**WHITE OAK SENIOR CENTER**

**September 2022**

1700 April Lane, Silver Spring MD 20904  
240-777-6944 Senior Center Line  
240-777-6940 Main Line

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| Senior Team  
TeAnna Abraham-Smith  
Senior Center Director  
240-777-6945 Direct Line  
Teanna.abraham@montgomerycoun ty.md.gov  
Kathei Brown  
Nutrition Manager  
Orlando Davalos  
Program Assistant  
Nancy Court  
Program Assistant  
Denise Perdue  
Evening Program Coordinator | **9am-10am Zumba Gold w/Amy**  
9am-10am Tai Chi (In Person & Zoom. Beginner’s Welcome)  
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) | **9am-10am Zumba Gold w/Amy**  
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  
1pm-2pm Bingo Blast (Espanol)  
2:30pm-3:15pm Guided Meditation | **9am-10am Zumba Gold w/Amy**  
9am-10am Tai Chi (In Person & Zoom. Beginner’s Welcome)  
10am-11am Soul Line Dance w/Peytrienne  
10am-11:30am American Mah Jong 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) | **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** |

**HAPPY LABOR DAY**

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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

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9am-10am Zumba Gold w/Amy  
9am-10am Tai Chi (In Person & Zoom Beginner’s Welcome)  
10am-11am Tai Chi (In Person & Zoom Beginner’s Welcome)  
10am-11am Soul Line Dance w/Peytrienne  
10am-11:30am American Mah Jong Lessons  
11am-12pm Chinese Folk Dance  
1pm-2pm Bingo Blast (Espanol)  
2:30pm-3:15pm Guided Meditation

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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
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