## WHITE OAK SENIOR CENTER

# **May 2024**

Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line Teanna.abraham@mont gomerycountymd.gov Kathei Brown-Abraham Esparanza Rubio-Garcia Program Assistant Nancy Court	early-stage memory loss. Registration required. For information call 301-255- 4221 Please email TeAnna.abraham@montgo	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-10:30am Morning Chat & Chew *9:30am-1:30pm Kensington Club* 11am-12pm Spanish Conversation Class	9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 1:15pm-1:45pm Indoor Walking Club 2pm-3pm Tai Chi (In	9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9:15am-10:15am Yoga Video 10:30AM-12PM Low Impact Exercise Video 10:30am-11:45am Mah Jongg Class w/Barbara 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jong 1pm-2pm Integral Tai Chi Class w/JJ
Program Assistant Denise Perdue Program Assistant Obehi Iglile Nutrition Manager Susan Ward Nutrition Manager				

## 1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line

Intellectually Speaking Staying Fit & Having Fun **Fun & Games** Music, Movement & More **Creative Corner** Healing Hearts By Community Partners At the Movies Tue Wed Mon Thu Fri 9am – 10am Tai Chi (In Person & | 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & 9am-10am Zumba Gold 10 9am-10am Tai Chi (In Zoom, Beginner's Welcome) Zoom Beginner's Welcome) Person/Virtual Beginner's w/Amv w/Amy 10am-11am Brain Games 9:30am-1:30pm Kensington Club Welcome) \*9am-12pm\* CASSA 10am-11:30am Beauty & 9:30am-10:30am Caregiver 9:15am-10:15am Yoga 10am-11am Gentle Spin Programs You w/Renai Wellness Series w/Julienne Video 10am-11am Soul Line Dance 10am-12pm Spiritual Support 9:30am-10:30am Morning 11:30am -1pm Senior Volleyball 10:30AM-12PM Low Impact 10:30am-11:30am 55+ Ballet w/Peytrienne Open Play Chat & Chew Basics Exercise Video 10am-11:15am Discussion 12:30 - 3:30pm Social Bridge 10:30am-12pm Chinese 11am-12pm Spanish 10:30am-11:45am Mah Group w/Stan 12:30pm - 2pm New Movie Conversation Class Folk Dancing w/Yilan Jongg Class w/Barbara 10:30AM-12PM Low Impact Monday 1pm-2pm Trivia Challenge 11:30am-1:30pm Pinochle Exercise Video 11:30am-12:30pm Mother's w/Mr. Kelly 10am-12pm Pickleball Day Hat Parade w/Mr. 1pm-2pm Bingo Blast 12pm-4pm Bid Whist 1pm-3pm Chinese Folk Dance Ware Ν G O 1:15pm-1:45pm Indoor Walking 2pm-3pm Tai Chi (In 12:30pm-3:30pm American Mah La Peluche Club Person/Virtual Beginner's Jongg 2pm-3pm Tai Chi (In cejas 🍎 Welcome) agua 1pm-2pm Integral Tai Chi Person/Virtual Beginner's El pelo El té Gratis! Huerto Class w/JJ Welcome) Aceituna La El pollo 6pm-9pm Soul Line Dance Sopa El Party 9am – 10am Tai Chi (In Person & 9am-10am Zumba Gold 9am-10am Tai Chi (In 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & Zoom, Beginner's Welcome) Zoom Beginner's Welcome) Person/Virtual Beginner's w/Amv w/Amv Welcome) 9:30am Depart for Comedy 9:15am-10:15am Yoga 10am-12pm Spiritual Support \*9am-12pm\* CASSA 9:30am-10:30am Caregiver Show at MSSC 10:30am-11:30am 55+ Ballet Video **Programs** 10am-11am Brain Games Wellness Series Basics 10am-12pm Pickleball 9:30am-11:30am Dollar 10am-11am Gentle Spin 10:30am-12pm Chinese 9:30am-10:30am Morning Chat & 10am-11am Soul Line Tree/Aldi Trip w/Julienne Chew Folk Dancing w/Yilan 11:30am -1pm Senior Volleyball \*9:30am-1:30pm Kensington Club\* Dance w/Peytrienne 10:30AM-12PAM Low 11:30am-1:30pm Pinochle Open Play 11am-12pm Spanish 10:30AM-12PM Low Impact Impact Exercise Video w/Mr. Kelly 12:30 - 3:30pm Social Bridge Conversation Class Exercise Video 10:30am-11:45am Mah 1pm-2pm Bingo Blast 12:30pm - 2pm New Movie 1pm-3pm Chinese Folk Dance 1pm-2pm Participant's 11am-12pm Hearing Aid Jongg Class w/Barbara Monday 2pm-3pm Tai Chi (In Choice/Bingo Presentation w/Shelley 12:30pm-3:30pm American Mah Person/Virtual Beginner's 12pm-4pm Bid Whist Welcome) 1:15pm-1:45pm Indoor Walking 1:30pm-3:30pm Chinese Folk Club Dance 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)

### 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 Wed Thu Fri Mon 20 21 22 23 9am-10am Tai Chi (In 9am-10am Tai Chi (In Person & 9am – 10am Tai Chi (In Person & 9am-10am Zumba Gold 9am-10am Zumba Gold Person/Virtual Beginner's Zoom. Beginner's Welcome) Zoom Beginner's Welcome) w/Amv w/Amv 10am-11am Brain Games Welcome) 9:15am-10:15am Yoga for 11am-12pm Wish of a Lifetime \*9am-12pm\* CASSA 10am-11am Gentle Spin 9:30am-10:30am Caregiver w/AARP All w/Edgar **Programs** w/Julienne Wellness Series 10:30am-11:30am 55+ Ballet 10am-11:30am How to Do 10am-12pm Pickleball 10:30am Depart Lunch Bunch @ 9:30am-1:30pm Kensington Club **Basics** 10am-11am Soul Line Your Own Nails w/Renai BJ's Restaurant in Laure, MD 10:30am-12pm Chinese 10:30am-12pm Readers 11:30am -1pm Senior Volleyball Dance w/Peytrienne 10:30AM-12PAM Low Folk Dancing w/Yilan Delight w/Shirley Open Play 10:30AM-12PM Low Impact Impact Exercise Video 11:30am-1:30pm Pinochle 10am-11am Coffee & 12:30 - 3:30pm Social Bridge Exercise Video 10:30am-11:45am Mah w/Mr. Kellv Conversations 12:30pm – 2pm New Movie 12pm-4pm Bid Whist 1pm-2pm Bingo Blast 11am-12pm Spanish Jongg Class w/Barbara Monday 1:15pm-1:45pm Indoor Walking 1pm-3pm Chinese Folk Dance Conversation Class 12:30pm-3:30pm American Mah 2pm-3pm Tai Chi (In Club Jongg 1pm-2pm Trivia Challenge Person/Virtual Beginner's 2pm-3pm Tai Chi (In Welcome) Person/Virtual Beginner's Welcome)

## 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 Wed Thu Fri Mon 27 29 30 31 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & 9am-10am Zumba Gold ~ Memorial Day ~ 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) w/Amy Zoom Beginner's Welcome) **Center Closed** w/Amy 9:30am-10:30am Caregiver 9:45am Depart for Tour 9:15am-10:15am Yoga for \*9am-12pm\* CASSA Wellness Series of The Basilica of the All w/Edgar **Programs** 9:30am-10:30am Morning Chat & National Shrine 10:30AM-12PAM Low 9am-1pm Diabetic Shoe Chew 10am-12pm Spiritual Support **Impact Exercise Video** Event w/Susan Karami \*9:30am-1:30pm Kensington Club\* 10:30am-11:30am 55+ Ballet 10am-12pm Pickleball 10:30am-11:45am Mah 11am-12pm Spanish **Basics** 10am-11am Soul Line Jongg Class w/Barbara **Conversation Class** WE WILL BE CLOSED 10:30am-12pm Chinese 12:45pm-1:45pm- Mystery 1pm-2pm Participant's Dance Folk Dancing w/Yilan w/Peytrienne10:30AM-Choice/Bingo Trip 11:30am-1:30pm Pinochle 12:30pm-3:30pm American Mah **12PM Low Impact Exercise** w/Mr. Kelly Jongg 1pm-2pm Bingo Blast Video 1pm-3pm Chinese Folk Dance 1pm-2pm Integral Tai Chi 12pm-4pm Bid Whist 2pm-3pm Tai Chi (In 1:15pm-1:45pm Indoor Walking Class w/JJ Person/Virtual Beginner's Club 1:30pm-3:30pm Chinese Folk Welcome) 2pm-3pm Tai Chi (In Dance Person/Virtual Beginner's 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom) Welcome)