rubio-Garcia Program Assistant</p> <p>Nancy Court Program Assistant</p> <p>Denise Perdue Program Assistant</p> <p>Kirubel Asfaw 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-4pm. Lunch is served and transportation provided daily</p>