




# WHITE OAK SENIOR CENTER

## May 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><b>Senior Team</b>  <b>TeAnna Abraham-Smith</b>                      Senior Center Director                      240-777-6945 Direct Line  <a href="mailto:Teanna.abraham@montgomerycountymd.gov">Teanna.abraham@montgomerycountymd.gov</a>  <b>Kathei Brown-Abraham</b>                      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>Please email <a href="mailto:TeAnna.abraham@montgomerycountymd.gov">TeAnna.abraham@montgomerycountymd.gov</a> to register for Virtual classes.</p> <p>White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided daily.</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*                      11am-12pm Spanish Conversation Class                      1pm-2pm Participant Choice Bingo</p> 	<p><b>9am-10am Zumba Gold w/Amy</b>                      *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 Person/Virtual Beginner's Welcome)</p>	<p>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</p>

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<p>6</p> <p>9am – 10am Tai Chi (In Person &amp; Zoom. Beginner’s Welcome) 10am-11am Brain Games <b>10am-11am Gentle Spin w/Julienne</b> 11:30am -1pm Senior Volleyball Open Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday</p> 	<p>7</p> <p><b>9am-10am Zumba Gold w/Amy</b> <b>10am-11:30am Beauty &amp; You w/Renai</b> 10am-12pm Spiritual Support <b>10:30am-11:30am 55+ Ballet Basics</b> <b>10:30am-12pm Chinese Folk Dancing w/Yilan</b> 11:30am-1:30pm Pinochle w/Mr. Kelly <b>1pm-2pm Bingo Blast</b> 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>	<p>8</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner’s Welcome) 9:30am-1:30pm Kensington Club 9:30am-10:30am Caregiver Wellness Series 9:30am-10:30am Morning Chat &amp; Chew <b>11am-12pm Spanish Conversation Class</b> 1pm-2pm Trivia Challenge</p> <table border="1" data-bbox="934 609 1144 836"> <tr> <td>B</td> <td>I</td> <td>N</td> <td>G</td> <td>O</td> </tr> <tr> <td></td> <td>Invierno</td> <td></td> <td>La avena</td> <td></td> </tr> <tr> <td></td> <td>El agua</td> <td></td> <td>Las cejas</td> <td></td> </tr> <tr> <td></td> <td>El pelo</td> <td>El té</td> <td>Gratis!</td> <td>Huerto Desayuno</td> </tr> <tr> <td></td> <td>El tocino</td> <td>Acolituna</td> <td>La barbilla</td> <td>El pollo</td> </tr> <tr> <td></td> <td>El pollo</td> <td></td> <td>Sopa</td> <td>El jamón</td> </tr> </table>	B	I	N	G	O		Invierno		La avena			El agua		Las cejas			El pelo	El té	Gratis!	Huerto Desayuno		El tocino	Acolituna	La barbilla	El pollo		El pollo		Sopa	El jamón	<p>9</p> <p><b>9am-10am Zumba Gold w/Amy</b> <b>*9am-12pm* CASSA Programs</b> <b>10am-11am Soul Line Dance w/Peytrienne</b> <b>10am-11:15am Discussion Group w/Stan</b> <b>10:30AM-12PM Low Impact Exercise Video</b> 10am-12pm Pickleball 12pm-4pm Bid Whist 1:15pm-1:45pm Indoor Walking Club <b>2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</b></p>	<p>10 9am-10am Tai Chi (In Person/Virtual Beginner’s Welcome) <b>9:15am-10:15am Yoga Video</b> <b>10:30AM-12PM Low Impact Exercise Video</b> <b>10:30am-11:45am Mah Jongg Class w/Barbara</b> <b>11:30am-12:30pm Mother’s Day Hat Parade w/Mr. Ware</b> 12:30pm-3:30pm American Mah Jongg <b>1pm-2pm Integral Tai Chi Class w/JJ</b> <b>6pm-9pm Soul Line Dance Party</b></p>
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<p>13</p> <p>9am – 10am Tai Chi (In Person &amp; Zoom. Beginner’s Welcome) <b>9:30am Depart for Comedy Show at MSSC</b> 10am-11am Brain Games <b>10am-11am Gentle Spin w/Julienne</b> 11:30am -1pm Senior Volleyball Open Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday</p> 	<p>14</p> <p><b>9am-10am Zumba Gold w/Amy</b> 10am-12pm Spiritual Support <b>10:30am-11:30am 55+ Ballet Basics</b> <b>10:30am-12pm Chinese Folk Dancing w/Yilan</b> 11:30am-1:30pm Pinochle w/Mr. Kelly <b>1pm-2pm Bingo Blast</b> 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>	<p>15</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner’s Welcome) 9:30am-10:30am Caregiver Wellness Series 9:30am-10:30am Morning Chat &amp; Chew <b>*9:30am-1:30pm Kensington Club*</b> <b>11am-12pm Spanish Conversation Class</b> <b>1pm-2pm Participant’s Choice/Bingo</b></p> 	<p>16</p> <p><b>9am-10am Zumba Gold w/Amy</b> <b>*9am-12pm* CASSA Programs</b> 10am-12pm Pickleball <b>10am-11am Soul Line Dance w/Peytrienne</b> <b>10:30AM-12PM Low Impact Exercise Video</b> <b>11am-12pm Hearing Aid Presentation w/Shelley</b> 12pm-4pm Bid Whist 1:15pm-1:45pm Indoor Walking Club <b>2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</b></p>	<p>17</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner’s Welcome) <b>9:15am-10:15am Yoga Video</b> <b>9:30am-11:30am Dollar Tree/Aldi Trip</b> <b>10:30AM-12PAM Low Impact Exercise Video</b> <b>10:30am-11:45am Mah Jongg Class w/Barbara</b> 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;">20</p> <p>9am – 10am Tai Chi (In Person &amp; Zoom. Beginner’s Welcome)                      10am-11am Brain Games                      10am-11am Gentle Spin w/Julienne                      10:30am Depart Lunch Bunch @ BJ’s Restaurant in Laurel, MD                      11:30am -1pm Senior Volleyball Open Play                      12:30 - 3:30pm Social Bridge                      12:30pm – 2pm New Movie Monday</p> 	<p style="text-align: right;">21</p> <p><b>9am-10am Zumba Gold w/Amy</b>                      11am-12pm Wish of a Lifetime w/AARP                      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 style="text-align: right;">22</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner’s Welcome)                      9:30am-10:30am Caregiver Wellness Series                      9:30am-1:30pm Kensington Club                      10:30am-12pm Readers Delight w/Shirley                      10am-11am Coffee &amp; Conversations                      11am-12pm Spanish Conversation Class                      1pm-2pm Trivia Challenge</p> 	<p style="text-align: right;">23</p> <p><b>9am-10am Zumba Gold w/Amy</b>                      *9am-12pm* CASSA Programs                      10am-12pm Pickleball                      10am-11am Soul Line Dance w/Peytrienne                      10:30AM-12PM Low Impact Exercise Video                      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;">24</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner’s Welcome)                      9:15am-10:15am Yoga for All w/Edgar                      10am-11:30am How to Do Your Own Nails w/Renai                      10:30AM-12PAM Low Impact Exercise Video                      10:30am-11:45am Mah Jongg Class w/Barbara                      12:30pm-3:30pm American Mah Jongg</p>

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">27</p> <p style="text-align: center;">~ Memorial Day ~ Center Closed</p> 	<p style="text-align: right;">28</p> <p><b>9am-10am Zumba Gold w/Amy</b>  <b>9:45am Depart for Tour of The Basilica of the National Shrine</b>            10am-12pm Spiritual Support            10:30am-11:30am 55+ Ballet Basics  <b>10:30am-12pm Chinese Folk Dancing w/Yilan</b>            11:30am-1:30pm Pinochle w/Mr. Kelly  <b>1pm-2pm Bingo Blast</b>            1pm-3pm Chinese Folk Dance            2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p style="text-align: right;">29</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner's Welcome)  <b>9:30am-10:30am Caregiver Wellness Series</b>            9:30am-10:30am Morning Chat &amp; Chew            *9:30am-1:30pm Kensington Club*  <b>11am-12pm Spanish Conversation Class</b>  <b>1pm-2pm Participant's Choice/Bingo</b></p>	<p style="text-align: right;">30</p> <p><b>9am-10am Zumba Gold w/Amy</b>  <b>*9am-12pm* CASSA Programs</b>  <b>9am-1pm Diabetic Shoe Event w/Susan Karami</b>            10am-12pm Pickleball  <b>10am-11am Soul Line Dance w/Peytrienne</b>  <b>10:30AM-12PM Low Impact Exercise Video</b>            12pm-4pm Bid Whist  <b>1:15pm-1:45pm Indoor Walking Club</b>  <b>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</b></p>	<p style="text-align: right;">31</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner's Welcome)  <b>9:15am-10:15am Yoga for All w/Edgar</b>  <b>10:30AM-12PAM Low Impact Exercise Video</b>  <b>10:30am-11:45am Mah Jongg Class w/Barbara</b>  <b>12:45pm-1:45pm- Mystery Trip</b>            12:30pm-3:30pm American Mah Jongg  <b>1pm-2pm Integral Tai Chi Class w/JJ</b>            1:30pm-3:30pm Chinese Folk Dance            2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)</p>