## WHITE OAK SENIOR CENTER

## **July 2025**

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line							
	lectually Speaking Fun & Games	Music, Movement & More Creative					
Mon	Tue	Wed	Thu	Fri			
Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line teanna.abraham@montgomer ycountymd.gov Kathei Brown Program Assistant Esparanza Rubio-Garcia Program Assistant Nancy Court Program Assistant Denise Perdue Program Assistant Susan Ward Nutrition Manager	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)	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	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)	Center Closed			
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	9:05am-10:05am Zumba Gold w/Amy Movie Outing Time & Location TBA  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)	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	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)	9am-10am Tai Chi (In Person/Virtual Beginner's Welcome) 9am-10am Yoga for All w/Edgar 9:30am-11:30am Dollar Tree/Aldi 10:30AM-12PM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg			

•	Lane, Silver Spring MD 20 lectually Speaking Fun & Games	Music, Movement & More Creative (	r Center Line 240-777-69 Corner At the Movies Healing He	
Mon	Tue	Wed	Thu	Fri
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 12:45pm-1:45pm Chair Yoga w/Edgar	9:05am-10:05am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-11:45am Sand Art w/Charlotte 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)	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 Sing-A-Long w/Hong 11am Intermediate Spanish W/Esperanza 1-2pm Balance Boom	9:05am-10:05am Zumba Gold w/Amy 10am-11am Soul Line Dance w/Peytrienne 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)	w/Edgar 10am-11am Fun & Games 10am-12pm Wire Crafting Class Pt1

## 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** Fri Mon Tue Wed Thu 22 24 9am - 10am Tai Chi (In Person 9:05am-10:05am Zumba 9am-10am Tai Chi (In Person & 9am-10am Tai Chi (In Person & 9:05am-10:05am Zumba & Zoom. Beginner's Welcome) Zoom Beginner's Welcome) Zoom Beginner's Welcome) Gold w/Amy Gold w/Amv 9:30am-10:30am Morning Chat & 9am-10am Yoga for All 9:30am-1:45pm Tanger 10am-12pm Pickleball 10am -11:30am Creative Chew w/Edgar Outlet Shopping Trip 10:15am-11:15am Soul \*9:30am-1:30pm Kensington Club\* Crafts w/Eileen 10:30AM-12PAM Low Line Dance w/Peytrienne 10am-11am Brain Games 9:45am-10:45am Beginner 10am-12pm Spiritual Support Impact Exercise Video 10:30AM-12PM Low Impact 10am-11am Gentle Spin Spanish w/Esperanza 10:30am-12pm Chinese Folk w/Julienne 10am-12pm Wire Crafting Exercise Video 10:30am -1pm Lunch Bunch: Dancing 10:30am-11:30am Senior 12pm-4pm Bid Whist Class Pt 2 11:30am-1:30pm Pinochle Carolina Kitchen Circle w/Sante 12:45-1:45pm Super Power Dance w/Mr. Kelly 11am Mental Movements Circle 11am -1pm Senior Volleyball 11am-12pm Balance Boom 1pm-2pm Bingo Blast 12:30pm-3:30pm American Mah 2pm-3pm Tai Chi (In Open Play w/Jeremy 2pm-3pm Tai Chi (In Jongg Person/Virtual Beginner's 1pm - 3:30pm Social Bridge Person/Virtual Beginner's 11am-12pm Drum Circle 1:30pm-3:30pm Chinese Folk Welcome) 12:30pm - 2pm New Movie Welcome) Dance w/Kensington Club Monday 1pm-2pm Integral Tai Chi 11am Intermediate Spanish 12:45pm-1:45pm Chair Yoga W/Esperanza Class w/JJ w/Edgar 12:45pm-1:45 Bingo: 6pm-8pm Senior Night Out: Participan'ts Choice Pizza L a Movie 1pm-1:30pm Outdoor/Indoor Walking Club 28 30 31 9am – 10am Tai Chi (In Person 9am-10am Tai Chi (In Person & 9:05am-10:05am Zumba 9:05am-10:05am Zumba & Zoom. Beginner's Welcome) Zoom Beginner's Welcome) Kensington Club is a social Gold w/Amy Gold Video 10am-11am Brain Games 9:30am-10:30am Morning Chat & day club for seniors with 10am-12pm Pickleball 10am -11:30am Creative Chew 10am-11am Gentle early-stage memory loss. 10:15am-11:15am Soul Crafts w/Eileen \*9:30am-1:30pm Kensington Club\* Registration required. For Spin w/Julienne 9:45am-10:45am Beginner Line Dance w/Peytrienne information call 301-255-4221 10am-12pm Spiritual Support 10:30am-11:30am Senior 10:30AM-12PM Low Impact Spanish w/Esperanza 10:30am-12pm Chinese Folk Circle w/Sante 11am Intermediate Spanish Exercise Video White Oak Senior Center is Dancing 11am -1pm Senior Volleyball W/Esperanza 12pm-4pm Bid Whist open Monday through Friday 11:30am-1:30pm Pinochle Open Play 12:45-1:45pm Super Power Dance 11am American Songbook w/Mr. Kelly 9am-3pm. Lunch is served 1pm - 3:30pm Social Bridge Circle 1pm-2pm Bingo Blast 12:30pm – 2pm New Movie w/Helaine and transportation provided 12:45pm-1:45pm Mystery 2pm-3pm Tai Chi (In Monday daily. 11am-12pm Balance Boom Person/Virtual Beginner's 12:45pm-1:45pm Chair Yoga Trip w/Jeremy Welcome) w/Edgar 2pm-3pm Tai Chi (In 12:45pm-1:45pm Arm Chair Person/Virtual Beginner's Adventure Welcome) 1pm-1:30 Outdoor **Walking Club** 

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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
		Regi Please email <u>TeAnna</u>	istration require  .abraham@mon	d. For informa	tion call 301-25 ymd.gov to reg Friday 9am-3pi	stage memory loss. 55-4221 gister for Zoom classes. m. Lunch is served and