






WHITE OAK SENIOR CENTER

July 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 Kathe Brown Program Assistant Esperanza Rubio-Garcia Program Assistant Nancy Court Program Assistant Denise Perdue Program Assistant Susan Ward Nutrition Manager</p>	<p>1 9am-10am Zumba Gold Video 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>2 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) *9:30am-1:30pm Kensington Club* 9:45am-10:45am Beginner Spanish w/Esperanza 11am Intermediate Spanish W/Esperanza 12:45pm-1:45 Armchair Adventures 1:15pm-1:45pm Indoor Walking Club</p> 	<p>3 9am-10am Zumba Gold Video 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 2pm-3pm Tai Chi (In Person/Virtual)</p>	<p>4 Center Closed</p> 
<p>7 9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 10:30am-11:30am Senior Circle w/Sante 11am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday</p> 	<p>8 9:05am-10:05am Zumba Gold w/Amy <i>Movie Outing Time & Location TBA</i> 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 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) *9:30am-1:30pm Kensington Club* 9:45am-10:45am Beginner Spanish w/Esperanza 11am Intermediate Spanish W/Esperanza 11am-12pm Balance Boom w/Jeremy 12:45pm-1:45 Bingo: Participant's Choice 1:15pm-1:45pm Indoor Walking Club</p>	<p>10 9:05am-10:05am Zumba Gold w/Amy 10am-11am Soul Line Dance w/Peytrienne 10:30am – 1:30 pm Lunch Bunch: Teppanyaki 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>11 9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) <i>9am-10am Yoga for All w/Edgar</i> 9:30am-11:30am Dollar Tree/Aldi 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> 

Mon	Tue	Wed	Thu	Fri
14	15	16	17	18
<p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</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 – 2pm New Movie Monday</p> <p>12:45pm-1:45pm Chair Yoga w/Edgar</p> 	<p>9:05am-10:05am Zumba Gold w/Amy</p> <p>10am-12pm Spiritual Support</p> <p>10:30am-11:45am Sand Art w/Charlotte</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>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 Sing-A-Long w/Hong</p> <p>11am Intermediate Spanish W/Esperanza</p> <p>1-2pm Balance Boom w/Jeremy</p> <p>12:45pm-1:45pm Arm Chair Adventure</p> <p>1pm-1:30 Outdoor/Indoor Walking Club</p> 	<p>9:05am-10:05am Zumba Gold w/Amy</p> <p>10am-11am 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>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9am-10am Yoga for All w/Edgar</p> <p>10am-11am Fun & Games</p> <p>10am-12pm Wire Crafting Class Pt1</p> <p>10:30AM-12PAM 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> <p>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)</p> <p><i>9:30am-1:45pm Tanger Outlet Shopping Trip</i></p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</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 – 2pm New Movie Monday</p> <p>12:45pm-1:45pm Chair Yoga w/Edgar</p>	<p>22</p> <p>9:05am-10:05am Zumba Gold w/Amy</p> <p><i>10am -11:30am Creative Crafts w/Eileen</i></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>23</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-10:30am Morning Chat & Chew</p> <p>*9:30am-1:30pm Kensington Club*</p> <p>9:45am-10:45am Beginner Spanish w/Esperanza</p> <p><i>10:30am -1pm Lunch Bunch: Carolina Kitchen</i></p> <p>11am-12pm Balance Boom w/Jeremy</p> <p>11am-12pm Drum Circle w/Kensington Club</p> <p>11am Intermediate Spanish W/Esperanza</p> <p>12:45pm-1:45 Bingo: Participan'ts Choice</p> <p>1pm-1:30pm Outdoor/Indoor Walking Club</p>	<p>24</p> <p>9:05am-10:05am Zumba Gold w/Amy</p> <p>10am-12pm Pickleball</p> <p>10:15am-11:15am Soul Line Dance w/Peytrienne</p> <p>10:30AM-12PM Low Impact Exercise Video</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 Beginner's Welcome)</p> 	<p>25</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p><i>9am-10am Yoga for All w/Edgar</i></p> <p>10:30AM-12PAM Low Impact Exercise Video</p> <p><i>10am-12pm Wire Crafting Class Pt 2</i></p> <p>11am Mental Movements</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1:30pm-3:30pm Chinese Folk Dance</p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p> <p><i>6pm-8pm Senior Night Out: Pizza & a Movie</i></p> 
<p>28</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</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 – 2pm New Movie Monday</p> <p>12:45pm-1:45pm Chair Yoga w/Edgar</p>	<p>29</p> <p>9:05am-10:05am Zumba Gold w/Amy</p> <p><i>10am -11:30am Creative Crafts w/Eileen</i></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>30</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-10:30am Morning Chat & Chew</p> <p>*9:30am-1:30pm Kensington Club*</p> <p>9:45am-10:45am Beginner Spanish w/Esperanza</p> <p>11am Intermediate Spanish W/Esperanza</p> <p><i>11am American Songbook w/Helaine</i></p> <p>11am-12pm Balance Boom w/Jeremy</p> <p>12:45pm-1:45pm Arm Chair Adventure</p> <p>1pm-1:30 Outdoor Walking Club</p>	<p>31</p> <p>9:05am-10:05am Zumba Gold Video</p> <p>10am-12pm Pickleball</p> <p>10:15am-11:15am Soul Line Dance w/Peytrienne</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>12pm-4pm Bid Whist</p> <p>12:45-1:45pm Super Power Dance Circle</p> <p><i>12:45pm-1:45pm Mystery Trip</i></p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</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> 

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Mon

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Wed

Thu

Fri

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Registration required. For information call 301-255-4221

Please email TeAnna.abraham@montgomerycountymd.gov to register for Zoom classes.

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