White Oak Senior Center January 2020 CLASS SCHEDULE

MONDAY
Qigong & Tai Chi $	9am - 10am
Full Body Stretch	10am - 10:50am
Sr. Volleyball	10:30am - Noon
Chair Strength	11am - 11:50am
Lunch	Noon
Social Bridge	12:30pm - 3:30pm
Social Services	1pm - 3pm
Tai Chi (Beginners)	2pm - 3pm

TUESDAY
Senior Fit	9am - 9:45am
Chinese Folk Dance	10am - 11am
Gentle Chair Yoga $	10am - 11am
Asian Mahjong	10am - Noon
Table Tennis	10am - Noon
Zumba Video	10am -11am
Spiritual Support	10am - Noon
Gentle Floor Yoga $	11am - Noon
Bone Builders	11am - Noon
Lunch	Noon
Exercise Video	1pm - 2pm
Chinese Folk Dance	1pm-3pm

WEDNESDAY
Tai Chi (Intermed.)	9am - 9:50am
Zumba Video	10am -10:50am
Lunch	Noon
American Mahjong	12:30pm-4pm
Meditation	2pm - 4pm
(Guided)	

THURSDAY
Senior Fit	9am - 9:45am
Tai Chi (Intermed.)	9am - 10am
Pickleball	10am - Noon
Soul Line Dance	10:15am-11:15am
Tai Chi (Hui)	10am - 11:30am
Karaoke (Chinese)	10am - 11:30am
Asian Mahjong	11am - Noon
Bone Builders	11am - Noon
Bid Whist	12pm - 5pm
Lunch	Noon

FRIDAY
Tai Chi (Beginners)	9am - 10am
Exercise Video	10am - 11am
Lunch	Noon
American Mahjong	12:30pm - 4pm
Meditation	2pm - 4pm
(Self-Guided)	

SATURDAY
Tai Chi (Integral)	10am - Noon

TAKE NOTE

Martin Luther King Day Celebration
Thursday, January 15th
Noon - 1:30pm

January is National Blood Donor Month

save life
Give blood

WHITE OAK SENIOR CENTER
1700 April Lane
Silver Spring, Md. 20904
240-777-6944

Monday	Tuesday	Wednesday	Thursday	Friday
	2020 HAPPY NEW YEAR		2	3
6	7	8	9 Memory Café 10am - 11:30am Enhancing Driver Safety 10am - Noon	10 Soul Line Dance Party 6pm - 9pm
13 $1 BINGO 1pm - 2pm	14 AARP Safe Driving Class 10am - 3:30pm OASIS 10:30am - Noon	15 Road to Health Diabetes Class 10am – Noon MLK Celebration Noon - 1:30pm	16	17
20 MARTIN LUTHER KING JR. DAY CLOSED	21 Wellness Talks "Brain Fitness" 10am - 11am	22	23 Coffee & Conversations 10am - 11am	24
27 $1 BINGO 1pm - 2pm	28 Brown Bag 12:30pm - 2pm	29	30 Chinese New Year Celebration 11am - 1pm	31