

WHITE OAK SENIOR CENTER

September 2022

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>5</p> <p>Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line Teanna.abraham@montgomerycountymd.gov tymd.gov Kathe Brown Nutrition Manager Orlando Davalos Program Assistant Nancy Court Program Assistant Denise Perdue Evening Program Coordinator</p> 	<p>6</p> <p>9am-10am Zumba Gold w/Amy 10am – 11am Brain Games 10am – 12pm Asian Mah Jong 10am-12pm Spiritual Support 10:30am-11:30am 55+ Ballet Basics 10:30am-11:30am Fitness Center Awareness 10:30am-12pm Dancing w/Ming 12pm-1pm Lunch 1pm-2pm Bingo Blast 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person. Beginner's Welcome)</p>	<p>7</p> <p>9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-10:30am News in Review 11am-12pm Senior Planet Education Sessions: eBay & Paypal 12pm-1pm Lunch 1pm-2pm Bingo Blast (Espanol) 2:30pm-3:15pm Guided Meditation</p> 	<p>8</p> <p>9am-10am Zumba Gold w/Amy 10am-11am Soul Line Dance w/Peytrienne 10am-11:30am American Mah Jongg Lessons 10am-11:15am Memory Café w/The Alzheimer Association 11:30am-12pm Brain Games 10am-12pm Pickleball 11am-12pm Asian Mah Jong 12pm-1pm Lunch 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>9</p> <p>9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 10am-11am Coffee & Conversations 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jong 1:30pm-3:30pm Chinese Folk Dance 6pm - 9pm Soul Line Dance Party</p> 
<p>12</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11pm-12pm Senior Planet Education Sessions: How to Choose a Computer 11:30am -1pm Senior Volleyball Open Play 12pm – 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema 1pm -2pm Spanish Conversation Group</p>	<p>13</p> <p>9am-10am Zumba Gold w/Amy 10am – 11am Brain Games 10am – 12pm Asian Mah Jong 10am-12pm Spiritual Support 10:30am-11:30am 55+ Ballet Basics 10:30am-11:30am Fitness Center Awareness 10:30am-12pm Dancing w/Ming 12pm-1pm Lunch 12:30-2pm Card Making w/Elizabeth 1pm-2pm Bingo Blast 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>14</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 10am-10:30am News in Review 11pm-12pm Senior Planet Education Sessions: Messaging Apps 12pm-1pm Lunch 1pm-2pm Bingo Blast (Espanol) 2:30pm-3:15pm Guided Meditation</p> 	<p>15</p> <p>9am-10am Zumba Gold w/Amy 10am-11am Cafe & Conversations 10am-11am Soul Line Dance w/Peytrienne 10am-11:30am American Mah Jongg Lessons 11am-12pm American Songbook w/Helaine 10am-12pm Pickleball 11am-12pm Asian Mah Jong 12pm-1pm Lunch 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person & Beginner's Welcome)</p>	<p>16</p> <p>9am-10am Tai Chi/Qi Gong (In Person & Zoom Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 9:30am-11:30am Dollar Tree & Aldi Shopping Trip 12pm-1pm Lunch 1:30pm-3:30pm Chinese Folk Dance</p> 

Mon	Tue	Wed	Thu	Fri
<p>19</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11pm-12pm Senior Planet Education Sessions: Telemedicine 11:30am -1pm Senior Volleyball Open Play 12pm – 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema 1pm -2pm Spanish Conversation Group</p> 	<p>20</p> <p>9am-10am Zumba Gold w/Amy 10am – 11am Brain Games 10am-12pm Spiritual Support 10:30am-11:30am Fitness Center Awareness 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 12pm-1pm Lunch 1pm-2pm Bingo Blast 1pm-3pm Chinese Folk Dance 2pm-3pm All Good Tai Chi(In Person Beginner's Welcome)</p>	<p>21</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 10am-10:30am News in Review 11pm-12pm Senior Planet Education Sessions: All Things Zoom 12pm-1pm Lunch 1pm-2pm Bingo Blast (Espanol) 2:30pm-3:15pm Guided Meditation</p> 	<p>22</p> <p>9am-10am Zumba Gold w/Amy 10am-11am Soul Line Dance w/Peytrienne 11am-12pm Brain Games 10am-12pm Pickleball 11am-12pm Asian Mah Jong 12pm-1pm Lunch 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>23</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 9:30am-12pm Dollar Tree/Aldi Shopping Trip 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jongg 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance (Zoom)</p> 
<p>26</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11:30am-12pm Trivia 11:30am -1pm Senior Volleyball Open Play 12pm – 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema 1pm -2pm Spanish Conversation Group</p> 	<p>27</p> <p>9am-3pm Mobile Dentist *Sign Up Required* 9am-10am Zumba Gold w/Amy 10am – 11am Brain Games 10am – 12pm Asian Mah Jong 10am-12pm Spiritual Support 10:30am-11:30am Fitness Center Awareness 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 11am-12pm 55+ Ballet Basic Fitness 12pm-1pm Lunch 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>28</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 10am-10:30am News in Review 10:30am-11:15am Who Am I? 12pm-1pm Lunch 1pm-2pm Bingo Blast (Espanol) 2:30pm-3:15pm Guided Meditation</p> 	<p>29</p> <p>9am-10am Zumba Gold w/Amy 9:45am-2pm Publik Playhouse Outing Movie: Just Mercy 10am-11:30am American Mah Jongg Lessons 10am-12pm Pickleball 11am-12pm Asian Mah Jong 12pm-1pm Lunch 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>30</p> <p>9am-10am Tai Chi/Qi Gong (In Person & Zoom Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jong 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance (Zoom) 6pm-8:30pm White Oak Seniors Celebrate Hispanic Heritage Month w/Jonathan Acosta & Friends</p> 