

# WHITE OAK SENIOR CENTER CELEBRATS OLDER AMERICANS MONTH

## May 2022

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center 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/Qi Gong (In Person &amp; Zoom) 10am-11am Coffee &amp; Conversations 11:30-12pm Trivia 11:30am -1pm Senior Volleyball Open Play 12pm – 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema 1pm -2pm Spanish Conversation Group</p> 	<p>3</p> <p><b>9am-10am Zumba Gold w/Amy</b> 10am – 11am Brain Games 10:30-11:30am Weight Room Awareness w/Coach Julien 10am – 12pm Asian Mah Jong 10am-12pm Spiritual Support 10:30am-12pm Meditation for Peace &amp; Serenity w/Tammy (Zoom) <b>10:30am-12pm Dancing w/Ming</b> <b>11am-12pm 55+ Ballet Basic Fitness</b> 12pm-1pm Lunch <b>1pm-2pm Bingo Blast</b> 1pm-3pm Chinese Folk Dance 2pm-3pm All Good Tai Chi (In Person &amp; Zoom)</p>	<p>4</p> <p>9am-10am Tai Chi/Qi Gong (In Person &amp; Zoom) 10:30am-11am News in Review 12pm-1pm Lunch <b>1pm-2pm Bingo Blast (Espanol)</b> 2:30pm-3:15pm Guided Meditation</p> <div style="text-align: center;">  <p>MES DE LOS ESTADOUNIDENSES DE EDAD AVANZADA</p> <p>ENVEJECIENDO COMO QUIERO: MAYO DE 2022</p> </div>	<p>5</p> <p><b>9am-10am Zumba Gold w/Amy</b> <b>10am-11am Coffee &amp; Conversations</b> <b>11:30am-12pm Brain Games</b> 10am-12pm Pickleball <b>10:15am-11:15am Soul Line Dancing</b> 11am-12pm Asian Mah Jong 12pm-1pm Lunch 12pm-4pm Bid Whist <b>12:45pm-1:45pm Super Power Dance Circle w/Jane</b> 1pm -2pm Spanish Conversation Group <b>2pm-3pm All Good Tai Chi (In Person &amp; Zoom)</b></p>	<p>6</p> <p>9am-10am Tai Chi/Qi Gong <b>9:15am-10:15am Yoga for All w/Edgar</b> 10am-11am Coffee &amp; Conversations <b>10:30am-12pm Healthy Body, Peaceful Mind w/Tammy (Zoom)</b> 12pm–1pm Lunch 12:30pm-3:30pm American Mah Jong 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance (Zoom)</p> 
<p>9</p> <p>9am – 10am Tai Chi/Qi Gong (In Person &amp; Zoom) <b>10am-11am Gentle Spin w/Julien</b> 10am-11am Holy Cross Hospital: Diabetes Prevention Basics 11:30-12pm Trivia 11:30am -1pm Senior Volleyball Open Play 12pm – 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema 1pm -2pm Spanish Conversation Group</p> 	<p>10</p> <p><b>9am-10am Zumba Gold w/Amy</b> 10am – 11am Brain Games 10:30-11:30am Weight Room Awareness w/Coach Julien 10am – 12pm Asian Mah Jong 10am-12pm Spiritual Support 10:30am-12pm Meditation for Peace &amp; Serenity w/Tammy (Zoom) <b>10:30am-12pm Dancing w/Ming</b> <b>11am-12pm 55+ Ballet Basic Fitness</b> 12pm-1pm Lunch <b>1pm-2pm Bingo Blast</b> 1pm-3pm Chinese Folk Dance 2pm-3pm All Good Tai Chi (In Person &amp; Zoom) <b>4pm Successful Aging (Zoom)</b></p>	<p>11</p> <p>9am-10am Tai Chi/Qi Gong (In Person &amp; Zoom) 10:30am-11am News in Review 12pm-1pm Lunch <b>1pm-2pm Bingo Blast (Espanol)</b> 2:30pm-3:15pm Guided Meditation</p> <div style="text-align: center;">  </div>	<p>12</p> <p><b>9am-10am Zumba Gold w/Amy</b> <b>10am-11:30am Memory Café w/Laura Rounds</b> 10am-12pm Pickleball <b>11am-12pm Women's Day Hat Parade</b> 11am-12pm Asian Mah Jong 12pm-1pm Lunch 12pm-4pm Bid Whist <b>12:45pm-1:45pm Super Power Dance Circle w/Jane</b> 1pm -2pm Spanish Conversation Group <b>2pm-3pm All Good Tai Chi (In Person &amp; Zoom)</b></p>	<p>13</p> <p>9am-10am Tai Chi/Qi Gong (In Person &amp; Zoom) <b>9:15am-10:15am Yoga for All w/Edgar</b> <b>10:30am-12pm Healthy Body, Peaceful Mind w/Tammy (Zoom)</b> 12pm–1pm Lunch 1:30pm-3:30pm Chinese Folk Dance <b>6pm-9pm Soul Line Dance Party</b></p>

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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
<p>16</p> <p>9am – 10am Tai Chi/Qi Gong (In Person &amp; Zoom)                      10am-11am Gentle Spin w/Julien                      10am-11am Holy Cross Hospital: Diabetes Prevention Basics                      11am-1:30pm Lunch Bunch: Teppanyaki                      11:30am-12pm Trivia                      11:30am -1pm Senior Volleyball Open Play                      12pm – 1pm Lunch                      12:30 - 3:30pm Social Bridge                      12:30pm – 2pm Afternoon Cinema                      1pm -2pm Spanish Conversation Group</p> 	<p>17</p> <p><b>9am-10am Zumba Gold w/Amy</b>                      10am – 11am Brain Games                      10:30-11:30am Weight Room Awareness w/Coach Julien                      10am – 12pm Asian Mah Jong                      10am-12pm Spiritual Support                      10:30am-12pm Meditation for Peace &amp; Serenity w/Tammy (Zoom)  <b>10:30am-12pm Dancing w/Ming</b>  <b>11am-12pm 55+ Ballet Basic Fitness</b>                      12pm-1pm Lunch  <b>1pm-2pm Bingo Blast w/Robin Riley</b>                      1pm-3pm Chinese Folk Dance                      2pm-3pm All Good Tai Chi(In Person &amp; Zoom)</p>	<p>18</p> <p>9am-10am Tai Chi/Qi Gong (In Person &amp; Zoom)                      10am-10:30am News in Review                      10:30am-11am Who Am I?                      12pm-1pm Lunch  <b>1pm-2pm Bingo Blast (Espanol)</b>                      2:30pm-3:15pm Guided Meditation</p> 	<p>19</p> <p><b>9am-10am Zumba Gold w/Amy</b>  <b>10am-11am Coffee &amp; Conversations</b>  <b>11:30am-12pm Brain Games</b>                      10am-12pm Pickleball  <b>10:15am-11:15am Soul Line Dancing</b>                      11am-12pm Asian Mah Jong                      12pm-1pm Lunch  <b>12:45pm-1:45pm Super Power Dance Circle w/Jane</b>                      12pm-4pm Bid Whist                      1pm -2pm Spanish Conversation Group  <b>2pm-3pm All Good Tai Chi (In Person &amp; Zoom)</b></p>	<p>20</p> <p>9am-10am Tai Chi/Qi Gong (In Person &amp; Zoom)  <b>9:15am-10:15am Yoga for All w/Edgar</b>  <b>9:30am-12pm Dollar Tree/Aldi Shopping Trip</b>  <b>10:30am-12pm Healthy Body, Peaceful Mind w/Tammy (Zoom)</b>                      12pm–1pm Lunch                      12:30pm-3:30pm American Mah Jongg                      1:30pm-3:30pm Chinese Folk Dance                      2pm-3:15 Soul Line Dance (Zoom)</p> 
<p>23</p> <p>9am – 10am Tai Chi/Qi Gong (In Person &amp; Zoom)                      10am-11am Gentle Spin w/Julien                      10am-11am Holy Cross Hospital: Diabetes Prevention Basics                      11:30am-12pm Trivia                      11:30am -1pm Senior Volleyball Open Play                      12pm – 1pm Lunch                      12:30 - 3:30pm Social Bridge                      12:30pm – 2pm Afternoon Cinema                      1pm -2pm Spanish Conversation Group</p> 	<p>24</p> <p><b>9am-10am Zumba Gold w/Amy</b>                      10am – 11am Brain Games                      10:30-11:30am Weight Room Awareness w/Coach Julien                      10am – 12pm Asian Mah Jong                      10am-12pm Spiritual Support                      10:30am-12pm Meditation for Peace &amp; Serenity w/Tammy (Zoom)  <b>10:30am-12pm Dancing w/Ming</b>  <b>11am-12pm 55+ Ballet Basic Fitness</b>                      12pm-1pm Lunch  <b>1pm-2pm Bingo Blast</b>                      2pm-3pm All Good Tai Chi(In Person &amp; Zoom)</p>	<p>25</p> <p>9am-10am Tai Chi/Qi Gong (In Person &amp; Zoom)                      10am-10:30am News in Review                      10:30am-11am Who Am I?                      12pm-1pm Lunch  <b>1pm-2pm Bingo Blast (Espanol)</b>                      2:30pm-3:15pm Guided Meditation</p>  <p>AGE MY WAY: MAY 2022</p>	<p>26</p> <p><b>9am-10am Zumba Gold w/Amy</b>  <b>10am-11am Coffee &amp; Conversations</b>  <b>11:30am-12pm Brain Games</b>                      10am-12pm Pickleball  <b>10:15am-11:15am Soul Line Dancing</b>                      11am-12pm Asian Mah Jong                      12pm-1pm Lunch  <b>12:45pm-1:45pm Super Power Dance Circle w/Jane</b>                      1pm -2pm Spanish Conversation Group  <b>2pm-3pm All Good Tai Chi (In Person &amp; Zoom)</b></p>	<p>27</p> <p>9am-10am Tai Chi/Qi Gong (In Person &amp; Zoom)  <b>9:15am-10:15am Yoga for All w/Edgar</b>                      10am-11am Coffee &amp; Conversations  <b>10:30am-12pm Healthy Body, Peaceful Mind w/Tammy (Zoom)</b>                      12pm–1pm Lunch                      12:30pm-3:30pm American Mah Jong                      1:30pm-3:30pm Chinese Folk Dance                      2pm-3:15 Soul Line Dance (Zoom)</p>

Mon	Tue	Wed	Thu	Fri
<p>30 ~ Center Closed~</p>  <p><b>MEMORIAL DAY</b> Remember &amp; Honor</p>	<p>31 <b>9am-10am Zumba Gold w/Amy</b> 10am – 11am Brain Games 10:30-11:30am Weight Room Awareness w/Coach Julien 10am – 12pm Asian Mah Jong 10am-12pm Spiritual Support 10:30am-12pm Meditation for Peace &amp; Serenity w/Tammy (Zoom) 10:30am-12pm Dancing w/Ming 11am-12pm 55+ Ballet Basic Fitness 12pm-1pm Lunch 1pm-2pm Bingo Blast 2pm-3pm All Good Tai Chi(In Person &amp; Zoom)</p> 	 	<p>Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line <a href="mailto:Teanna.abraham@montgomerycountymd.gov">Teanna.abraham@montgomerycountymd.gov</a> <a href="http://rycountymd.gov">rycountymd.gov</a> Kathe Brown Nutrition Manager Orlando Davalos Program Assistant Nancy Court Program Assistant Denise Perdue Evening Program Coordinator</p>	 <p>Age my way!</p>

White Oak Senior Center is now open Monday-Friday 9am-3pm.

Lunch will be served and transportation provided all days.

Contact center for more details and to register for lunch and/or transportation.

240-777-6944 or 240-777-6940

*Welcome Back to the  
White Oak Senior Center!*



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Mon

Tue

Wed

Thu

Fri



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The White Oak Senior Center is providing a wide array of classes, programs, services and special events where you are welcomed!