WHITE OAK SENIOR CENTER

December 2023

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line				
Staying Fit & Having Fun Intellect	ually Speaking Fun & Games M	usic, Movement & More Creative C	orner At the Movies Healing He	earts By Community Partners
Mon	Tue	Wed	Thu	Fri
Senior Center Director 240-777-6945 Direct Line Teanna.abraham@montg omerycountymd.gov Kathei Brown Program Assistant Orlando Davalos	Kensington Club is a social day club for seniors with early-stage memory loss. Registration required. For information call 301-255-4221 Please email TeAnna.abraham@montgom erycountymd.gov to register for Zoom classes. White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided			9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 10am-11:15am Senior Planet Presents: Chrome Essentials 10am-12pm Knitting Club w/Lim & Mary 10am-12pm Creative Crafts w/Kathei 10:30AM-12PM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ

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 5 8 9am – 10am Tai Chi (In Person & | 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome) Zoom. Beginner's Welcome) Zoom Beginner's Welcome) w/Amv w/Amv 10am-11am Brain Games 9:30am-1:30pm Kensington Club 9:15am-10:15am Yoga for *9am-12pm* CASSA 10am-12pm Spiritual Support 10am-11am Gentle Spin 9:30am-11am Tatting 10am-11am Fitness Center All w/Edgar Programs Basics (Shuttle) w/Julienne **Awareness** 10am-11:15am Soul Line | 10am-11:15am Senior w/Deborah 11:30am-1:30pm Pinochle w/Mr. 11:30am -1pm Senior Volleyball Dance w/Peytrienne Planet Presents: Chrome Kelly Open Play 10am-11:15am Senior 10am-12pm Pickleball 10:30am-11:30am 55+ Ballet 12:30 - 3:30pm Social Bridge Essentials Planet Presents: Chrome 10am-11:30am Senior Social Basics 12:30pm – 2pm Afternoon 10am-12pm Knitting Club 10:30am-12pm Dancing Essentials Hour: Foster Grandparent Cinema w/Lim & Mary 10am-11am Seated Yoga w/Ming 1 Program 11am-2pm Senior 1pm-2pm Bingo Blast w/Regine 10:30AM-12PM Low Impact 1pm-3pm Chinese Folk Dance 11am-12pm Holiday Music **Holiday Party** Exercise Video 2pm-3pm Tai Chi (In Person w/AFTA & Kensignton 10:30AM-12PM Low 12pm-4pm Bid Whist Beginner's Welcome) Club 12:45pm-1:45pm Super Power Impact Exercise Video Dance Circle w/Jane 11am-12pm Balance Boom 12:30pm-3:30pm American Mah 1pm -2pm Spanish Conversation w/Everest Wellness Jongq

1pm-2pm Bingo Blast

(Espanol)

1pm-2pm Integral Tai Chi

6pm-9pm Soul Line Dance

Class w/JJ

Party

2pm-3pm Tai Chi (In Person

& Beginner's Welcome)

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line Staying Fit & Having Fun Intellectually Speaking Music, Movement & More **Fun & Games Creative Corner** At the Movies Healing Hearts **By Community Partners** Mon Tue Wed Thu Fri 12 13 15 9am-10am Zumba Gold 9am – 10am Tai Chi (In Person & 9am-10am Tai Chi (In Person & 9am-10am Tai Chi (In Person & 9am-10am Zumba Gold Virtual. Beginner's Welcome) Virtual Beginner's Welcome) Virtual Beginner's Welcome) w/Amv w/Amv 10am-11am Brain Games 9:30am-1:30pm Kensington Club 9:15am-10:15am Yoga for 9:30am-10:30am Dollar *9am-12pm* CASSA 10am-11am Gentle Spin 9:30am-11am Tatting All w/Edgar Programs Tree Shopping Trip w/Julienne Basics (Shuttle) 10am-11am Fitness Center 10am-11:15am Senior 11:30am -1pm Senior Volleyball 10am-11:15am Soul Line w/Deborah Awareness Open Play Planet Presents: Chrome 10am-11am Seated Yoga Dance w/Pevtrienne 11:30am-1:30pm Pinochle w/Mr. 12:30 - 3:30pm Social Bridge w/Regine 10am-12pm Pickleball Essentials Kelly 12:30pm – 2pm Afternoon 10am-11:15am Senior 10:30AM-12PM Low Impact 10am-11am Coffee & 10am-12pm Knitting Club Cinema **Exercise Video** Planet Presents: Chrome Conversations w/Lim & Mary 12pm-4pm Bid Whist 10am-12pm Spiritual Support Essentials 10:30AM-12PAM Low 12:45pm-1:45pm Super Power 10am-11am Fitness Center 10am- 11am Brain Games/Trivia Dance Circle w/Jane **Impact Exercise Video** Awareness 11am-12pm Holiday Music 1pm -2pm Spanish Conversation 12:30pm-3:30pm American Mah 10:30am-11:30am 55+ Ballet w/Hoang Group Jongg Basics 11am-12pm Balance Boom 2pm-3pm Tai Chi (In 1pm-3pm Holiday Centerpiece **10:**30**am-12**pm Dancing w/Everest Wellness Making w/Juliet Person/Virtual Beginner's w/Ming 1pm-2pm Bingo Blast 1pm-2pm Integral Tai Chi Welcome) 1pm-2pm Bingo Blast (Espanol) Class w/JJ 1pm-3pm Chinese Folk Dance

2pm-3pm All Good Tai Chi(In

Person/Virtual Beginner's

Welcome)

1:30pm-3:30pm Chinese Folk

Dance

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line Staying Fit & Having Fun Intellectually Speaking Music. Movement & More At the Movies **Fun & Games Creative Corner** Healing Hearts **By Community Partners** Fri Mon Tue Wed Thu 19 21 9am – 10am Tai Chi (In Person & 9am-10am Tai Chi (In Person & 9am-10am Tai Chi (In Person & 9am-10am Zumba Gold 9am-10am Zumba Gold Virtual. Beginner's Welcome) Virtual Beginner's Welcome) Virtual Beginner's Welcome) w/Amv w/Amv 10am-11am Brain Games 9:15am-10:15am Yoga for 9:30am-11am Tatting 9:30am-10:30am In The News 10am-12pm CASSA 10am-11am Gentle Spin Basics (Shuttle) All w/Edgar Holiday Extravaganza Today w/Kathei w/Julienne w/Deborah 10am-11:15am Soul Line 11:30am -1pm Senior Volleyball 10am-12pm Spiritual Support 9:30am-1:30pm Kensington Club Open Play w/Lim & Mary 10am-11am Fitness Center Dance w/Peytrienne 10am-11:15am Senior 12:30 - 3:30pm Social Bridge Awareness 10am-12pm Pickleball 12:30pm – 2pm Afternoon Planet Presents: Chrome 11:30am-1:30pm Pinochle w/Mr. 10:30AM-12PM Low Impact Bunch: Chido's in Laurel, Kelly Essentials **Exercise Video** MD 10:30am-11:30am Senior Scam 10am-11am Holiday Memories 12pm-4pm Bid Whist Prevention: Keeping Your 10:30AM-12PAM Low 11am-12pm Balance Boom 12:45pm-1:45pm Super Power Money Safe Impact Exercise Video Dance Circle w/Jane w/Everest Wellness 10:30am-11:30am 55+ Ballet 1pm -2pm Spanish Conversation Basics 1pm-2pm Bingo Blast Jongg Group **10**:30**am-12**pm Dancing (Espanol) 2pm-3pm Tai Chi (In Making w/Juliet w/Mina Person/Virtual Beginner's 1pm-2pm Bingo Blast Welcome) 2pm-3pm Tai Chi (In Class w/JJ

Cinema

Person/Virtual Beginner's Welcome)

10am-12pm Knitting Club 10:30am-1:45pm Lunch 12:30pm-3:30pm American Mah 1pm-3pm Holiday Centerpiece 1pm-2pm Integral Tai Chi 1:30pm-3:30pm Chinese Folk Dance

Closed for the Holiday ~

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9:30am -10:30am Musíc & History of Kwanzaa 10am-12pm Spiritual Support 11:30am-1:30pm Pinochle w/Mr. Kelly

10:30**am-12**pm Dancing w/Ming

1pm-2pm Bingo Blast

Movie Outing: Color Purple 2023 Time/Location | Programs **TBA**

9:30am-1:30pm Kensington Club 10am-11am Who Am I?

1pm-2pm Bingo Blast (Espanol)

9am-12pm CASSA

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9:30am-12pm Shopping at The Amish Market 10am-12pm Pickleball

10:30AM-12PM Low Impact | 12:30pm-3:30pm American Mah Exercise Video

28

12pm-4pm Bid Whist 1pm -2pm Spanish Conversation Group

10am-12pm Knitting Club

29

w/Lim & Mary 10:30AM-12PAM Low Impact Exercise Video

Jongq

1pm-3pm Edible Centerpiences: Healthy Holiday Eating

1pm-2pm Integral Tai Chi Class w/JJ

1:30pm-3:30pm Chinese Folk Dance