






WHITE OAK SENIOR CENTER

October 2021

1700 April Lane, Silver Spring MD 20906 240-777-6944 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>Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line Teanna.abraham@montgomerycountymd.gov Kathe Brown Nutrition Manager Orlando Davalos Program Assistant Nancy Court Program Assistant Denise Perdue Evening Program Coordinator</p>		<p><i>Wellness Wednesdays</i> with the University of MD School of Nursing.</p> <p>Free Health & Wellness Checks 9:30am-2:30pm</p> 		<p>9am-10am Tai Chi/Qi Gong 9:15am-10am Mile Walkers 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)</p> 
<p>9am – 10am Tai Chi/Qi Gong 10am-11am Coffee & Conversations 11am – 12pm Drum Circle w/Katy 11:30am -1pm Senior Volleyball Open Play 12pm – 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday 3pm-4pm 55+ Functional Fitness w/Keith</p>	<p>9am-10am Zumba Gold w/Amy 10am – 11am Brain Games 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 1pm-3pm Chinese Folk Dance 2pm-3pm All Good Tai Chi 2pm -3:30pm Meditation for Peace & Serenity w/Tammy (Zoom)</p> 	<p>9am -10am Tai Chi/Qi Gong 10am-11am News in Review 11am-12pm Who Am I? 12pm-1pm Lunch 12:30 -1pm Lunch & Learn: Diabetes: What is it and how to control it 12:30pm-3:30pm American Mah Jong 1pm-2pm Bingo Blast (Espanol) 2:30pm-3:15pm Guided Meditation</p> 	<p>9am-10am Zumba Gold w/Amy 10am-12pm Pickleball 10am-12pm Memory Cafe 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 Spanish Conversation Group 2pm-3pm All Good Tai Chi (In Person)</p>	<p>9am-10am Tai Chi/Qi Gong 9:15am-10am Mile Walkers 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/Michelle Higgs 6pm-9pm Soul Line Dance Party</p>

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<p>11</p> <p>9am – 10am Tai Chi/Qi Gong 10am-11am Coffee & Conversations 11:30am -1pm Senior Volleyball Open Play 12pm – 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday 3pm-4pm 55+ Functional Fitness w/Keith</p> 	<p>12</p> <p>9am-10am Zumba Gold w/Amy 10am – 11am Brain Games 10am-11:30am Creative Crafts w/Kathei 10-11:30am Weight Room Awareness w/Coach Julian 11am Nutrition Talk w/Rhonda 10am – 12pm Asian Mah Jong 10am-12pm Spiritual Support 11am-12pm 55+ Ballet Basic Fitness 12pm-1pm Lunch 1pm-2pm Bingo Blast 1pm-3pm Chinese Folk Dance 2pm -3:30pm Meditation for Peace & Serenity w/Tammy (Zoom) 2pm-3pm All Good Tai Chi</p>	<p>13</p> <p>9am-10am Tai Chi/Qi Gong 10am-11am News in Review 11am-12pm Who Am I? 12pm-1pm Lunch 12:30 -1pm Lunch & Learn: Living with Arthritis 12:30pm-3:30pm American Mah Jong 1pm-2pm Bingo Blast (Espanol) 2:30pm-3:15pm Guided Meditation</p> 	<p>14</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Pickleball 10:30am-11:30am Scams and Frauds w/Julie 10:15am-11:15am Soul Line Dancing 11am-12pm Asian Mah Jong 12pm-1pm Lunch 12:45pm-1:45pm Super Power Dance Circle w/Jane 12pm-4pm Bid Whist 1pm-2pm Brain Games 1pm -2pm Spanish Conversation Group 2pm-3pm All Good Tai Chi</p>	<p>15</p> <p>9am-10am Tai Chi/Qi Gong 9:15am-10am Mile Walkers 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)</p> 
<p>18</p> <p>9am – 10am Tai Chi/Qi Gong 10am-11am Coffee & Conversations 11am - 11:30am Walking Club 11:30am -1pm Senior Volleyball Open Play 12pm – 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday 3pm-4pm 55+ Functional Fitness w/Keith</p> 	<p>19</p> <p>9am-10am Zumba Gold Video 10am – 11am Brain Games 10am -1pm Trip to Butler's 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</p>	<p>20</p> <p>9am -10am Tai Chi/Qi Gong 10am-11am News in Review 11am-12pm Who Am I? 12pm-1pm Lunch 12:30 -1pm Lunch & Learn: Breast Cancer Awareness 12:30pm-3:30pm American Mah Jong 1pm-2pm Bingo Blast (Espanol) 2:30pm-3:15pm Guided Meditation</p> 	<p>21</p> <p>9am – 10am Zumba Gold Video 10am-12pm Pickleball 10:15am-11:15am Soul Line 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</p>	<p>22</p> <p>9am-10am Tai Chi/Qi Gong 9:15am-10:15am Yoga for All w/Edgar 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</p>

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Fun & Games
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At the Movies
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By Community Partners

Mon	Tue	Wed	Thu	Fri
25	26	27	28	29
<p>9:15am – 10am Full Body Stretch 10am-11am Coffee & Conversations 11am - 11:30am Walking Club 11:30am -1pm Senior Volleyball Open Play 12pm – 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm – 2pm New Movie Monday 3pm-4pm 55+ Functional Fitness w/Keith</p>	<p>9am-10am Zumba Gold w/Amy 10am – 11am Brain Games 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</p>	<p>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</p>	<p>9am-10am Zumba Gold w/Amy 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</p>	<p>9am-10am Tai Chi/Qi Gong 9:15am-10:15am Yoga for All w/Edgar 10am-11am Men's Power Hour 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)</p>
				
<p align="center"> 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 <i>Welcome Back to the White Oak Senior Center!</i> </p>				

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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!