

WHITE OAK SENIOR CENTER

January 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>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> TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line teanna.abraham@montgomeryco untymd.gov Kathei Brown Program Assistant Esparanza Rubio-Garcia Program Assistant Nancy Court Program Assistant Denise Perdue Program Assistant Kirubel Asfaw Nutrition Manager</p>						<p>1 2</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 10am-11am Fun & Games 10:30AM-12PAM Low Impact Exercise Video 10:30-11:30am Mindful Movement & Fitness 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ</p>
<p>5 9:05am – 10:05am Tai Chi (In Person & Zoom. Beginner's Welcome) 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</p>	<p>9:05am-10:05am Zumba Gold 10am-12pm Spiritual Support 11:30am-1:30pm Pinochle 10:30am-12pm Chinese Folk Dancing 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p>6 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-10:30am Morning Chat & Chew 9:45am-10:45am Beginner Spanish w/Esperanza 11am-12pm Balance Boom w/Jeremy 12:45pm-1:45pm Travelouge (Video)</p>	<p>7 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-11:30am H Mart Shopping Trip 10:15am-11:15am Soul Line Dance Class 10:15am-11:30am Beginner's Mah Jong 10:30AM-12PM Low Impact Exercise Video</p>	<p>8 9am-1pm CASSA Program 9:05am-10:05am Zumba Gold 9:30am-11:30am H Mart Shopping Trip 10:15am-11:15am Soul Line Dance Class 10:15am-11:30am Beginner's Mah Jong 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)</p>	<p>9 9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9am-10am Yoga for All 10:30am-11:30am Dental Presentation w/Drs. Kraja & Sidhu 10:30AM-12PM Low Impact Exercise Video 10:30-11:30am Mindful Movement & Fitness 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 6pm-9pm Soul Line Dance Party</p>		

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12 9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 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 1pm-2pm Nutrition Program Update 	13 9:05am-10:05am Zumba Gold 10am-12pm Spiritual Support 10am -12pm Creative Crafts 10:30am-12pm Chinese Folk Dancing 10:30am-11:30am Reader's Delight w/Shirley 11:30am-1:30pm Pinochle 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome) 	14 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-10:30am Morning Chat & Chew 9:45am-10:45am Beginner Spanish w/Esperanza 10:30am-1pm Lunch Bunch: Miller's Ale House 11am-12pm Balance Boom w/Jeremy 12pm-1pm Sing-a-long w/Hong 12:45pm-1:45 Bingo: Participant's Choice 1pm -1:30 Outdoor/Indoor Walking Club 	15 9am-1pm CASSA Program 9:05am-10:05am Zumba Gold 10:15am-11:15am Soul Line Dance Class 10:15am-11:30am Beginner's Mah Jong 10am-11:30am CASSA Holiday Party 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 10:30am-2pm Depart: Holiday Party @ Civic Center 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 2pm-3pm Tai Chi (In Person/Virtual) 	16 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9am-10am Yoga for All w/Edgar 9:30am-11:30am DownCounty Futness Day 10:30-11:30am Mindful Movement & Fitness 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			
19 Center Closed for Holiday 	20 9:05am-10:05am Zumba Gold 9:30am-11:30pm Depart: 2nd Ave Thrift Store 10am-12pm Spiritual Support 10:30am-12pm Chinese Folk Dancing 11:30am-1:30pm Pinochle 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome) 	21 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-10:30am Morning Chat & Chew 9:30am-12pm Rummikub Tournament @ MSSC 9:45am-10:45am Beginner Spanish w/Esperanza 11am-12pm Balance Boom w/Jeremy 12pm-1pm Lunch Time Tunes w/Helaine 1pm -1:30 Outdoor/Indoor Walking Club	22 9am-1pm CASSA Program 9:05am-10:05am Zumba Gold 10:15am-11:15am Soul Line Dance Open Practice 10:15am-11:30am Beginner's Mah Jong 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)	23 9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 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			

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<p>26 9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 9:45am-11:30am Depart: Beauty 4 U 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 12 Weeks to a Sharper You</p>	<p>27 9:05am-10:05am Zumba Gold 10am-12pm Spiritual Support 10:30am-12pm Chinese Folk Dancing 11:30am-1:30pm Pinochle 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p>28 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-10:30am Morning Chat & Chew 9:45am-10:45am Beginner Spanish w/Esperanza 11am-12pm Balance Boom w/Jeremy 12:45pm-1:45 Bingo: Participant's Choice 1pm -1:30 Outdoor/Indoor Walking Club</p>	<p>29 9am-1pm CASSA Program 9:05am-10:05am Zumba Gold 10:15am-11:15am Soul Line Dance Open Practice 10:15am-11:30am Beginner's Mah Jong 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)</p>	<p>30 9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9am-10am Yoga for All 10am-12pm Create Your Own Vision Board for 2026 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>			
							