



White Oak Senior Center 2019

WHERE SENIORS EXPERIENCE A MEANINGFUL, ENRICHING & INSPIRING ENVIRONMENT!

WHITE OAK SENIOR CENTER!

Is an environment that stimulates and enriches the quality of life for seniors!

White Oak Senior Center provides quality, engaging and inspiring programming for adults 55+ in our community. Our programs are specifically designed for our members to continue to achieve and maintain total wellness to enrich their lives. Not only do we serve our older adults, we have created a platform where they serve our younger community as well. We strive to utilize the skills and life experiences of the wise

to create new opportunities for our youth through our intergenerational programs. We all will benefit by sharing our gifts.

OUR SECRET SAUCE

Our secret sauce to success is the diversity of our seniors. Our senior center is composed of many different nationalities, that makes us different, yet sometimes alike in some respects. We celebrate one another by embracing the cultures of all and incorporating them into our programming. We welcome you, so join us!



EXERCISE IS A LIFESTYLE

Exercise is not a chore, it is a requirement that leads to a positive quality of life for everyone who wants to embrace it.

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MENTAL EXERCISE AT WHITE OAK

White Oak programs are intentionally designed to prevent the onset of diseases that affect older adults.

EDUCATIONAL INCLUSION & PARTNERSHIPS



Asian American
Health Initiative

Together To Build A Healthy Community

Friends' Corner's goal is to provide a linguistically and culturally-competent educational discussions about health, wellness, and lifestyle to Asian American older adults.

While there are several programs for seniors in English, **Asian American Health Initiative's (AAHI)** research shows that not many exist specifically for speakers of other Asian languages. An additional benefit of this program is that AAHI has experience organizing workshops tailored to target audiences in their language. The idea of the program is to educate older adults on various health, wellness, and lifestyle topics and on relevant county resources, programs, and services in a language they understand.

Classes are held in English, Mandarin and Korean on Thursdays, 10am – 12pm



HEALTH PROGRAMS DELIVERY

Health educators and clinical staff with expertise in cancer outreach, cardiovascular care, diabetes self-management, smoking cessation, disease prevention, health promotion, and wellness education provide programming for our senior population. In addition, they provide workshops, assessments and screenings.

When: Every first Thursday of each month at 1pm.



**Free Blood Pressure Screening
Services on the Third Thursday
of each month.**

1pm

FEATURED WHITE OAK SENIORS!

We have so many fascinating seniors at our senior center and we love to showcase them because they define who we are. Here are two seniors that we thought you should meet!

MEET CHARLIE LEE!



Charlie Lee is from Korea and retired 7 years ago after owning a small business for more than 30 years. He is married with 3 kids and 2 grandkids. He loves to drink all kinds of wines and has traveled all over the world. He attends White Oak Senior Center 5 days a week and is a Ping Pong enthusiast! Say hello to Charlie!



MEET FANTAY DESALEGN!!

Fantay Desalegn was born in Addis Ababa, Ethiopia. She has five living children and 17 grandchildren. She was a stay at home mother who dedicated her life to caring for and educating her children and grandchildren.

Her words of wisdom are directed to all the people of the world. She says, "Be at peace with all countries and people. Only do good and pray with blessings for everyone!"

White Oak Seniors

White Oak Senior Center is located at 1700 April Lane, Silver Spring, MD 20904 240-777-6944.

Hours of Operation

Monday – Thurs. 9am – 3pm
Saturday Integral Tai Chi
10am-12pm

Monthly Calendar

Our monthly calendar has a listing of our current activities and events. Please visit our front desk to receive your copy.

Holiday & County Closings

Martin Luther King Jr. Day
Monday, January 21st
President's Day
Monday, February 18th
Memorial Day
Monday May 27th

IF MCPS IS CLOSED OR DELAYED

When MCPS are delayed: Senior Centers will open at 10 a.m. The senior nutrition and transportation programs are canceled.

When MCPS are closed: Senior Centers are closed, and all senior programming is canceled.



How to sign up and pay for classes

All paid classes are sponsored by Holiday Park Seniors Incorporated (HPSI). The White Oak Senior Center front desk is open for transactions between 9am-3pm Monday- Friday. Cash and check payments are accepted. Entire fee is due when registering for class. Make checks payable to HPSI for classes with an asterisk * only.

All other classes are free of charge and participants may drop-in.

Do You Have an ACCESS CARD?

This free card counts participation and attendance at the White Oak Senior Center. Using your REC card lets Montgomery County Government keep track of your facility use and supports both program and staff budget requests.

This card is FREE.
Sign-up at the reception desk.

PICKLEBALL, SENIOR FIT & TAI CHI SWORD



Senior Fit

Senior Fit is one of our largest exercise classes for all fitness levels! Bring your own weights and we will do the rest!



Tai Chi Sword

We have several Tai Chi classes 5 days a week and they are all different. If you want to get better with your balance and focus, then this is the class to join!

DID YOU KNOW?

30 minutes

Seniors should get about 30 minutes of exercise per day! We can help you achieve that! We have exercise classes 6 days a week!

Exercise Programs

Bone Builders

Tuesday & Thursday

11am - 12pm

Sponsored by:

Retired Senior Volunteer Program
Osteoporosis Prevention and Management exercise program to improve bone density using weights and balance exercises.

Must register online:

activemontgomery.org

Brain Fitness

2nd Monday

1pm - 2pm

Sharpen your mind, improve your memory and keep your brain fit.

Chair Strength Training

Monday

11am - 11:50am

Instructor: Mary-Jo Cosgrove

Exercises are done seated and standing depending on physical endurance.

Chinese Folk Dance

Tuesday 2pm- 3pm

Instructor: Ming Shan

Come learn and experience Chinese folk dancing to Chinese inspired music.

Full Body Stretch

Monday 10am - 10:50am

Instructor: Mary-Jo Cosgrove

Full body stretch class created to target muscles and relieve all stress and stiffness in your body. Class is performed lying down or sitting in chair.

Meditation

Wednesday 2pm - 4pm

Friday (Self-Guided) 2pm - 4pm

Instructor: Chuan Truong

Relax with guided meditation. Bring a pillow/cushion, yoga mat and water.

Pickleball

Tuesday 6pm - 9pm

Thursday 10am - 12pm

This game is the fastest growing sport in America. Pickleball is a cross between badminton, tennis, and table tennis.

Table Tennis Club

Monday - Friday

10am - 12pm & 1pm - 3pm

Come work your arms and move that little ball right pass your opponent.

Senior Fit

Tuesday & Thursday

9am - 9:45am

Instructor: Chatarina Lindvall

Sponsored by Holy Cross Hospital

Low impact movement using weights and elastic tubes.

A liability form is needed located at our front desk. Bring your equipment and water.

Soul Line Dance

Thursday 10am - 11:15am

Instructor: Peytrienne McCormick

Groove to soulful music while learning "Soul Line Dancing" step by step and energizing your body.

Wellness Qigong & Tai Chi*

Monday 9am - 10am

See front desk for pricing.

Instructor: Dr. Basdavanos

Relaxing, flowing series of "Qi Gong" movements with simple stretches, deep breathing, awareness, and balancing as we explore Tai Chi.

Tai Chi (Beginners)

Monday 2pm - 3pm

Friday 9am - 10am

Instructor: Kirk Talbott

Class is for beginners and persons desiring review of foundation movements.

Tai Chi (Intermediate)

Wednesday & Thursday

9am - 9:50am

Instructor: Kirk Talbott

Relaxing, flowing series of "QiGong" movements with simple stretches, deep breathing, awareness, and balancing. FREE



Tai Chi

Thursday 10am - 11:30am

Instructor: Hui

Intermediate Chinese Tai Chi teachings.

Tai Chi (Integral)

Saturday 10am - 12pm

Instructor: Tammy Hilton

Integral Tai is a series of 10 forms of exercises combining yoga, Tai Chi, Qi Gong and meditation. Bring a mat, hand towel and water.

Volleyball

Monday 10:30am - 12pm

Open modified volleyball with play rotation.

Gentle Yoga Wednesday

11am-11:50am

Instructor: Regine Clermont

Improving strength, flexibility, balance, posture and breathing exercises.



Video Exercise Classes

Zumba Gold

Tuesday 10:30am - 11:30am

Wednesday 10am - 10:50am

Chair Strength

Tuesday 1pm - 2pm

Thursday 1pm - 2pm

Walking Exercise

Friday 10am - 11am

Monthly Dance Events

Soul Line Dance Party!

Every 2nd Friday of each month 5pm - 9pm \$5.00



Join us each month on our Senior Zone Chesapeake Beach Trip!

Every 3rd Thursday of each month from 10am - 4pm

Ticket Cost: \$45.00 + (\$25.00 for Senior Zone Charter Bus)

You may also drive if you prefer.

Here is what you get.....\$25 Slot Machine Voucher, Buffet Style Lunch, Live Entertainment with instructional Line & Hand Dancing!

Wellness and Educational Programs

Bid Whist & Spades

Thursday 11am - 2pm

Enjoy refreshments, oldies music and socialization while playing cards.

Blood Pressure Screening

Every 2nd Tuesday

9:45am - 10:45am

Every 3rd Thursday

1:30pm - 2:30pm

Service provided by Holy Cross Hospital and Washington Adventist Hospital.

Bridge (Social)

Monday 1pm - 3:30pm

Join our group and test your bridge skills.

Chinese Karaoke

Thursday

10am - 11:30am

Have fun singing popular Chinese tunes.

Crocheting & Knitting

Thursday

1:30pm - 3pm

Socialize, share techniques and meet new friends. Bring your own yarn and needles.

Dollar Bingo! *

2nd & 4th Wednesdays

10am - 11am

Drop your dollar at the door and play for a prize! **Cost: \$1.00**

First Monday Movies

12:15pm - 3pm

Be entertained by a Redbox movie.

Mahjong (American Version)

Wednesdays and Fridays

12:30pm - 4pm

Instructor: Barbara Bryce

Mahjong is a game of skill, strategy and calculating degree of chance.

Mahjong (Asian Version)

Tuesday & Thursday

10am - 2pm

Enjoy a high-spirited game of mahjong.

Memory Café

Every 2nd Thursday 10am – 12pm

Alzheimer's Association Memory Cafes offer a fun way for people living with early-stage memory loss to get connected.

OASIS Women's Discussion

2nd Tuesday of each month

10:30am - 12pm

Sponsored by OASIS. *Sherry Starr, Facilitator*

Current events, what's on your mind. To register call 301-469-6800 ext. 211.

Spiritual Support Group

Tuesday

10am - 12pm

This class will provide you with spiritual guidance and discussion.

Care Coordinator Social Service

Monday

1:15pm - 3:00pm

The Care Coordinator assists seniors with county services such as: Food, Emergency Assistance, Medical Assistance, Utilities, Legal Matters, Literacy classes, Resources for immigrants and Mental Wellness.

The Elegant Aging Woman Discussion Group

2nd & 4th Thursday

1pm - 2pm

A time to celebrate our greatness and encourage one another.



White Oak Senior Services

White Oak Senior Center

Transportation Service!

Monday through Friday * Morning Pick Up and Afternoon

Drop Off. Service is provided within a 5-mile radius of the

center. Buses are wheelchair, walker and cane accessible. Pickup locations are determined by address of participants. Spend some time with us!



Senior Nutrition Program



Monday through Friday, 12 noon.....Mix n' mingle, and enjoy a healthy meal for persons age 60 or older. Please contribute as much as you can. Contributions are used to serve more meals in the county. The full cost of the meal is \$5.63. The recommended donation is \$2.00. Guests (including caretakers) under age 60 must pay full cost. To learn more about the program or to volunteer to assist during the lunch hour, please see staff at the Front Desk. Call 240-777-6944.

Volunteers Always Needed!

We are always looking for volunteers to help us with our programs. If you have a desire to improve our program and would like to render your services, we would love your help. We are looking for people to answer the phones, help greet our members, help set up for events, and help create programs of interest. If you have an interest and would love to teach a class, workshop, or seminar on something that you have experience or knowledge in, please let us know. We are looking for ideas and welcome our members to share their gifts.