WHITE OAK SENIOR CENTER

April 2025

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line						
Staying Fit & Having Fun Intel	lectually Speaking Fun & Games	Music, Movement & More Creative	Corner At the Movies Healing He	arts By Community Partners		
Mon	Tue	Wed	Thu	Fri		
Senior Team TeAnna Abraham- Smith Senior Center Director 240-777-6945 Direct Line teanna.abraham@mon tgomerycountymd.gov Kathei Brown Program Assistant Esparanza Rubio- Garcia Program Assistant Nancy Court Program Assistant Denise Perdue Program Assistant Obehi Iglile Nutrition Manager Susan Ward Nutrition Manager	Dancing 11:30am-1:30pm Pinochle w/Mr. Kelly	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-1:30pm Kensington Club 9:30am-10:30am Morning Chat & Chew 9:45am-10:45am Intermediate Spanish w/Esperanza 11am Beginner's Spanish W/Esperanza 11am-12pm Balance Boom w/Jeremy 12:45pm-1:45 Senior Singing Circle 1:15pm-1:45pm Indoor Walking Club	9:05am-10:05am Zumba Gold w/Amy *9am-1pm* CASSA Programs 10:15am-11:15am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 2pm-3pm Tai Chi (In Person/Virtual)	9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9am-10am Yoga for All w/Edgar 10am-11am Fun & Games 10:30AM-12PM Low Impact Exercise Video 11am Mental Movements 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ		

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A Zoom. Beginner's Welcome) Oam-11am Brain Games Oam-11am Gentle Spin w/Julienne Open Play Open Play Open Play Open - 3:30pm Social Bridge 2:30pm - 2pm New Movie Monday 2:45pm-1:45pm Chair Yoga v/Edgar	10:30am-12pm Chinese Folk Dancing 10:30am-11:30am Reader's Delight w/Shirley 11:30am-1:30pm Pinochle w/Mr. Kelly 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)	9 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) *9:30am-1:30pm Kensington Club* 9:45am-10:45am Intermediate Spanish w/Esperanza 11am Beginner's Spanish W/Esperanza 11am-12pm Balance Boom w/Jeremy 12:45pm-1:45 Senior Singing Circle 1:15pm-1:45pm Indoor Walking Club	w/Amy *9am-1pm* CASSA Programs 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10:30am-1:30pm Lunch Bunch: Olive on the Main 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 12:45pm-1:45pm Introducing Coping with Change Group 2pm-3pm Tai Chi (In Person/Virtual)	9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9am-10am Yoga for All w/Edg 9:30am-11:30am Dollar Tree/Aldi Shopping Trip 10:30AM-12PM Low Impa Exercise Video 12:30pm-3:30pm American Ma Jongg 1pm-2pm Integral Tai Chi Class w/JJ 6pm-9pm Soul Line Dance Party		
9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday 12:45pm-1:45pm Chair Yoga w/Edgar	9:05am-10:05am Zumba Gold w/Amy 9:30am-12pm 2nd Ave Shopping Trip 10am-12pm Spiritual Support 10:30am-12pm Chinese Folk Dancing 11:30am-1:30pm Pinochle w/Mr. Kelly 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-1:30pm Long Branch Fashion Show & Lunch Trip 9:30am-10:30am Morning Chat & Chew	9:05am-10:05am Zumba Gold w/Amy *9am-1pm* CASSA Programs 10am-12pm Pickleball 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 2pm-3pm Tai Chi (In Person/Virtual)	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9am-10am Yoga for All w/Edgar 10am-11am Fun & Game 10:30AM-12PAM Low Impact Exercise Video 12:30pm-3:30pm American Ma Jongg 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Folk Dance		

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Staying Fit & Having Fun Intellectually Speaking Fun & Games Music, Movement & More At the Movies **Creative Corner** Healing Hearts **By Community Partners** Fri Mon Tue Wed Thu 21 22 24 9am-10am Tai Chi (In Person & 9am-10am Tai Chi (In Person & 9:05am-10:05am Zumba 9:05am-10:05am Zumba 9am - 10am Tai Chi (In Zoom Beginner's Welcome) Zoom Beginner's Welcome) Gold w/Amy Gold w/Amv Person & Zoom. Beginner's 9:30am-10:30am Morning Chat & 9am-10am Yoga for All 10am-12pm Spiritual Support *9am-1pm* CASSA Programs Welcome) 10:30am-12pm Chinese Folk w/Edgar 10am-12pm Pickleball 10am-11am Brain Games *9:30am-1:30pm Kensington Club* 10:15am-11:15am Soul 10am-11:30am Arts & Crafts Dancing 10am-11am Gentle Spin 9:45am-10:45am Intermediate Line Dance w/Peytrienne w/Julienne 10:30-11:30am Basketball w/Eileen Kirkland Spanish w/Esperanza 10am-11am Senior Planet: Intro 10:30AM-12PM Low Impact 10:30AM-12PAM Low 11am Beginner's Spanish Skills Competition to Al Exercise Video W/Esperanza Impact Exercise Video 11am -1pm Senior Volleyball 11:30am-1:30pm Pinochle 12pm-4pm Bid Whist 10:30am-12pm Movie Music 11am Mental Movements Open Play w/Mr. Kelly 12:45-1:45pm Super Power Dance 12:30pm-3:30pm American Mah Magic w/Alan 1pm - 3:30pm Social Bridge 1pm-2pm Bingo Blast Circle Jongg 12:30pm - 2pm New Movie 2pm-3pm Tai Chi (In 11am-12pm Balance Boom 2pm-3pm Tai Chi (In 1pm-2pm Integral Tai Chi Monday Person/Virtual Beginner's Person/Virtual Beginner's w/Jeremy 12:45pm-1:45pm Chair Yoga Welcome) Class w/JJ 12:45pm-1:45 Senior Welcome) 1:30pm-3:30pm Chinese Folk w/Edgar Singing Circle Dance 1:15pm-1:45pm Indoor Walking Club 28 30 29 Kensington Club is a 9am – 10am Tai Chi (In Person 9:05am-10:05am Zumba 9am-10am Tai Chi (In Person & social day club for seniors & Zoom. Beginner's Welcome) Zoom Beginner's Welcome) with early-stage memory 10am-11am Brain Games 9:30am-10:30am Morning Chat & 9:30am-2pm Bible Museum loss. Registration required. 10am-11am Gentle Spin Chew For information call 301-255w/Julienne *9:30am-1:30pm Kensington Club* Trip 4221 11am-1pm Spring Fling 9:45am-10:45am Intermediate 10am-12pm Spiritual Support w/Benjamin Gaither Spanish w/Esperanza 10:30am-12pm Chinese Folk Seniors White Oak Senior Center is 11am Beginner's Spanish **Dancing** 11am -1pm Senior Volleyball open Monday through Friday W/Esperanza 11:30am-1:30pm Pinochle Open Play 9am-3pm. Lunch is served 11am American Songbook. w/Mr. Kelly 1pm - 3:30pm Social Bridge and transportation provided 1pm-2pm Bingo Blast 12:30pm – 2pm New Movie w/Helaine daily. 2pm-3pm Tai Chi (In Monday 11am-12pm Balance Boom Person/Virtual Beginner's 12:45pm-1:45pm Chair Yoga 1pm-2pm Celebrating Welcome) w/Edgar International Jazz Day w/Norris Berry Pianist