

White Oak Senior Center January 2017 CLASS SCHEDULE

MONDAY

Tai Chi (Mike) 9am - 10am \$
Full Body Stretch 10:15am - 11am
Sr. Volleyball 10:30am - 12noon
Chair Strength 11:15am - 12noon
LUNCH 12 noon
Social Bridge 12:30pm - 3:30pm
Tai Chi (Beginners) 2pm - 3pm

TUESDAY

Senior Fit 9am - 9:45am
Chinese Folk Dance 10am - 11am
Asian Mahjong 10am - 12 noon
Ping Pong 10am - 12 noon
Zumba Video 10:30am - 11:30am
Spiritual Support 10:30am - 12 noon
Bone Builders 11am - 12 noon
LUNCH 12 noon
Exercise Video 1pm - 2pm

WEDNESDAY

Tai Chi (Intermed.) 9am - 10am
Zumba Video 10am - 11am
Chair Strength 11:15am - 12noon
LUNCH 12 noon
Meditation 2pm - 4pm
 (Guided)

THURSDAY

Senior Fit 9am - 9:45am
Tai Chi (Intermed.) 9am - 10am
Soul Line Dance 9:45am - 11am \$
Tai Chi (Hui) 10am - 11:30am
Ping Pong 10am - 12 noon
Asian Mahjong 10am - 12 noon
Karaoke (Chinese) 10am - 11:30am
Pickleball 10am - 2pm
Bone Builders 11am - 12 noon
Bid Whist /Spades 11am - 2pm
LUNCH 12 noon
Exercise Video 1pm - 2pm

FRIDAY

Tai Chi (Beginners) 9am - 10am
Short Stop 9:30am - 11:45am
Exercise Video 10am - 11am
Movie Time 10am - 12noon
LUNCH 12 noon
American Mahjong 12:30pm - 3pm
Meditation 2pm - 4pm
 (Self-Guided)



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
OPEN HOUSE - Free Classes. Session 1 Begins				
9 Ask The Pharmacist 1pm	10 Blood Pressure 9:45am - 10:45am	11 \$1 Bingo 10am - 11am Elegant Aging Woman 1pm - 2pm	12 Investing For Older Americans 1pm - 2pm	13  Soul Line Dance Party 6pm - 9pm
16 MLK Holiday CLOSED 	17 OASIS Women's Discussion Group 10:30am - 12n	18 TRIP: Nat'l Museum of African Amer History 10am - 3pm	19 Chinese New Year Celebration 12:30pm - 2pm Blood Pressure 1pm - 2:30pm	20
23 Cultural Cooking 9:30am - 11:30am Losing Your Hearing 1pm - 2pm	24	25 \$1 Bingo 10am - 11am Elegant Aging Woman 1pm - 2pm	26	27 AARP Tax Aid 10am - 4pm
30	31	 JANUARY		

EVERY SATURDAY
Tai Chi (Integral) 10am - 12noon
 WHITE OAK SENIOR CENTER
 1700 APRIL LANE
 SILVER SPRING, MD 20904
 240-777-6944