

# WHITE OAK SENIOR CENTER

## February 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 (In Person &amp; Zoom. Beginner's Welcome) 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 (In Person/Virtual Beginner's Welcome)</p>	<p>4</p> <p>9am-10am Tai Chi (In Person &amp; Zoom) 9:30am-10:30am Morning Chat &amp; Chew 9:45am-10:45am Beginner Spanish w/Esperanza <b>11am-12pm Balance Boom w/Jeremy</b> <i>12pm-1pm Lunch Time Tunes w/Helaine</i> <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 2pm-3pm Tai Chi (In Person/Virtual)</p> 	<p>6</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner's Welcome) <b>9am-10am Yoga for All</b> <i>9:30am -11:30am Dollar Tree/Aldi Shopping Trip</i> 10am-11am Fun &amp; Games <b>10:30AM-12PAM Low Impact Exercise Video</b> <b>10:30-11:30am 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 (In Person &amp; Zoom. 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 1pm-2pm Nutrition Program Update</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 (In Person/Virtual Beginner's Welcome)</p> 	<p>11</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner's Welcome) 9:30am-10:30am Morning Chat &amp; Chew 9:45am-10:45am Beginner Spanish w/Esperanza <b>11am-12pm Balance Boom w/Jeremy</b> <b>12:45pm-1:45pm 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> <i>9:30am-11:30am Lotte Market Shopping Trip</i> <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 2pm-3pm Tai Chi (In Person/Virtual)</p>	<p>13</p> <p>9am-10am Tai Chi (In Person/Virtual) <b>9am-10am Yoga for All</b> <i>10:30am-12pm Valentine's Day Karaoke Dance Party</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></p> 

Mon	Tue	Wed	Thu	Fri
<p>16</p> <p>Center Closed for Holiday</p> 	<p>17</p> <p>9:05am-10:05am Zumba Gold</p> <p>10am-12pm Spiritual Support</p> <p>10am-12pm Vision Board Creation w/Kathei</p> <p>10:30am-12pm Chinese Folk Dancing</p> <p>11:30am-1:30pm Pinochle</p> <p>1pm-2pm Bingo Blast</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p> 	<p>18</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner's Welcome)</p> <p>9:30am-10:30am Morning Chat &amp; Chew</p> <p>9:45am-10:45am Beginner Spanish w/Esperanza</p> <p>11am-12pm Balance Boom w/Jeremy</p> <p>12:45pm-1:45 Bingo: Participant's Choice</p> <p>1pm -1:30 Outdoor/Indoor Walking Club</p> 	<p>19</p> <p>9am-1pm CASSA Program</p> <p>9:05am-10:05am Zumba Gold</p> <p>10:15am-11:15am Soul Line Dance Class</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>20</p> <p>9am-10am Tai Chi (In Person &amp; Zoom Beginner's Welcome)</p> <p>9am-10am Yoga for All</p> <p>9:30am Depart for Brunch &amp; Mansion Tour</p> <p>10am-3pm AARP Safe Driving Class</p> <p>10:30AM-12PAM Low Impact Exercise Video</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p> <p>1:30pm-3:30pm Chinese Folk Dance</p>
<p>23</p> <p>9am - 10am Tai Chi (In Person &amp; Zoom)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin A</p> <p>11:15-12:15pm Gentle Spin B</p> <p>10:30am-11:30am Senior Circle w/Sante</p> <p>10:30am-12pm Depart: BeSpoke Not Broke Thrift Store</p> <p>11am -1pm Senior Volleyball Open Play</p> <p>1pm - 3:30pm Social Bridge</p> <p>12:30pm - 2:30pm New Movie Monday</p> <p>12:45pm-1:45pm Chair Yoga w/Edgar</p> <p>12:45pm-1:45pm 12 Weeks to a Sharper You</p>	<p>24</p> <p>9:05am-10:05am Zumba Gold</p> <p>10am-12pm Spiritual Support</p> <p>10:30am-11:30am Call &amp; Ride Same Day Access Presentation</p> <p>10:30am-12pm Chinese Folk Dancing</p> <p>11:30am-1:30pm Pinochle</p> <p>1pm-2pm Bingo Blast</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p> 	<p>25</p> <p>9am-10am Tai Chi (In Person &amp; Zoom)</p> <p>9:30am-10:30am Morning Chat &amp; Chew</p> <p>10am-12pm Black History Month Celebration</p> <p>12:45pm-1:45pm Travelouge (Video)</p> <p>1pm -1:30 Outdoor/Indoor Walking Club</p> 	<p>26</p> <p>9am-1pm CASSA Program</p> <p>9:05am-10:05am Zumba Gold</p> <p>10:15am-11:15am Soul Line Dance Open Practice</p> <p>10:30am-11:30am Tax Fraud Presentation</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>10am-12pm Pickleball</p> <p>12pm-1pm Black History Music w/Hong</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>27</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner's Welcome)</p> <p>9am-10am Yoga for All</p> <p>9:45 Depart: Silver Spring Police Station Tour</p> <p>10am-11am Trivia Challenge</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p> <p>1:30pm-3:30pm Chinese Folk Dance</p> <p>6pm-9pm Soul Line Dance Party</p> 

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<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>	<p><u>Senior Team</u></p> <p>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>Kirubel Asfaw Nutrition Manager</p>			