


WHITE OAK SENIOR CENTER

February 2023



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>Feliz Año Nuevo!</p>		<p>1</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-10:30am Morning Chat & Chew *9:30am-1:30pm Kensington Club* 11am-12pm Who Am I? 1pm-2pm Bingo Blast (Espanol)</p> 	<p>2</p> <p>9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-11:30am Road to Health w/Holy Cross 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 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>3</p> <p>9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 10:30AM-12PM Low Impact Exercise Video 10:30am-12pm Healthy Body, Peaceful Mind(Zoom) 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jong 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom) 5pm-7pm Family & Friends Holiday Gathering</p>

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<p>6</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner’s Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11:30am -1pm Senior Volleyball Open Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema</p> 	<p>7</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10am-11am Fitness Center Awareness 10am-12pm Pinochle w/Mr. Kelly 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 10:30-12pm Cardboard Boat Regatta Build 1pm-2pm Bingo Blast 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person Beginner’s Welcome)</p>	<p>8</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner’s Welcome) 9:30am-1:30pm Bowling Trip 9:30am-1:30pm Kensington Club 10am-11am Sing-a-long w/Hoang 11am-12pm Creative Movement & Dance 1pm-2pm Bingo Blast (Espanol)</p> <div data-bbox="982 560 1192 784" style="text-align: center;"> <p>B I N G O</p> <table border="1"> <tr> <td></td> <td>Invierno</td> <td></td> <td>La avena</td> <td></td> <td>Peluche</td> </tr> <tr> <td></td> <td>El agua</td> <td></td> <td>Las cejas</td> <td></td> <td></td> </tr> <tr> <td></td> <td>El pelo</td> <td>El té</td> <td>Gratis!</td> <td>Huerto</td> <td>Desayuno</td> </tr> <tr> <td></td> <td>El tocino</td> <td>Acolluna</td> <td>La barbilla</td> <td>El pollo</td> <td></td> </tr> <tr> <td></td> <td>El pollo</td> <td></td> <td>Sopa</td> <td>El jamón</td> <td></td> </tr> </table> </div>		Invierno		La avena		Peluche		El agua		Las cejas				El pelo	El té	Gratis!	Huerto	Desayuno		El tocino	Acolluna	La barbilla	El pollo			El pollo		Sopa	El jamón		<p>9</p> <p>9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-11am Soul Line Dance w/Peytrienne 10:15am-11:30am Mah Jongg w/Barbara 10am-11:30am Road to Health w/Holy Cross 10am-11:15am Memory Café w/The Alzheimer Association 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 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>10</p> <p>139am-10am Tai Chi (In Person & Zoom Beginner’s Welcome) 9:15am-10:15am Yoga for All w/Edgar 9:30am- 1 1pm Dollar Tree Trip 10:30AM-12PAM Low Impact Exercise Video 10:30am-12pm Healthy Body, Peaceful Mind w/Tammy (Zoom) 12:30pm-3:30pm American Mah Jongg 1:30pm-3:30pm Chinese Folk Dance 6pm-9pm Soul Line Dance Party</p>
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<p style="text-align: right;">13</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner’s Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11:30am -1pm Senior Volleyball Open Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema 1pm-2pm West African Dance Class w/Krystal</p> 	<p style="text-align: right;">14</p> <p>9am-10am Zumba Gold w/Amy 10am-11am Fitness Center Awareness 10am-12pm Pinochle w/Mr. Kelly 10am Coffee & Conversations w/Nancy 10am-12pm Spiritual Support 10am-11am Fitness Center Awareness 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 10:30-12pm Cardboard Boat Regatta Build 11am-1pm Valentine’s Day Bash w/DJ Tyzer 1pm-2pm Bingo Blast 1pm-3pm Chinese Folk Dance 2pm-3pm All Good Tai Chi(In Person Beginner’s Welcome)</p>	<p style="text-align: right;">15</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner’s Welcome) 9:15am-12pm Sandy Spring Slave Museum Trip 9:30am-1:30pm Kensington Club 10am-11am Senior Planet Education Sessions:Job Searching in the Digital Age 11pm-12pm American Songbook w/Helaine 1pm-2pm Bingo Blast (Espanol)</p> 	<p style="text-align: right;">16</p> <p>9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-12pm Pickleball 10am-11am Soul Line Dance w/Peytrienne 10:15am-11:30am Mah Jongg w/Barbara 10am-11:30am Road to Health w/Holy Cross 10:30AM-12PM Low Impact Exercise Video 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 style="text-align: right;">17</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner’s Welcome) 9:15am-10:15am Yoga for All w/Edgar 10:30AM-12PAM Low Impact Exercise Video 10:30am-12pm Healthy Body, Peaceful Mind w/Tammy (Zoom) 12:30pm-3:30pm American Mah Jongg 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)</p>

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<p style="text-align: right;">20</p> <p style="text-align: center;">Center Closed for Holiday</p> 	<p style="text-align: right;">21</p> <p>9am-10am Zumba Gold w/Amy</p> <p>10am-12pm Spiritual Support</p> <p>10am-11am Fitness Center Awareness</p> <p>10am-12pm Pinochle w/Mr. Kelly</p> <p>10:30am-11:30am 55+ Ballet Basics</p> <p>10:30am-12pm Dancing w/Ming</p> <p>10:30-12pm Cardboard Boat Regatta Build</p> <p>1pm-2pm Bingo Blast</p> <p>2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p style="text-align: right;">22</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-1:30pm Kensington Club</p> <p>10am-11am Senior Planet Education Sessions: Messaging Apps</p> <p>11am-12pm Joint Creative Movement and Dance</p> <p>11am-11:30am Who Am I?</p> <p>1pm-2pm Bingo Blast (Espanol)</p> 	<p style="text-align: right;">23</p> <p>9am-10am Zumba Gold w/Amy</p> <p>*9am-12pm* CASSA Programs</p> <p>10am-12pm Pickleball</p> <p>10am-11am Soul Line Dance w/Peytrienne</p> <p>10:15am-11:30am Mah Jongg w/Barbara</p> <p>10am-11:30am Road to Health w/Holy Cross</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>12pm-4pm Bid Whist</p> <p>2pm-4pm Black History Celebration: Back to the Motherland</p> <p>1pm -2pm Spanish Conversation Group</p> <p>2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p style="text-align: right;">24</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:15am-10:15am Yoga for All w/Edgar</p> <p>10:30AM-12PAM Low Impact Exercise Video</p> <p>10:30am-12pm Healthy Body, Peaceful Mind w/Tammy (Zoom)</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1:30pm-3:30pm Chinese Folk Dance</p> <p>2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)</p>

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<p style="text-align: right;">27</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner’s Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11:30am -1pm Senior Volleyball Open Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema 1pm-2pm West African Dance Class w/Krystal</p> 	<p style="text-align: right;">28</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10am-11am Fitness Center Awareness 10am-11am Senior Planet Education Sessions:MyChart 10am-12pm Pinochle w/Mr. Kelly 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 10:30-12pm Cardboard Boat Regatta Build 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person Beginner’s Welcome)</p>	 	<p>*Kensington Club is a social day club for seniors with early-stage memory loss. Registration required. For information call 301-255-4221</p> <p>Please email TeAnna.abraham@montgomerycountymd.gov to register for Zoom classes.</p> <p>White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided.</p>	<p>Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line Teanna.abraham@montgomerycountymd.gov</p> <p>OV Kathei Brown Nutrition Manager Orlando Davalos Program Assistant Nancy Court Program Assistant Denise Perdue Evening Coordinator</p>