


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
 Intellectually Speaking
 Fun & Games
 Music, Movement & More
 Creative Corner
 At the Movies
 Healing Hearts
 By Community Partners

Mon	Tue	Wed	Thu	Fri
<p>Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line teanna.abraham@montgomerycountymd.gov</p> <p>Kathei Brown Program Assistant</p> <p>Esparanza Rubio-Garcia Program Assistant</p> <p>Nancy Court Program Assistant</p> <p>Denise Perdue Program Assistant</p> <p>Obehi Iglile Nutrition Manager</p> <p>Susan Ward Nutrition Manager</p>	<p style="text-align: right; font-weight: bold;">1</p> <p>9:05am-10:05am Zumba Gold w/Amy</p> <p>10am-12pm Spiritual Support</p> <p>10:30am-12pm Chinese Folk Dancing</p> <p>11:30am-1:30pm Pinochle w/Mr. Kelly</p> <p>1pm-2pm Bingo Blast</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p style="text-align: right; font-weight: bold;">2</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-1:30pm Kensington Club</p> <p>9:30am-10:30am Morning Chat & Chew</p> <p>9:45am-10:45am Intermediate Spanish w/Esperanza</p> <p>11am Beginner's Spanish W/Esperanza</p> <p>11am-12pm Balance Boom w/Jeremy</p> <p>12:45pm-1:45 Senior Singing Circle</p> <p>1:15pm-1:45pm Indoor Walking Club</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p style="text-align: right; font-weight: bold;">3</p> <p>9:05am-10:05am Zumba Gold w/Amy</p> <p>*9am-1pm* CASSA Programs</p> <p>10:15am-11:15am Soul Line Dance w/Peytrienne</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>10am-12pm Pickleball</p> <p>12pm-4pm Bid Whist</p> <p>12:45-1:45pm Super Power Dance Circle</p> <p>2pm-3pm Tai Chi (In Person/Virtual)</p>	<p style="text-align: right; font-weight: bold;">4</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner's Welcome)</p> <p>9am-10am Yoga for All w/Edgar</p> <p>10am-11am Fun & Games</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>11am Mental Movements</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p>

Mon	Tue	Wed	Thu	Fri
<p>7</p> <p>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</p> 	<p>8</p> <p>9:05am-10:05am Zumba Gold w/Amy 10am-12pm Spiritual Support 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)</p> 	<p>9</p> <p>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</p>	<p>10</p> <p>9:05am-10:05am Zumba Gold w/Amy *9am-1pm* CASSA Programs 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video <i>10:30am-1:30pm Lunch Bunch: Olive on the Main</i> 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)</p>	<p>11</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner’s Welcome) <i>9am-10am Yoga for All w/Edgar</i> <i>9:30am-11:30am Dollar Tree/Aldi Shopping Trip</i> 10:30AM-12PM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 6pm-9pm Soul Line Dance Party</p>
<p>14</p> <p>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</p>	<p>15</p> <p>9:05am-10:05am Zumba Gold w/Amy <i>9:30am-12pm 2nd Ave Shopping Trip</i> 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)</p> 	<p>16</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner’s Welcome) <i>9:30am-1:30pm Long Branch Fashion Show & Lunch Trip</i> 9:30am-10:30am Morning Chat & Chew 9:45am-10:45am Intermediate Spanish w/Esperanza 11am Beginner’s Spanish W/Esperanza 11am-12pm Sing-A-Long w/Hong 12:45pm-1:45 Senior Singing Circle 1pm-2pm Balance Boom w/Jeremy</p> 	<p>17</p> <p>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)</p>	<p>18</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner’s Welcome) <i>9am-10am Yoga for All w/Edgar</i> 10am-11am Fun & Games 10:30AM-12PAM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Folk Dance</p>

Mon	Tue	Wed	Thu	Fri
<p>21</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner’s Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 10am-11am Senior Planet: Intro to AI 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</p> 	<p>22</p> <p>9:05am-10:05am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-12pm Chinese Folk Dancing 10:30-11:30am Basketball Skills Competition 11:30am-1:30pm Pinochle w/Mr. Kelly 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner’s Welcome)</p>	<p>23</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* 9:45am-10:45am Intermediate Spanish w/Esperanza 11am Beginner’s Spanish W/Esperanza 10:30am-12pm Movie Music Magic w/Alan 11am-12pm Balance Boom w/Jeremy 12:45pm-1:45 Senior Singing Circle 1:15pm-1:45pm Indoor Walking Club</p>	<p>24</p> <p>9:05am-10:05am Zumba Gold w/Amy *9am-1pm* CASSA Programs 10am-12pm Pickleball 10:15am-11:15am 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 Beginner’s Welcome)</p>	<p>25</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner’s Welcome) 9am-10am Yoga for All w/Edgar 10am-11:30am Arts & Crafts w/Eileen Kirkland 10:30AM-12PAM Low Impact Exercise Video 11am Mental Movements 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Folk Dance</p> 
<p>28</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner’s Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11am-1pm Spring Fling w/Benjamin Gaither Seniors 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</p> 	<p>29</p> <p>9:05am-10:05am Zumba Gold 9:30am-2pm Bible Museum 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)</p>	<p>30</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* 9:45am-10:45am Intermediate Spanish w/Esperanza 11am Beginner’s Spanish W/Esperanza 11am American Songbook w/Helaine 11am-12pm Balance Boom 1pm-2pm Celebrating International Jazz Day w/Norris Berry Pianist</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>White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided daily.</p> 