

# WHITE OAK SENIOR CENTER

## March 2026

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>2</p> <p>9am – 10am Tai Chi 10am-11am Brain Games 11am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2:30pm New Movie Monday</p> 	<p>3</p> <p><b>9:05am-10:05am Zumba Gold</b> 10am-12pm Spiritual Support 11:30am-1:30pm Pinochle <b>10:30am-12pm Chinese Folk Dancing</b> <b>1pm-2pm Bingo Blast</b> 2pm-3pm Tai Chi</p>	<p>4</p> <p>9am-10am Tai Chi 9:30am-10:30am Morning Chat &amp; Chew <b>9:45am-10:45am Beginner Spanish w/Esperanza</b> <b>11am-12pm Balance Boom w/Jeremy</b> <b>12:45pm-1:45pm Travelouge (Video)</b> <b>1pm -1:30 Outdoor/Indoor Walking Club</b></p>	<p>5</p> <p>9am-1pm CASSA Program <b>9:05am-10:05am Zumba Gold</b> <b>10:15am-11:15am Soul Line Dance Class</b> <b>10:30AM-12PM Low Impact Exercise Video</b> 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle <b>2pm-3pm Tai Chi</b></p> 	<p>6</p> <p>9am-10am Tai Chi <b>9am-10am Yoga for All</b> 10am-11am Fun &amp; Games <b>10:30AM-12PAM Low Impact Exercise Video</b> <b>11-11:45am Mental Fitness</b> 12:30pm-3:30pm American Mah Jong <b>1pm-2pm Integral Tai Chi Class w/JJ</b></p>
<p>9</p> <p>9:05am – 10:05am Tai Chi 10am-11am Brain Games <b>10am-11am Gentle Spin A</b> <b>11:15-12:15pm Gentle Spin B</b> <b>10:30am-11:30am Mental Health Bingo w/Sante</b> 11am -1pm Senior Volleyball Open Play 12:30pm – 2:30pm New Movie Monday <b>12:45pm-1:45pm Chair Yoga w/Edgar</b> <i>12:45pm-1:45pm 12 Weeks to a Sharper You</i> 1pm - 3:30pm Social Bridge</p>	<p>10</p> <p><b>9:05am-10:05am Zumba Gold</b> 10am-12pm Spiritual Support <i>10am -12pm Creative Crafts</i> <b>10:30am-11:30am Reader's Delight w/Shirley</b> <b>10:30am-12pm Chinese Folk Dancing</b> <b>1pm-2pm Bingo Blast</b> 2pm-3pm Tai Chi</p> 	<p>11</p> <p>9am-10am Tai Chi 9:30am-10:30am Morning Chat &amp; Chew <i>9:30am-12pm Cardboard Boat Regatta Outing</i> 9:45am-10:45am Beginner Spanish w/Esperanza <b>11am-12pm Balance Boom w/Jeremy</b> <i>12pm-1pm Lunch Time Tunes w/Hong</i> <b>12:45pm-1:45 Bingo: Participant's Choice</b> <b>1pm -1:30 Outdoor/Indoor Walking Club</b></p>	<p>12</p> <p>9am-1pm CASSA Program <b>9:05am-10:05am Zumba Gold</b> <b>10:15am-11:15am Soul Line Dance Class</b> <b>10:30AM-12PM Low Impact Exercise Video</b> 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle <b>2pm-3pm Tai Chi</b></p> 	<p>13</p> <p>9am-10am Tai Chi <i>9am-10am Yoga for All</i> <i>9:30am -11:30am Dollar Tree/Aldi Shopping Trip</i> <b>10:30AM-12PM Low Impact Exercise Video</b> 12:30pm-3:30pm American Mah Jongg <b>1pm-2pm Integral Tai Chi Class w/JJ</b> <i>6pm-9pm Soul Line Dance Party</i></p> 

Mon	Tue	Wed	Thu	Fri
<p>16</p> <p>9:05am – 10:05am Tai Chi 10am-11am Brain Games 10am-11am Gentle Spin A 11:15-12:15pm Gentle Spin B 10:30am-11:30am Mental Health Bingo w/Sante 11am -1pm Senior Volleyball Open Play 12pm-2pm Senior Social w/Everest Wellness 12:30pm – 2:30pm New Movie Monday 12:45pm-1:45pm Chair Yoga w/Edgar 12:45pm-1:45pm 12 Weeks to a Sharper You 1pm - 3:30pm Social Bridge</p>	<p>17</p> <p>9:05am-10:05am Zumba Gold 10am-12pm Spiritual Support 10:30am-12pm Chinese Folk Dancing 12:30pm-2pm St. Patrick's Day Fun and Games 2pm-3pm Tai Chi</p> 	<p>18</p> <p>9am-10am Tai Chi 9:30am-10:30am Morning Chat &amp; Chew 9:45am-10:45am Beginner Spanish w/Esperanza 11am-12pm Balance Boom w/Jeremy 12pm-1pm Lunch Time Tunes w/Helaine 12:45pm-1:45 Bingo: Participant's Choice 1pm -1:30 Outdoor/Indoor Walking Club</p> 	<p>19</p> <p>9am-1pm CASSA Program 9:05am-10:05am Zumba Gold 10:15am-11:15am Soul Line Dance Class 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</p> 	<p>20</p> <p>9am-10am Tai Chi 9am-10am Yoga for All 10am Depart for Sligo Creek Walking Trip 10am-3pm AARP Safe Driving Class 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>
<p>23</p> <p>9am – 10am Tai Chi 9:30am-2pm Depart: African American Health Initiative Spring Connection @ The Civic Center 10am-11am Brain Games 10am-11am Gentle Spin A 11:15-12:15pm Gentle Spin B 10:30am-11:30am Senior Circle w/Sante 11am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2:30pm New Movie Monday 12:45pm-1:45pm Chair Yoga w/Edgar 12:45pm-1:45pm 12 Weeks to a Sharper You</p>	<p>24</p> <p>9:05am-10:05am Zumba Gold 10am-12pm Spiritual Support 10:30am-12pm Celebrating Greek Heritage Day 10:30am-12pm Chinese Folk Dancing 1pm-2pm Bingo Blast 2pm-3pm Tai Chi</p> 	<p>25</p> <p>9am-10am Tai Chi 9:30am-10:30am Morning Chat &amp; Chew 10:45am-11:45am Senior Planet Presents: AI &amp; Disinformation on the Web 12:45pm-1:45pm Travelouge (Video) 1pm -1:30 Outdoor/Indoor Walking Club</p> 	<p>26</p> <p>9am-1pm CASSA Program 9:05am-10:05am Zumba Gold 10:15am-11:15am Soul Line Dance 10:30am-11:30am Senior Dental Health Presentation 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 3:45pm- 7:15pm Depart: Persian New Year Celebration @ Benjamin Gaither Senior Center</p>	<p>27</p> <p>9am-10am Tai Chi 9am-10am Yoga for All 10am-11am Trivia Challenge 10:30AM-12PM 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 style="text-align: right;">30</p> <p>9:05am – 10:05am Tai Chi                      10am-11am Brain Games                      10am-11am Gentle Spin A                      11:15-12:15pm Gentle Spin B                      10:30am-11:30am Mental Health Bingo w/Sante                      11am -1pm Senior Volleyball Open Play                      12:30pm – 2:30pm New Movie Monday                      12:45pm-1:45pm Chair Yoga w/Edgar                      12:45pm-1:45pm 12 Weeks to a Sharper You                      1pm - 3:30pm Social Bridge</p>	<p style="text-align: right;">31</p> <p>9:05am-10:05am Zumba Gold                      10am-12pm Spiritual Support                      10:30am-1:30pm Lunch Bunch: Olive Garden                      10:30am-12pm Chinese Folk Dancing                      1pm-2pm Bingo Blast                      2pm-3pm Tai Chi</p> 		<p style="text-align: center;"><u>Senior Team</u></p> <p>TeAnna Abraham-Smith                      Senior Center Director                      240-777-6945 Direct Line                      teanna.abraham@montgomerycountymd.gov                      Kathei Brown                      Program Assistant                      Esparanza Rubio-Garcia                      Program Assistant                      Nancy Court                      Program Assistant                      Denise Perdue                      Program Assistant                      Kirubel Asfaw                      Nutrition Manager</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-4pm. Lunch is served and transportation provided daily.</p>