

WHITE OAK

Senior Center

January - April 2017

Seasons of Activity

WHITE OAK SENIOR CENTER

1700 April Lane

Silver Spring, MD 20904

240-777-6944

activemontgomery.org

(Located inside the
White Oak Community Center)

Open for Activities & Lunch

Monday - Friday

9am - 3pm

What's Inside

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* White Oak Senior Center * CLOSINGS

Monday, January 16
Martin Luther King Day

Monday, February 20
President's Day



Cooking * Discussion Groups * Trips * Investing

FITNESS, DANCE AND EXERCISE PROGRAMS

Designed to help wake up your bones and muscles

SESSION DATES

\$3 per class

Full session payment due when registering. No drop-in payments.

SESSION 1

January 3 - February 17
5 weeks Tai Chi (Monday)
7 weeks Soul Line Dance

Make-up Week (Session 1)
February 20 - 25

SESSION 2

February 27 - April 14
7 weeks

Make-up Week (Session 2)
April 17 - 21

How to Sign up and Pay for Classes

All paid classes are sponsored by Holiday Park Seniors Incorporated (HPSI). The front desk is open for transactions between 9am-3pm Monday through Friday. Cash and check payments are accepted.

No drop-ins. Entire fee is due when registering for class. Checks made payable to **HPSI**. **Classes with an asterisk * have a fee.**

View and register for our classes online at activemontgomery.org

Bone Builders **Tuesday & Thursday** **11am - 12noon**

Sponsored by:
Retired Senior Volunteer Program
Osteoporosis Prevention and Management exercise program to improve bone density using weights and balance exercises.

Session: Jan 3 - March 23
Class fills quickly. MUST REGISTER
ONLINE: activemontgomery.org
Type "Bone Builders" in search bar
White Oak Course #28400

Chair Strength Training **Monday & Wednesday** **11am - 12noon**

Instructor: Mary-Jo Cosgrove
Exercises are done seated and standing depending on physical endurance. Exercise video when teacher is absent.

Chinese Folk Dance **Tuesday** **10am - 11am**

Instructor: Ming Shan
Come learn and experience Chinese folk dancing to Chinese inspired music.



Full Body Stretch **Monday** **10:15am - 11am**

Instructor: Mary-Jo Cosgrove
45 minute full body stretch class created to target muscles and relieve all stress and stiffness in your body. Your muscles will thank you. Class is performed lying down and standing.

Meditation **Wednesday** **2pm - 4pm** **Friday (Self-Guided)** **2pm - 4pm**

Instructor: Chuan Truong
Relax with guided meditation. Bring a pillow/cushion, yoga mat and water.

Pickleball **Thursday** **10am - 2pm**

This game is the fastest growing sport in America. *Pickleball* is a cross between badminton, tennis, and ping-pong.



Session 1: January 3 - February 17

Session 2: February 27 - April 14

FITNESS, DANCE AND EXERCISE PROGRAMS

Designed to help wake up your bones and muscles

Ping Pong

Tuesday & Thursday
10am - 12 noon &
1pm - 3pm

Come work your arms and move that little ball right pass your opponent.

Senior Fit

Tuesday & Thursday
9am - 9:45am

Instructor: Chatarina Lindvall Sponsored by Holy Cross Hospital
Low impact movement using weights, and elastic tubes. A permission form filled out by your physician, is needed. Forms are located at our front desk. Bring your equipment and water.



Tai Chi *

Monday 9am - 10am

Session 1: \$15 (5 classes)

Session 2: \$21 (7 classes)

Instructor: Dr. Michael Basdavanos

Relaxing, flowing series of "Qi Gong" movements with simple stretches, deep breathing, awareness, and balancing as we explore Tai Chi.

Tai Chi (Beginners)

Monday

2pm - 3pm

Friday

9am - 10am

Instructor:

Kirk Talbott

Class is for beginners and persons desiring review of foundation movements. FREE

Tai Chi (Intermediate)

Wednesday & Thursday

9am - 10am

Instructor: Kirk Talbott

Relaxing, flowing series of "Qi Gong" movements with simple stretches, deep breathing, awareness, and balancing. FREE

CASSA Tai Chi

Thursday 10am - 11:30am

Instructor: Hui

Intermediate Chinese Tai Chi teachings. FREE

Tai Chi (Integral)

Saturday 10am - 12 noon

Instructor: Tammy Hilton

Integral Tai Chi (also called CK10) is a series of 10 forms of exercises combining yoga, Tai Chi, Qi Gong and meditation. Bring a mat, hand towel and water. FREE

Volley Ball

Monday 10:30am - 12noon

Open volleyball with play rotation.

Video Exercise Classes

Soul Line Dance *

Thursday 9:45am - 11am

Session 1: \$21 (7 classes)

Session 2: \$21 (7 classes)

Instructor: Peytrienne McCormick

Groove to soulful music while learning "Soul Line Dancing" step by step and energizing your body.

Zumba Gold

Tuesday 10:30am - 11:30am

Wednesday 10am - 11am

Chair Aerobics

Tuesday 1pm - 2pm

Thursday 1pm - 2pm

Walking Exercise

Friday 10am - 11am

Session 1: January 3 - February 17

Session 2: February 27 - April 14

CULTURAL ARTS AND EDUCATIONAL PROGRAMS

Ask the Pharmacist

2nd Monday of every month 1pm - 3pm

January 9 • March 13 • April 10

Speak to a pharmacist about your medication questions & get answers.

Bridge (Social)

Monday 1pm - 3:30pm

Join our group and test your bridge skills.

Blood Pressure Screening

Every 2nd Tuesday 9:45am - 10:45am

Every 3rd Thursday 1pm - 2:30pm

Service provided by Holy Cross Hospital and Washington Adventist Hospital.

Chinese Karaoke

Thursday 10am - 11:30am

Have fun singing popular Chinese tunes.

Crocheting & Knitting

Thursday 1:30pm - 3pm

Socialize, share techniques and meet new friends. Bring your own yarn and needles.



Cultural Cooking

Monday, January 23

Friday, March 17

9:30am - 11:30am

Learn how to cook various dishes from other cultures, and share the results as we enjoy eating what we cook. **Cost: \$5.00**

Dollar Bingo! *

2nd & 4th Wednesdays 10am - 11am

Drop your dollar at the door and play for a prize! **Cost: \$1.00**



Spades, Bid Whist & Board Games

Thursday 11am - 2pm

Pass the day away playing Bid Whist, Spades & games.

Mahjong (American Version Beginners class)

Friday 12:30pm - 3pm

Instructor: Barbara Bryce

Mahjong is a game of skill, strategy and calculation that involves a degree of chance.

Mahjong (Asian)

Tuesday & Thursday 10am - 2pm

Enjoy a high spirited game of mahjong spoken in Asian languages.

OASIS Women's Discussion Group *

Tuesday 10:30am - 12pm Cost: \$15

January 17 • February 14 • March 14 • April 11

Sponsored by OASIS. *Sherry Starr, Facilitator*

Oasis is an organization whose mission is to promote successful aging through lifelong learning, healthy living and social engagement.

To register call: **301-469-6800 ext. 211**

Spiritual Support Group

Tuesday 10:30am - 12noon

This class will provide you with spiritual Guidance and discussion.



The Elegant Aging Woman Discussion Group

2nd & 4th Wednesday

1pm - 2pm

A time to celebrate our greatness and encourage one another.



White Oak at the Movies

Friday 10am - 12noon

Enjoy a good movie with your peers while munching on fresh popped popcorn.

SPECIAL EVENTS

Investing for Older Americans

Thursday, January 12 1pm - 2pm

Staff from Security and Exchange Commission's Office of Investor Education and Advocacy (OIEA) will discuss strategies for smart investing, tips to help avoid fraud and planning for diminished capacity. Publications and resources available at: Investor.gov.

SPECIAL EVENTS

Soul Line Dance Party

Every 2nd Friday of the month 6pm - 9pm

January 13 • February 10 • March 10 • April 14

Come socialize, dance, and learn the newest dances. \$5.00 per person. Pay at the door.

Chinese New Year Celebration

Thursday, January 19 12:30pm - 2pm

Please join our seniors to celebrate and welcome Chinese New Year with festive dances and music.

Losing Your Hearing

Monday, January 23 1pm - 2pm

Are you losing your sense of hearing. Presented by Community Audiology.

AARP Free Tax-Aid Assistance

Fridays, January 27 thru April 14 10am - 4pm

Receive FREE income tax assistance every Friday until April 15. Spaces fill quickly.

APPOINTMENT REQUIRED. Call 240-777-2577.

Keeping A Healthy Heart

Thursday, February 2 1pm - 2pm

Presentation by Washington Adventist Hospital.

Musical Entertainment

Tuesday, February 7 1pm - 2pm

Time to let nostalgia set in as you listen to classical soul music performed by Clarence Smith. Swing and sway and enjoy your day!

Aromatherapy Workshop

Monday, February 13 10am - 11:30pm

Be introduced to basic oils and what they do. Learn best way to give yourself a hand massage.

AARP Driver Safety Course

Tuesday, February 14 10am - 3pm

Tuesday, April 12 10am - 3pm

Please arrive by 9:45am. Pay the instructor on the day of class. Feel free to bring bottled water and a light snack or lunch. Maximum class size is 16. Call: 240-777-6944 to register.

Cost: \$15 for AARP members (bring membership card)
\$20 for nonmembers

Make Checks or Money Orders payable to: AARP.

March is National Nutrition Month Is That Healthy?

Thursday, March 9 1pm - 2:30pm

Learn about foods you think are healthy that are really not.

White Oak Tea Party! *

Wednesday, March 21 1:30pm - 3:00pm

Indulge in a delightful English afternoon tea party. Menu includes tea, mini-cupcakes, fruit, scones, and tea sandwiches. Seniorita Sunshine will be back with a great performance of singing and dancing! Cost: \$2.00



SPECIAL EVENTS

April 1 is "National Start Walking Day"

Monday, April 3 10:00am

Walk around the community at leisure for a mile. Healthy refreshments will be provided.

Stress Awareness Tips

Thursday, April 6 1:00pm

Get tips on how to minimize your stress. Presentation by Washington Adventist Hospital.

Tech Connect

Tuesday, April 11 10am - 2pm

Have you been wondering how to use your electronic gadgets? Bring in your telephone, tablet, iPads, laptop and other electronic devices and learn how to use their features.

Spa Day! *

Wednesday, April 12 10am - 3pm

In honor of stress awareness month, we will have an event to pamper you. You will be able to get a haircut, make-up, massage or manicure at no charge! Sign up and RSVP at 240-777-6944. **Cost: \$2.00**

Sham el Nessim Celebration

April 17 1pm - 2:30pm

Let's Celebrate Spring with an Egyptian flare! Sham el Nessim is one of the oldest Egyptian festivals in which Egyptians celebrate spring.

Dye-A-Silk Scarf *

Tuesday, April 25 10:30am - 12noon

Create a hand-dyed silk scarf. All materials provided. Wear old clothing or bring an apron, a pair of rubber gloves and a plastic bag to take your damp scarf home. *Presented by Potomac Fiber Arts Guild.* **Cost: \$5.00**

Connect-A-Ride

Tuesday, April 25 1pm - 2:30pm

Come hear all of the transportation options that are available to seniors in the Montgomery County. Presented by Jewish Council on Aging.

MINI TRIPS * MINI TRIPS * MINI TRIPS NO REFUNDS ON TRIP PAYMENTS



National Museum of African American History and Culture

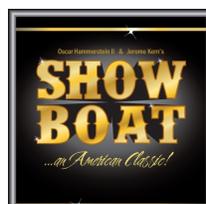
January 18, February 22

March 29

10am - 3pm (5 hour trip)

Join us as we take a trip to the newest museum in Washington DC. It will be a place where everyone can explore the story of America through the lens of the African-American experience. Sign up dates are the week before each trip date. **See front desk for sign-up dates.**

Total Cost: \$10 for the bus (\$2 per hour)



Toby's Dinner Theater SHOW BOAT!

Wednesday, February 8

An American classic! Show Boat follows life aboard The Cotton Blossom, a Mississippi River show boat. This timeless musical spans generations, telling a powerful story of hope, freedom and love while celebrating the music of vaudeville, jazz and gospel with some of the most beautiful songs ever written, including "Ol' Man River," "Can't Help Lovin' Dat Man" and "Make Believe".

Total Cost: \$63.45 (\$51.45 show with buffet and \$12.00 for bus)

GENERAL INFORMATION

100 MILE Challenge

**Want to be Healthier?
Interested in Winning Prizes?
Team Up with Others
to Make White Oak
the #1 Fitness Senior Center
in the County!**



Program Dates

January 26, 2017 - May 5, 2017

Kickoff event on January 21, 2017 at Holiday Park Senior Center from 2-4 p.m. Move More Montgomery Festival on May 6, 2017 at Bauer Drive Community Recreation Center from Noon-4 p.m.

How it Works

The program is self-reporting. The goal is to complete 100 miles (or more) in 100 days -- it's all up to you! Twenty minutes of continuous physical activity (like a yoga class, skiing, or golf) counts as one mile, or simply walk or run a mile, it all counts! Get creative and remember,

it's all about having fun while making a lifestyle change! Tracking logs will be sent via email, downloaded from the website, or can be picked up at a community senior center.

Fees

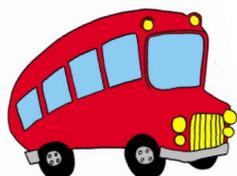
Seniors (over 55): \$5
Youth (under 18): \$5
Individual: \$15
Dog with bandana: \$5

Registration

Register online at:
ActiveMONTGOMERY.org
Activity No. 26595

For More Information

Please call 240-777-6840



SHORT STOPS Shopping Trips

Need to go shopping? We will take you to nearby stores for your leisure! Must sign up at least 1 day in advance. Only 20 seats available.

- **FRIDAYS 9:30am - 11:45am**
 - Downtown Silver Spring**
(Whole Foods, Michael's, Marshall's, Ross, TJ Maxx, etc.)
 - Hillendale Shopping Center**
(Unique Thrift Stores, Safeway, CVS, etc.)
 - Tech Road/Cherry Hill Shopping Centers**
(I-Hop, Chick-Fil-A, Target, Kohl's, Super Fresh, Bookstore, etc.)
 - White Oak Shopping Center**
(Sears, Giant, Walgreens, etc.)

Senior Nutrition Program

Monday through Friday, 12 noon

Mix n' mingle, and enjoy a healthy meal for persons age 60 or older, or a spouse of any age. A voluntary contribution is requested. Guests (including caretakers) under age 60 must pay full cost. **The full cost of the meal is \$5.49.** Please make or cancel your reservations for lunch at White Oak Senior Center by noon a day in advance. **Call 240-777-6944.**

How To Register Online For Classes

Step 1: Type: www.activemontgomery.org

Step 2: Click Activities

Step 3: In the Search Box located on left: Type: 55+

A listing will be provided of all classes available for adults 55 and older.

Online Registration is preferred but not required.

If you need assistance call: [240-777-6944](tel:240-777-6944) to get registered.



montgomerycountymd.gov/rec



WHITE OAK *Senior Center*



Inclement Weather Policy

When Montgomery County Public Schools are closed, all senior classes and programs, including lunch, will be CANCELLED.

If Montgomery County Public Schools have a delayed opening, all classes or events scheduled to begin before 10:00 a.m. will be cancelled. The Center will open at 10:00 and lunch will not be served. During inclement weather, please listen to your radio (WTOP 103.5 FM) or television news for possible school closings or delayed openings. **If in doubt, please call the Center at 240-777-6944** for further information. Please keep in mind that staff members may not be able to get to the Center because of dangerous conditions.

Seniors with disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with Americans with Disabilities Act (ADA). If you need auxiliary aids or services in order to participate, call 240-777-6960/TTY 240-777-6974, at least 2 weeks prior to the start of the activity.

White Oak Senior Center Transportation Service ... Just For You!

Monday through Friday

Morning Pick Up and Afternoon Drop Off

Limited service is provided within a 5 mile radius of the center. Buses are wheelchair, walker and cane accessible. Pickup locations are determined by address of participants. Spend some time with us- take a class or two, have a little lunch and then head back home! Sign up at Front Desk, **240-777-6944**.



If you would like to participate in any of our programs, please sign up at the Front Desk or call the White Oak Senior Line at **240-777-6944**

Would you like to be on our email mailing list to receive our Newsletter and updates? Our email listing is located at the Senior Center front desk.

We are always looking for volunteers to help us with our programs. If you have a desire to improve our program and would like to render your services, we would love your help. We are looking for people to answer the phones, help greet our members, help set up for events, and help create programs of interest. If you have an interest and would love to teach a class, workshop, or seminar on something that you have experience or knowledge in, please let us know. We are looking for ideas and welcome our members to share their gifts.

WHITE OAK SENIOR CENTER STAFF

Shememe Williams

Director of Senior Center



Robinette Gordon

Donna Jones

Mireille Mathis

Darleen Douglas

Evelina Blackwell

Senior Staff



Helen Lee, Manager

Orlando Davalos

Nutrition Program

**White Oak Senior Center
1700 April Lane
Silver Spring, MD 20904
240-777-6944**