

WHITE OAK SENIOR CENTER

October 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
Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line teanna.abraham@montgomerycountymd.gov Kathe Brown Program Assistant Esperanza Rubio-Garcia Program Assistant Nancy Court Program Assistant Denise Perdue Program Assistant June Kim Program Assistant Abeo Castro Nutrition Manager Edna Bamfo Nutrition Manager Senior Nutrition Program 240-777-6866	Kensington Club is a social day club for seniors with early-stage memory loss. Registration required. For information, call 301-255-4221 White Oak Senior Center is open Monday through Friday 9am-4pm. Lunch is served and transportation provided daily. Please email TeAnna.abraham@montgomerycountymd.gov to register for Zoom classes		1 No Beginner Pickleball w/Brad 9:05am-10:05am Zumba Gold 10:15am-11:30am 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 	2 9am-10am Tai Chi 9am-10am Yoga for All 10:30AM-12PM Low Impact Exercise Video 10:30am-11:30am Beginner Modern Line Dance Class 11am-12pm Balance Boom B 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ` 6pm-9pm Hispanic Heritage Festival

Mon	Tue	Wed	Thu	Fri
5	6	7	8	9
9am – 10am Tai Chi 10am-11am Brain Games 10am-11am Gentle Spin A 11:15am-12:15pm Gentle Spin B 10:30am-11:30am Senior Circle w/Sante 11am -1pm Senior Volleyball Open Play 12:45pm – 2:45pm New Movie Monday 12:45pm-1:45pm Chair Yoga w/Edgar 1pm - 3:30pm Social Bridge	9:05am-10:05am Zumba Gold 10am-12pm Spiritual Support 10:30am-11:30am Reader's Delight w/Shirley 10:30am-12pm Chinese Folk Dancing 1pm-2pm Bingo Blast 2pm-3pm Tai Chi	9am-10am Tai Chi 9:30am-10:30am Morning Chat & Chew 11am-12pm Balance Boom A 12:45pm-1:45 Bingo: Participant's Choice 2pm -2:30 Outdoor/Indoor Walking Club	9am-10am Beginner Pickleball w/Brad 9:05am-10:05am Zumba Gold 9:30am-12:30pm Depart: U.S. Botanc Garden Tour 10:15am-11:30am Soul Line Dance Class 10:15am-11:15am Beginner Mah Jongg 10:30AM-12PM Low Impact Exercise Video 10:30am-12pm Women's Discussion Group 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 2pm-3pm Tai Chi	9am-10am Tai Chi 9am-10am Yoga for All 9:45am -11:45am Dollar Tree/Aldi Shopping Trip 10:30AM-12PM Low Impact Exercise Video 10:30am-11:30am Beginner Modern Line Dance Class 11am-12pm Balance Boom B 12:30pm-3:30pm American Mah Jongg No Integral Tai Chi Class w/JJ Today 6pm-9pm Soul Line Dance Social
				

Mon	Tue	Wed	Thu	Fri
12	13	14	15	16
9am – 10am Tai Chi <i>9:45am -11:45am Depart:</i> <i>2nd Ave Thrift Store</i> 10am-11am Brain Games 10am-11am Gentle Spin A 11:15am-12:15pm Gentle Spin B 10:30am-11:30am Senior Circle w/Sante 11am -1pm Senior Volleyball Open Play <i>12pm-1pm Lunch Time</i> <i>Tunes w/Hong</i> 12:45pm – 2:45pm New Movie Monday 12:45pm-1:45pm Chair Yoga w/Edgar 1pm - 3:30pm Social Bridge	9:05am-10:05am Zumba Gold 9:30am -12pm Creative Crafts w/Eileen 10am-12pm Spiritual Support 10:30am-12pm Chinese Folk Dancing 1pm-2pm Bingo Blast 2pm-3pm Tai Chi 	9am-10am Tai Chi 9:30am-10:30am Morning Chat & Chew 10am -11:30am Wii Bowling Demo w/Matt 11am-12pm Balance Boom A 12:45pm-1:45 Bingo: Participant's Choice 2pm - 2:30pm Outdoor/Indoor Walking Club 	9am-10am Beginner Pickleball w/Brad 9:05am-10:05am Zumba Gold 10:15am-11:30am Soul Line Dance Class 10:15am-11:15am Beginner Mah Jongg 10:30AM-12PM Low Impact Exercise Video 10:30am-12pm Women's Discussion Group 11am -1:30pm Lunch Bunch: Kabu 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 2pm-3pm Tai Chi	9am-10am Tai Chi <i>9am-10am Yoga for All</i> <i>10am-3pm AARP Safe Driving Class</i> 10:30AM-12PM Low Impact Exercise Video <i>10:30am-11:30am Beginner Modern Line Dance Class</i> 11am-12pm Balance Boom B 12:30pm-3:30pm American Mah Jongg No Integral Tai Chi Class w/JJ Today <i>2:30pm-3:30pm Beginner Hip Hop Dance Fitness</i>

Mon	Tue	Wed	Thu	Fri
19	20	21	22	23
9am – 10am Tai Chi 10am-11am Brain Games No Gentle Spin A & B Today 10:30am-11:30am Senior Circle w/Sante 11am -1pm Senior Volleyball Open Play 12:45pm – 2:45pm New Movie Monday 12:45pm-1:45pm Chair Yoga w/Edgar 1pm - 3:30pm Social Bridge 	No Zumba Gold <i>9:30am-12:45pm Depart: Josiah Henson Museum</i> 10am-12pm Spiritual Support <i>10:30-11:30 Senior Planet Presents: Everyday Uses of AI</i> 10:30am-12pm Chinese Folk Dancing 1pm-2pm Bingo Blast 2pm-3pm Tai Chi <i>4pm-7:30pm Depart: Dussehra Festival @ Gaither Senior Center</i>	9am-10am Tai Chi 9:30am-10:30am Morning Chat & Chew <i>9:45am -12:15pm Depart: Butler's Orchard</i> 11am-12pm Balance Boom A 12:45pm-1:45pm Participant's Choice Today <i>12pm-1pm Lunch Time Tunes w/Helaine</i> 2pm - 2:30pm Outdoor/Indoor Walking Club 	9am-10am Beginner Pickleball w/Brad No Zumba Gold 10am-12pm Pickleball 10:15am-11:30am Soul Line Dance Class <i>10:15am-11:15am Beginner Mah Jongg</i> 10:30AM-12PM Low Impact Exercise Video 10:30am-12pm Women's Discussion Group 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 2pm-3pm Tai Chi 	<i>Marylan Senior Olympics Wii Bowling Competition</i> 9am-10am Tai Chi <i>NoYoga for All</i> 10:30AM-12PM Low Impact Exercise Video No Balance Boom B 12:30pm-3:30pm American Mah Jongg <i>2:30pm-3:30pm Beginner Hip Hop Dance Fitness</i> 

Mon	Tue	Wed	Thu	Fri
26	27	28	29	30
9am – 10am Tai Chi 10am-11am Brain Games No Gentle Spin A & B Today 10:30am-11:30am Senior Circle w/Sante No Senior Volleyball 12:45pm – 2:45pm New Movie Monday 12:45pm-1:45pm Chair Yoga w/Edgar 1pm - 3:30pm Social Bridge	No Zumba Gold 10am-12pm Spiritual Support <i>10:30am-11:30am Laughter Is Great Medicine</i> 10:30am-12pm Chinese Folk Dancing 1pm-2pm Bingo Blast 2pm-3pm Tai Chi 	9am-10am Tai Chi 9:30am-10:30am Morning Chat & Chew 11am-12pm Balance Boom A No Bingo: Participant's Choice <i>1pm-2pm Night & Day presents: Cole Porter Music</i> 2pm - 2:30pm Outdoor/Indoor Walking Club 	9:05am-10:05am Zumba Gold No Pickleball <i>9:45am -12:45pm Depart: H Mart Shopping Trip</i> 10:15am-11:30am Soul Line Dance Class <i>10:15am-11:15am Beginner</i> <i>Mah Jongg</i> 10:30AM-12PM Low Impact Exercise Video 10:30am-12pm Women's Discussion Group 12pm-4pm Bid Whist 12:45-1:45pm Super Power Dance Circle 2pm-3pm Tai Chi 	9am-10am Tai Chi <i>No Yoga for All</i> 10:30AM-12PM Low Impact Exercise Video <i>10:30am-11:30am Beginner Modern Line Dance Class</i> 11am-12pm Balance Boom B 12:30pm-3:30pm American Mah Jongg No Integral Tai Chi Class w/JJ Today <i>No Beginner Hip Hop Dance Fitness</i>