

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></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>		<p>1</p> 	<p>2</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>10am-11am Fun & Games</p> <p>10:30AM-12PAM Low Impact Exercise Video</p> <p>10:30-11:30am Mindful Movement & Fitness</p> <p>12:30pm-3:30pm American Mah Jong</p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p>
<p>5</p> <p>9:05am – 10:05am Tai Chi (In Person & Zoom. Beginner's Welcome)</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>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>6</p> <p>9:05am-10:05am Zumba Gold</p> <p>10am-12pm Spiritual Support</p> <p>11:30am-1:30pm Pinochle</p> <p>10:30am-12pm Chinese Folk Dancing</p> <p>1pm-2pm Bingo Blast</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p> 	<p>7</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-10:30am Morning Chat & Chew</p> <p>9:45am-10:45am Beginner Spanish w/Esperanza</p> <p>11am-12pm Balance Boom w/Jeremy</p> <p>12:45pm-1:45pm Travelouge (Video)</p> <p>1pm -1:30 Outdoor/Indoor Walking Club</p> 	<p>8</p> <p>9am-1pm CASSA Program</p> <p>9:05am-10:05am Zumba Gold</p> <p>9:30am-11:30am H Mart Shopping Trip</p> <p>10:15am-11:15am Soul Line Dance Class</p> <p>10:15am-11:30am Beginner's Mah Jong</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>9</p> <p>9am-10am Tai Chi (In Person/Virtual Beginner's Welcome)</p> <p>9am-10am Yoga for All</p> <p>10:30am-11:30am Dental Presentation w/Drs. Kraja & Sidhu</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>10:30-11:30am Mindful Movement & Fitness</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p> <p>6pm-9pm Soul Line Dance Party</p>

Mon	Tue	Wed	Thu	Fri
<p>12</p> <p>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</p> 	<p>13</p> <p>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)</p> 	<p>14</p> <p>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</p> 	<p>15</p> <p>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)</p> 	<p>16</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9am-10am Yoga for All w/Edgar 9:30am-11:30am DownCounty Futnness 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</p>
<p>19</p> <p>Center Closed for Holiday</p> 	<p>20</p> <p>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)</p> 	<p>21</p> <p>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</p>	<p>22</p> <p>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>23</p> <p>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</p>

Mon	Tue	Wed	Thu	Fri
26	27	28	29	30
<p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p><i>9:45am-11:30am Depart: Beauty 4 U</i></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>11am -1pm Senior Volleyball Open Play</p> <p>1pm - 3:30pm Social Bridge</p> <p>12:30pm – 2:30pm New Movie Monday</p> <p><i>12:45pm-1:45pm 12 Weeks to a Sharper You</i></p>	<p>9:05am-10:05am Zumba Gold</p> <p>10am-12pm Spiritual Support</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>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-10:30am Morning Chat & 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>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>10:15am-11:30am Beginner's Mah Jong</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>9am-10am Tai Chi (In Person/Virtual Beginner's Welcome)</p> <p><i>9am-10am Yoga for All</i></p> <p><i>10am-12pm Create Your Own Vision Board for 2026</i></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>