WHITE OAK SENIOR CENTER

October 2021

1700 April Lane, Silver Spring MD 20906 240-777-6944 Center Line							
Staying Fit & Having Fun Intelle	ctually Speaking	Fun & Games	Music, Movement & More	Creative Co	rner At the Movies	Healing Heart	s By Community Partners
Mon	•	Гие	Wed		Thu		Fri
Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line Feanna.abraham@montgome rycountymd.gov Kathei Brown Nutrition Manager Orlando Davalos Program Assistant Nancy Court Program Assistant Denise Perdue Evening Program Coordinator			Wellness Wed with the Univers School of Nu Free Health & V Checks 9:30am Health Check	ity of MD rsing. Vellness -2:30pm			9am-10am Tai Chi/Qi Gong 9:15am-10am Mile Walker: 10am-11am Power Hour 12pm-1pm Lunch 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance (Zoom) 2pm-3:30pm Integral Tai Chi w/Tammy (Zoom)
Dam – 10am Tai Chi/Qi Gong 10am-11am Coffee & Conversations 11am – 12pm Drum Circle N/Katy 11:30am -1pm Senior Vollyball Dpen Play 12pm – 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday Bpm-4pm 55+ Functional Fitness w/Keith	10am-12pm Sp 11am-12pm Basic Fitnes 12pm-1pm Lun 1pm-2pm Bi 1pm-3pm Chin 2pm-3pm Al	Brain Games Eight Room Coach Julian Asian Mah Jong Siritual Support 55+ Ballet SS SICH INGO Blast Lese Folk Dance I Good Tai Chi IM Meditation Serenity	9am -10am Tai Chi/Qi 10am-11am News in R 11am-12pm Who Am I 12pm-1pm Lunch 12:30 -1pm Lunch & L Diabetes: What is it ar control it 12:30pm-3:30pm Ame Jong 1pm-2pm Bingo B (Espanol) 2:30pm-3:15pm Guide	eview ? earn: id how to rican Mah last d Meditation	9am-10am Zumb w/Amy 10am-12pm Pickleba 10am-12pm Mem 10:15am-11:15ar Dancing 11am-12pm Asian M 12pm-1pm Lunch 12pm-4pm Bid Whis 12:45pm-1:45pm Su Dance Circle w/Jane 1pm -2pm Spanish C Group 2pm-3pm All Goo (In Person)	all nory Cafe n Soul Line lah Jong t per Power Conversation	9am-10am Tai Chi/Qi Gong:15am-10am Mile Walker 10am-11am Power Hour 12pm-1pm Lunch 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance (Zoom) 2pm-3:30pm Integral Tai Chi w/Tammy (Zoom) 5pm-6pm Home Sharing Information Session w/Michel Higgs 6pm-9pm Soul Line Dance Party

1700 April Lane, Silver Spring MD 20906 240-777-6944 Center Line Staying Fit & Having Fun Intellectually Speaking **Healing Hearts By Community Partners** Fun & Games Music. Movement & More **Creative Corner** At the Movies Tue Mon Wed Thu Fri 12 13 9am - 10am Tai Chi/Qi Gong 9am-10am Zumba Gold 9am-10am Tai Chi/Qi Gong 9am-10am Tai Chi/Qi Gong 9am-10am Zumba Gold 10am-11am Coffee & 10am-11am News in Review 9:15am-10am Mile Walkers w/Amv w/Amv Conversations 11am-12pm Who Am I? 10am-11am Power Hour 10am - 11am Brain Games 10am-12pm Pickleball 11:30am -1pm Senior Vollyball 12pm-1pm Lunch 12pm-1pm Lunch 10am-11:30am Creative Crafts 10:30am-11:30am Scams and 1:30pm-3:30pm Chinese Open Play 12:30 -1pm Lunch & Learn: Living Frauds w/Julie w/Kathei 12pm - 1pm Lunch Folk Dance with Arthritis 10-11:30am Weight Room 10:15am-11:15am Soul Line 12:30 - 3:30pm Social Bridge 2pm-3:15 Soul Line Dance 12:30pm-3:30pm American Mah Awareness w/Coach Julian Dancing 12:30pm - 2pm New Movie (Zoom) Jona 11am Nutrition Talk w/Rhonda 11am-12pm Asian Mah Jong Monday 2pm-3:30pm Integral 1pm-2pm Bingo Blast 10am - 12pm Asian Mah Jong 12pm-1pm Lunch 3pm-4pm 55+ Functional Tai Chi w/Tammy 10am-12pm Spiritual Support (Espanol) 12:45pm-1:45pm Super Power Fitness w/Keith (Zoom) 11am-12pm 55+ Ballet 2:30pm-3:15pm Guided Meditation Dance Circle w/Jane Basic Fitness 12pm-4pm Bid Whist 12pm-1pm Lunch 1pm-2pm Brain Games 1pm -2pm Spanish Conversation 1pm-2pm Bingo Blast Group 1pm-3pm Chinese Folk Dance 2pm-3pm All Good Tai Chi 2pm -3:30pm Meditation for Peace & Serenity w/Tammy (Zoom) 2pm-3pm All Good Tai Chi 18 20 9am - 10am Tai Chi/Qi Gong 9am-10am Zumba Gold Video 9am – 10am Zumba Gold Video 9am-10am Tai Chi/Qi Gong 9am -10am Tai Chi/Qi Gong 10am-11am Coffee & 10am-12pm Pickleball 10am - 11am Brain Games 9:15am-10:15am Yoqa 10am-11am News in Review Conversations 10am -1pm Trip to Butler's 10:15am-11:15am Soul Line for All w/Edgar

11am - 11:30am Walking Club 11:30am -1pm Senior Vollyball Open Play 12pm - 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm - 2pm New Movie Monday

3pm-4pm 55+ Functional Fitness w/Keith



Orchard Pumpkin Patch 10-11:30am Weight Room Awareness w/Coach Julian 10am – 12pm Asian Mah Jong 10am-12pm Spiritual Support 11am-12pm 55+ Ballet Basic Fitness 12pm-1pm Lunch 1pm-2pm Bingo Blast 2pm -3:30pm Meditation for Peace & Serenity w/Tammy (Zoom) 2pm-3pm All Good Tai Chi 2:30pm - 3:30pm Resource

Corner

11am-12pm Who Am I? 12pm-1pm Lunch 12:30 -1pm Lunch & Learn: Breast Cancer Awareness 12:30pm-3:30pm American Mah Jona 1pm-2pm Bingo Blast (Espanol)



2:30pm-3:15pm Guided Meditation

Dancing

11am-12pm Asian Mah Jong 12pm-1pm Lunch w/Country & Western Band

12:45pm-1:45pm Super Power Dance Circle w/Jane 12:45pm-2pm Sandwich

Making for the Homeless 12pm-4pm Bid Whist 1pm-2pm Brain Games 1pm -2pm Spanish Conversation Group

2pm-3pm All Good Tai Chi

10am-11am Men's Power Hour 12pm-1pm Lunch 1pm-4pm World Bingo Blast w/The Guinness Book of World Records 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance (Zoom) 2pm-3:30pm Integral Tai Chi w/Tammy

(Zoom) 6pm-8pm Global Bites & Culinary Delights w/Chef Marissa

1700 April Lane, Silver Spring MD 20906 240-777-6944 Center Line

Wed

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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 25 9:15am – 10am Full Body Stretch 10am-11am Coffee &

Conversations 11am - 11:30am Walking Club 11:30am -1pm Senior Vollyball Open Play

12pm – 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday

3pm-4pm 55+ Functional Fitness w/Keith



9:15am – 10am Full Body Stretch 10am-11am Coffee & Conversations 10am – 11am Brain Games

Tue

10-11:30am Weight Room
Awareness w/Coach Julian
10am – 12pm Asian Mah Jong
10am-12pm Spiritual Support
11am-12pm 55+ Ballet
Basic Fitness
12pm-1pm Lunch
1pm-2pm Bingo Blast
2pm -3:30pm Meditation
for Peace & Serenity
w/Tammy (Zoom)
2pm-3pm All Good Tai Chi
2:30pm – 3:30pm Resource
Corner



9am -10am Tai Chi/Qi Gong 10am-11am News in Review 11am-12pm Who Am I? 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jong

1pm-2pm Bingo Blast (Espanol)

2:30pm-3:15pm Guided Meditation



9am-10am Zumba Gold w/Amy

Thu

9:30am-11am Dollar Tree Trip

10am-12pm Pickleball 10:15am-11:15am Soul Line Dancing

11am-12pm Asian Mah Jong 12pm-1pm Lunch 12pm-4pm Bid Whist

12:45pm-1:45pm Super Power Dance Circle w/Jane

1pm-2pm Brain Games 1pm -2pm Spanish Conversation Group

2pm-3pm All Good Tai Chi

9am-10am Tai Chi/Qi Gong 9:15am-10:15am Yoga

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for All w/Edgar 10am-11am Men's Power Hour

Fri

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12pm–1pm Lunch

1pm-2pm Music Through the Ages w/Link

Generations 1:30pm-3:30pm Chinese Folk Dance

2pm-3:15 Soul Line Dance (Zoom)

2pm-3:30pm Integral Tai Chi w/Tammy (Zoom)



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!

1700 April Lane, Silver Spring MD 20906 240-777-6944 Center Line Staying Fit & Having Fun Intellectually Speaking Fun & Games **Creative Corner** At the Movies **Healing Hearts By Community Partners** Music, Movement & More Mon Tue Wed Thu Fri October 2021 White Oak Senior Center is now open Monday-Friday. 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 The White Oak Senior Center is providing a wide array of classes, programs, services and special events where you are welcomed!