




# WHITE OAK SENIOR CENTER

## December 2023

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line				
<a href="#">Staying Fit &amp; Having Fun</a> <a href="#">Intellectually Speaking</a> <a href="#">Fun &amp; Games</a> <a href="#">Music, Movement &amp; More</a> <a href="#">Creative Corner</a> <a href="#">At the Movies</a> <a href="#">Healing Hearts</a> <a href="#">By Community Partners</a>				
Mon	Tue	Wed	Thu	Fri
<b>Senior Team</b> <b>TeAnna Abraham-Smith</b> <b>Senior Center Director</b> <b>240-777-6945 Direct Line</b> <b><a href="mailto:Teanna.abraham@montgomerycountymd.gov">Teanna.abraham@montgomerycountymd.gov</a></b> <b>Kathei Brown</b> <b>Program Assistant</b> <b>Orlando Davalos</b> <b>Program Assistant</b> <b>Nancy Court</b> <b>Program Assistant</b> <b>Denise Perdue</b> <b>Program Assistant</b> <b>Obehi Ighile</b> <b>Nutrition Manager</b>	Kensington Club is a social day club for seniors with early-stage memory loss. Registration required. For information call 301-255-4221 Please email <a href="mailto:TeAnna.abraham@montgomerycountymd.gov">TeAnna.abraham@montgomerycountymd.gov</a> to register for Zoom classes. White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided			<sup>1</sup> 9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome) <i>9:15am-10:15am Yoga for All w/Edgar</i> 10am-11:15am Senior Planet Presents: Chrome Essentials <i>10am-12pm Knitting Club w/Lim &amp; Mary</i> 10am-12pm Creative Crafts w/Kathei <b>10:30AM-12PM Low Impact Exercise Video</b> 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ

Mon	Tue	Wed	Thu	Fri
4	5	6	7	8
<p>9am – 10am Tai Chi (In Person &amp; Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p><b>10am-11am Gentle Spin w/Julienne</b></p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p>12:30 - 3:30pm Social Bridge</p> <p>12:30pm – 2pm Afternoon Cinema</p> 	<p><b>9am-10am Zumba Gold w/Amy</b></p> <p>10am-12pm Spiritual Support</p> <p><b>10am-11am Fitness Center Awareness</b></p> <p>11:30am-1:30pm Pinochle w/Mr. Kelly</p> <p><b>10:30am-11:30am 55+ Ballet Basics</b></p> <p><b>10:30am-12pm Dancing w/Ming</b></p> <p><b>1pm-2pm Bingo Blast</b></p> <p>1pm-3pm Chinese Folk Dance</p> <p>2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person &amp; Zoom Beginner's Welcome)</p> <p>9:30am-1:30pm Kensington Club</p> <p><b>9:30am-11am Tattling Basics (Shuttle) w/Deborah</b></p> <p><b>10am-11:15am Senior Planet Presents: Chrome Essentials</b></p> <p><b>10am-11am Seated Yoga w/Regine</b></p> <p>11am-12pm Holiday Music w/AFTA &amp; Kensington Club</p> <p><b>11am-12pm Balance Boom w/Everest Wellness</b></p> <p>1pm-2pm Bingo Blast (Espanol)</p>	<p><b>9am-10am Zumba Gold w/Amy</b></p> <p><b>*9am-12pm* CASSA Programs</b></p> <p><b>10am-11:15am Soul Line Dance w/Peytrienne</b></p> <p>10am-12pm Pickleball</p> <p><i>10am-11:30am Senior Social Hour: Foster Grandparent Program</i></p> <p><b>10:30AM-12PM Low Impact Exercise Video</b></p> <p>12pm-4pm Bid Whist</p> <p><b>12:45pm-1:45pm Super Power Dance Circle w/Jane</b></p> <p>1pm -2pm Spanish Conversation Group</p> <p><b>2pm-3pm Tai Chi (In Person &amp; Beginner's Welcome)</b></p>	<p>9am-10am Tai Chi (In Person &amp; Zoom. Beginner's Welcome)</p> <p><b>9:15am-10:15am Yoga for All w/Edgar</b></p> <p><b>10am-11:15am Senior Planet Presents: Chrome Essentials</b></p> <p><b>10am-12pm Knitting Club w/Lim &amp; Mary</b></p> <p><b>11am-2pm Senior Holiday Party</b></p> <p><b>10:30AM-12PM Low Impact Exercise Video</b></p> <p>12:30pm-3:30pm American Mah Jongg</p> <p><b>1pm-2pm Integral Tai Chi Class w/JJ</b></p> <p>6pm-9pm Soul Line Dance Party</p>

Mon	Tue	Wed	Thu	Fri
11	12	13	14	15
<p>9am – 10am Tai Chi (In Person &amp; Virtual. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p>12:30 - 3:30pm Social Bridge</p> <p>12:30pm – 2pm Afternoon Cinema</p> 	<p><b>9am-10am Zumba Gold w/Amy</b></p> <p><b>9:30am-10:30am Dollar Tree Shopping Trip</b></p> <p><b>10am-11am Fitness Center Awareness</b></p> <p>11:30am-1:30pm Pinochle w/Mr. Kelly</p> <p>10am-11am Coffee &amp; Conversations</p> <p>10am-12pm Spiritual Support</p> <p>10am-11am Fitness Center Awareness</p> <p><b>10:30am-11:30am 55+ Ballet Basics</b></p> <p><b>10:30am-12pm Dancing w/Ming</b></p> <p><b>1pm-2pm Bingo Blast</b></p> <p>1pm-3pm Chinese Folk Dance</p> <p>2pm-3pm All Good Tai Chi(In Person/Virtual Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person &amp; Virtual Beginner's Welcome)</p> <p>9:30am-1:30pm Kensington Club</p> <p><b>9:30am-11am Tatting Basics (Shuttle) w/Deborah</b></p> <p><b>10am-11am Seated Yoga w/Regine</b></p> <p><b>10am-11:15am Senior Planet Presents: Chrome Essentials</b></p> <p>10am- 11am Brain Games/Trivia</p> <p>11am-12pm Holiday Music w/Hoang</p> <p><b>11am-12pm Balance Boom w/Everest Wellness</b></p> <p><b>1pm-2pm Bingo Blast (Espanol)</b></p>	<p><b>9am-10am Zumba Gold w/Amy</b></p> <p><b>*9am-12pm* CASSA Programs</b></p> <p><b>10am-11:15am Soul Line Dance w/Peytrienne</b></p> <p>10am-12pm Pickleball</p> <p><b>10:30AM-12PM Low Impact Exercise Video</b></p> <p>12pm-4pm Bid Whist</p> <p><b>12:45pm-1:45pm Super Power Dance Circle w/Jane</b></p> <p>1pm -2pm Spanish Conversation Group</p> <p><b>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</b></p>	<p>9am-10am Tai Chi (In Person &amp; Virtual Beginner's Welcome)</p> <p><b>9:15am-10:15am Yoga for All w/Edgar</b></p> <p><b>10am-11:15am Senior Planet Presents: Chrome Essentials</b></p> <p><b>10am-12pm Knitting Club w/Lim &amp; Mary</b></p> <p><b>10:30AM-12PAM Low Impact Exercise Video</b></p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1pm-3pm Holiday Centerpiece Making w/Juliet</p> <p><b>1pm-2pm Integral Tai Chi Class w/JJ</b></p> <p>1:30pm-3:30pm Chinese Folk Dance</p>

Mon	Tue	Wed	Thu	Fri
18 9am – 10am Tai Chi (In Person & Virtual. 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 	19 9am-10am Zumba Gold w/Amy 9:30am-10:30am In The News Today w/Kathei 10am-12pm Spiritual Support 10am-11am Fitness Center Awareness 11:30am-1:30pm Pinochle w/Mr. Kelly 10:30am-11:30am Senior Scam Prevention: Keeping Your Money Safe 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)	20 9am-10am Tai Chi (In Person & Virtual Beginner's Welcome) 9:30am-11am Tatting Basics (Shuttle) w/Deborah 9:30am-1:30pm Kensington Club 10am-11:15am Senior Planet Presents: Chrome Essentials 10am-11am Holiday Memories 11am-12pm Balance Boom w/Everest Wellness 1pm-2pm Bingo Blast (Espanol) 	21 9am-10am Zumba Gold w/Amy 10am-12pm CASSA Holiday Extravaganza 10am-11:15am Soul Line Dance w/Peytrienne 10am-12pm Pickleball 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/Virtual Beginner's Welcome)	22 9am-10am Tai Chi (In Person & Virtual Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 10am-12pm Knitting Club w/Lim & Mary 10:30am-1:45pm Lunch Bunch: Chido's in Laurel, MD 10:30AM-12PAM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-3pm Holiday Centerpiece Making w/Juliet 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Folk Dance
25 ~ Closed for the Holiday ~ 	26 9:30am -10:30am Music & History of Kwanzaa 10am-12pm Spiritual Support 11:30am-1:30pm Pinochle w/Mr. Kelly 10:30am-12pm Dancing w/Ming 1pm-2pm Bingo Blast	27 Movie Outing: Color Purple 2023 Time/Location TBA 9:30am-1:30pm Kensington Club 10am-11am Who Am I? 1pm-2pm Bingo Blast (Espanol)	28 *9am-12pm* CASSA Programs 9:30am-12pm Shopping at The Amish Market 10am-12pm Pickleball 10:30AM-12PM Low Impact Exercise Video 12pm-4pm Bid Whist 1pm -2pm Spanish Conversation Group	29 10am-12pm Knitting Club w/Lim & Mary 10:30AM-12PAM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-3pm Edible Centerpieces: Healthy Holiday Eating 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Folk Dance