

# WHITE OAK SENIOR CENTER

## April 2026

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><b>Senior Team</b>                      TeAnna Abraham-Smith                      Senior Center Director                      240-777-6945 Direct Line                      teanna.abraham@montgomerycountymd.gov                      Kathei Brown                      Program Assistant                      Esperanza Rubio-Garcia                      Program Assistant                      Nancy Court                      Program Assistant                      Denise Perdue                      Program Assistant                      Junee Kim                      Program Assistant                      Kirubel Asfaw                      Nutrition Manager                      Amanuel Dereb                      Nutrition Manager</p>		<p>9am-10am Tai Chi                      9:30am-10:30am Morning Chat &amp; Chew                      9:45am-10:45am Beginner Spanish w/Esperanza                      11am-12pm Balance Boom w/Jeremy                      12:45pm-1:45pm Travelogue: Famous Parks (Video)                      1pm -1:30 Outdoor/Indoor Walking Club</p>	<p>9am-1pm CASSA Program                      9:05am-10:05am Zumba Gold                      10:15am-11:15am Soul Line Dance Class                      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</p>	<p>9am-10am Tai Chi                      9am-10am Yoga for All                      10am-11am Fun &amp; Games                      10:30AM-12PAM Low Impact Exercise Video                      11-11:45am Mental Fitness                      12:30pm-3:30pm American Mah Jongg                      1pm-2pm Integral Tai Chi Class w/JJ                      1pm-2pm Beginner Modern Line Dance Class                      6pm-9pm Soul Line Dance Party</p> 
<p>9am - 10am Tai Chi                      10am-11am Brain Games                      10am-11am Gentle Spin A                      11:15-12:15pm Gentle Spin B                      10:30am-11:30am Senior Circle w/Sante                      11am -1pm Senior Volleyball Open Play                      12:30pm - 2:30pm New Movie Monday                      12:45pm-1:45pm 12 Weeks to a Sharper You                      1pm - 3:30pm Social Bridge</p> 	<p>9:05am-10:05am Zumba Gold                      10am-12pm Spiritual Support                      10:30am-12pm Chinese Folk Dancing                      1pm-2pm Bingo Blast                      2pm-3pm Tai Chi</p> 	<p>9am-10am Tai Chi                      9:30am-10:30am Morning Chat &amp; Chew                      9:45am-10:45am Beginner Spanish w/Esperanza                      11am-12pm Balance Boom w/Jeremy                      12pm-1pm Lunch Time Tunes w/Hong                      12:45pm-1:45 Bingo: Participant's Choice                      1pm -1:30 Outdoor/Indoor Walking Club</p>	<p>9am-1pm CASSA Program                      9:05am-10:05am Zumba Gold                      10:15am-11:15am Soul Line Dance Class                      10:15am-11:15am Beginner's Mah Jongg                      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</p> 	<p>9am-10am Tai Chi                      9:30am -11:30am Dollar Tree/Aldi Shopping Trip                      10:30AM-12PM Low Impact Exercise Video                      12:30pm-3:30pm American Mah Jongg                      1pm-2pm Integral Tai Chi Class w/JJ                      1pm-2pm Beginner Modern Line Dance Class</p> 

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<p>13</p> <p>9am – 10am Tai Chi <i>9:30am-11:30am Super Best International Market Trip</i> 10am-11am Brain Games 10am-11am Gentle Spin A 11:15-12:15pm Gentle Spin B <b>10:30am-11:30am Senior Circle w/Sante</b> 11am -1pm Senior Volleyball Open Play 12:30pm – 2:30pm New Movie Monday <b>12:45pm-1:45pm Chair Yoga w/Edgar</b> <i>12:45pm-1:45pm 12 Weeks to a Sharper You</i> 1pm - 3:30pm Social Bridge</p>	<p>14</p> <p><b>9:05am-10:05am Zumba Gold</b> <i>9:30am -12pm Creative Crafts</i> <b>10:30am-11:30am Reader's Delight w/Shirley</b> 10am-12pm Spiritual Support <b>10:30am-12pm Chinese Folk Dancing</b> <b>1pm-2pm Bingo Blast</b> 2pm-3pm Tai Chi</p>	<p>15</p> <p>9am-10am Tai Chi 9:30am-10:30am Morning Chat &amp; Chew <b>9:45am-10:45am Beginner Spanish w/Esperanza</b> <b>11am-12pm Balance Boom w/Jeremy</b> <i>12pm-1pm Lunch Time Tunes w/Helaine</i> <b>12:45pm-1:45 Bingo: Participant's Choice</b> <b>1pm -1:30 Outdoor/Indoor Walking Club</b></p> 	<p>16</p> <p>9am-1pm CASSA Program <b>9:05am-10:05am Zumba Gold</b> <b>10:15am-11:15am Soul Line Dance Class</b> <b>10:15am-11:15am Beginner's Mah Jongg</b> <b>10:30AM-12PM Low Impact Exercise Video</b> 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle <i>1:30pm-3:30pm Depart for Slow Flow Yoga Trip</i> <b>2pm-3pm Tai Chi</b></p> 	<p>17</p> <p>9am-10am Tai Chi <i>9am-10am Yoga for All</i> 10am-3pm AARP Safe Driving Class <b>10:30AM-12PAM Low Impact Exercise Video</b> 12:30pm-3:30pm American Mah Jongg <i>1pm-2pm Beginner Modern Line Dance Class</i> 1:30pm-3:30pm Chinese Folk Dance</p> 
<p>20</p> <p>9am – 10am Tai Chi <i>9:30am-1:45pm Seniors on Strike Bowling Trip</i> 10am-11am Brain Games 10am-11am Gentle Spin A 11:15-12:15pm Gentle Spin B <b>10:30am-11:30am Senior Circle w/Sante</b> 11am -1pm Senior Volleyball Open Play 1pm - 3:30pm Social Bridge 12:30pm – 2:30pm New Movie Monday <b>12:45pm-1:45pm Chair Yoga w/Edgar</b> <i>12:45pm-1:45pm 12 Weeks to a Sharper You</i></p>	<p>21</p> <p><b>9:05am-10:05am Zumba Gold</b> <i>9:30am-12pm World Market Trip</i> 10am-12pm Spiritual Support <b>10:30am-12pm Chinese Folk Dancing</b> <b>1pm-2pm Bingo Blast</b> 2pm-3pm Tai Chi</p> 	<p>22</p> <p>9am-10am Tai Chi 9:30am-10:30am Morning Chat &amp; Chew <b>10:45am-12pm Celebrating Earth Day</b> <b>12:45pm-1:45pm Travelouge: Thailand (Video)</b> <b>1pm -1:30 Outdoor/Indoor Walking Club</b></p> 	<p>23</p> <p>9am-1pm CASSA Program <b>9:05am-10:05am Zumba Gold</b> <b>10:15am-11:15am Soul Line Dance</b> <b>10:15am-11:15am Beginner's Mah Jongg</b> <i>10:30am-3pm Depart: Lunch and Dallas Dance @ The Publick Playhouse</i> <b>10:30AM-12PM Low Impact Exercise Video</b> 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle <b>2pm-3pm Tai Chi</b></p>	<p>24</p> <p>9am-10am Tai Chi <i>9am-10am Yoga for All</i> 10am-3pm AARP Safe Driving Class <b>10:30AM-12PM Low Impact Exercise Video</b> 12:30pm-3:30pm American Mah Jongg <b>1pm-2pm Integral Tai Chi Class w/JJ</b> <i>1pm-2pm Beginner Modern Line Dance Class</i> 1:30pm-3:30pm Chinese Folk Dance</p> 

Mon	Tue	Wed	Thu	Fri
<p>27</p> <p>9am – 10am Tai Chi                      10am-11am Brain Games                      10am-11am Gentle Spin A                      11:15-12:15pm Gentle Spin B                      10:30am-11:30am Mental Health Bingo w/Sante                      11am -1pm Senior Volleyball Open Play                      12:30pm – 2:30pm New Movie Monday                      12:45pm-1:45pm Chair Yoga w/Edgar                      12:45pm-1:45pm 12 Weeks to a Sharper You                      1pm - 3:30pm Social Bridge</p>	<p>28</p> <p>9:05am-10:05am Zumba Gold                      10am-12pm Spiritual Support                      10:30am-1:30pm Lunch                      Bunch Trip: Kabu                      10:30am-12pm Chinese Folk Dancing                      1pm-2pm Bingo Blast                      2pm-3pm Tai Chi</p> 	<p>29</p> <p>9am-10am Tai Chi                      9:30am-10:30am Coffee w/A Cop                      10:45am-11:45am Senior Planet Presents: Digital Storytelling                      12:45pm-1:45pm Travelouge: France (Video)                      1pm -1:30 Outdoor/Indoor Walking Club</p> 	<p>30</p> <p>9am-1pm CASSA Program                      9:05am-10:05am Zumba Gold                      10:15am-11:15am Soul Line Dance                      10:15am-11:15am Beginner's Mah Jongg                      10:30AM-12PM Low Impact Exercise Video                      10am-12pm Pickleball                      12pm-4pm Bid Whist                      12:45pm-2pm Celebrating International Jazz Day w/Jazz Band Norris &amp; Friends                      2pm-3pm Tai Chi</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-4pm. Lunch is served and transportation provided daily.</p>