

WHITE OAK ACTIVE ADULTS

If you would like to participate in any of our programs, please sign up at the front desk or call the White Oak senior line at 240-777-6944.

Would you like to be on our email mailing list to receive our Newsletter and updates?

Our email listing is located at the Senior Center front desk.

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.

White Oak Senior Center Staff

Director of Senior Center
Shememe Williams
240-777-6945

Robinette Gordon, Barbara Moreland, Donna Jones
Staff

Showet Blyther
Nutrition Program Coordinator
240-777-6944

White Oak Senior Center
1700 April Lane
Silver Spring, MD 20904

240-777-6944



WHITE OAK Senior Center

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July 2013 Newsletter



WHITE OAK DAY!

White Oak Spotlight

White Oak Active Adult Program

Where Active Adults Experience a
Meaningful, Enriching, & Inspiring Environment!

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 will we be serving our older adults but we will create a platform where they will 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 program. We will all benefit by sharing our gifts.

White Oak Active Adult Event of the Month!

WHITE OAK DAY

Featured on the cover!

An Extraordinary Experience and White Oak Senior Center!

On Friday, June 14th, we celebrated our 1 year anniversary by having an extraordinary event. This event was our first intergenerational event where our youth and seniors came together as one unit. We celebrated with food, entertainment and Fun! Fun! Fun!!! Not only did we want to showcase how far we've come this year but we displayed our ability to share common goals of wellness and active living. There were several local community vendors who showcased their services to support either our senior program, youth program or both. The entertainment was a mixture of older adults and youth sharing the same stage. This is the reason why White Oak recreation center exists. Our entire staff consisting of the senior program and the youth program came together in unity which made the event even more special. This building was specifically created with bridging the gap of children and seniors and although separated physically, we share the same vision by providing quality programming for all. Let's celebrate ourselves for being passionate about our community! There is a lot more to come!

Each month we will feature a different member of the White Oak Active Adult Center. If you know someone 55yrs+ who would be a great feature for our Newsletter, please contact Shememe Williams, White Oak Senior Center Director. 240-777-6945 or Nekia.Williams@montgomerycountymd.gov

You all are inspiring because you are here!



1700 April Lane
Silver Spring, Maryland 20904

240-777-6944

montgomerycountymd.gov/rec

Center Hours:

Monday through Friday

9:00 a.m. - 3:00 p.m.

*Where Active Adults Experience
a Meaningful, Enriching and
Inspiring Environment!*

Join Us!



**White Oak Community Center
will be CLOSED on July 4th for the holiday
and during SUMMER BREAK!**

Sunday, August 4 through Sunday, August 18

**Being that we are closed for 2 weeks during the month of August,
we will not distribute an August Newsletter. However, we will
issue a calendar for your convenience.**

SPECIAL EVENT IN JULY

**Summer Break Party!!!!
Friday, July 26th 1:30 - 3:00pm**

Celebrate with us and bring your favorite dessert or food item as we close for 2 weeks in the summer. Please sign up at front desk by **Friday, July 19th** if you plan on attending or bringing something.

Inclement Weather Policy

When Montgomery County Public Schools are closed, all senior classes and programs, including lunch, will be **CANCELED**. If Montgomery County Public Schools have a delayed opening, all classes or events scheduled to begin before 10:00 a.m. will be canceled. The Center will open at 10:00 and lunch will **not** be served. During inclement weather, please listen to your radio (WTOP 103.5 FM) or television news for possible school closings or delayed openings. If in doubt, please call the Center at 240-777-6944 for further information. Please keep in mind that staff members may not be able to get to the Center because of dangerous conditions.

Seniors with disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with Americans with Disabilities Act. (ADA) If you need auxiliary aids or services in order to participate, call 240-777- 6960/TTY 240-777- 6974, at least 2 weeks prior to the start of the activity.

LIVING BY DESIGN

What is Living by Design?

Variety of balanced programs and activities: We are a full service facility serving 55+ Active Adults 5 days a week. Our Active Adult programs are a wonderful opportunity for you to gather for educational experiences, exercise and entertainment programs. Along with dance and social activities, we offer a variety of special programs and events. As a part of your experience, we will offer you an opportunity to share your purpose and ambitions for 2013. Our mission will be to design our programs with you in mind based on your desires and aspirations. At the end of the year, we will revisit your yearly aspirations and see how you have progressed. This process will allow us to help you live according to your design. Living by design will allow us to bring purposeful programming to you throughout the year.

PROGRAM DESCRIPTIONS

Note: All programs are FREE except when indicated by.* All programs are subject to change. If interested in a program, we ask that you sign up in advance.

FITNESS, DANCE AND EXERCISE PROGRAMS DESIGNED TO HELP WAKE UP YOUR BONES AND MUSCLES

Bone Builders – Wednesdays & Fridays 2:00pm - 3:00pm

Sponsored by: Retired Senior Volunteer Program and Aging & Disability Services Osteoporosis Prevention and Management exercise program to improve bone density by using weights and balance exercises.

Chair Aerobics – Mondays 11:00am - 11:45am

Instructor: Clarissa Watkins

A class designed to enhance the participant's sense of physical and mental well-being by increasing muscle strength, endurance, flexibility, and improving balance. Balls and therabands will be provided. Exercises are done seated and standing depending on physical endurance.

Chair Yoga* – Wednesdays 1:40pm - 2:40pm June 19th- July 24th

Instructor: Holy Cross

Enjoy yoga with the help of a chair! Chair yoga is done seated and standing using a chair to assist in improving balance, strength and flexibility. Classes also include breathing exercises and guided relaxation. Chair Yoga is a good choice for people with movement limitations who want the benefits of yoga in a supportive atmosphere. **\$30.00 fee**

FITNESS, DANCE AND EXERCISE PROGRAMS DESIGNED TO HELP WAKE UP YOUR BONES AND MUSCLES

Chinese Folk Dance – Tuesdays 10:30am - 11:30am Instructor: Ming Shan
Come learn and experience Chinese Folk Dancing to Chinese-inspired music. It will be a rewarding experience that will leave you with a feeling of joy and exhilaration.

Functional Balance – Thursdays 11:00am - 11:45am Instructor: Shememe Williams
Low impact movements designed to help you improve your ability to control your balance more efficiently in your day-to-day activities.

Healthy Heart Aerobics – Fridays 1:30pm - 2:30pm Instructor: Maria Analuisa
Low impact aerobics exercise to help strengthen the heart and lungs geared to give you more energy and help manage weight.

Line Dance – Mondays 10:00am - 11:00am Instructor: Gerri Doswell
Low impact line dancing that uses a variety of methods to aid in easy body movements.

Arthritis (Low Impact Chair Fitness) – Mondays 1:15pm - 2:15pm Instructor: MariaElena Analuisa
Anyone can get the physical movement needed to boost energy, relieve arthritis pain. This fitness program is a 60-minute balanced exercise routine proven to ease arthritis no matter what shape and age you are in now.

Ping Pong Club – Tuesdays 10:30am - 12pm & 1pm - 3pm
Test your skills and strengthen your arm as you play with friends, relatives and foes!
Who comes out victorious!

Senior Fit – Tuesdays & Fridays 9:00am - 10:00am Instructor: Chatarina Lindvall
Especially for seniors using low impact movement, weights, and elastic tubes for proven increased bone density. Pick up a permission form located at our front desk to be filled out by your physician in order to participate. Sponsored by Holy Cross Hospital.

Senior Sneaker Circuit Training Instructor: Shememe Williams
Tuesdays & Fridays 10:00am - 11:00am June 11th - August 2nd
If you have a senior sneaker membership, this class is for you! We will have a personal trainer to guide you through a series of exercises located in a group setting. You will exercise at each station with a 60 to 90 second rest between stations. It will be a combination of muscle strengthening exercises with aerobic activity.

Soul Line Dance – Thursdays 10:00am - 11:00am Instructor: Peytrienne McCormick
Groove to some soulful music with “Pat” as she teaches “Soul Line Dancing” step by step.

WELLNESS & EDUCATIONAL LECTURES

Great American Opera Singers
Ernest Liotti, Music Historian, Peabody Institute
Tuesday July 9th 1:30pm - 3:30pm Fee: \$20

The 20th century witnessed a parade of born-in-the-U.S.A. opera stars - Rosa Ponselle, Maria Callas, Roberta Peters, Leontyne Price, Beverly Sills, Grace Bumbry, Richard Tucker, Jan Peerce, Robert Merrill, Mario Lanza, Samuel Ramey, and so many more. Come enjoy this celebration of American opera singers. This class is through Oasis. To register: call 301-469-6800 ext. 211.

Shopper and Bill Paying Program
(A Workshop for Shopping & Bill Pay Assistance)
Wednesday, July 10th 1:00pm - 2:00pm

Interested in being matched with a volunteer who provides shopping and errand assistance? Need a little help with bill paying, filling out forms or paperwork? This workshop discusses all of this and more. This program links older adults to services and resources so that they can live as independently as possible. Come learn how this program may benefit you. Workshop sponsored by The Senior Connection.

Feel Good, Feel Better (A workshop for cancer survivors)
Tuesday, July 16th 1:15pm - 2:15pm

Come listen and learn how to cope with the fears and stresses of having survived cancer. Workshop sponsored by Suburban Hospital.

Safe and Easy Living At Home For Seniors
Thursday, July 25th 1:30pm - 2:30pm

Come listen to simple, concrete ideas to avoid falls and injuries at home presented by an experienced occupational therapist who became a senior herself this year. Simple gadgets and adaptations will be demonstrated.

Learn the Basics of Photography with Paul Mink
Tuesday, July 23rd 1:30pm - 3:00pm

This class explores the use of your camera, the elements of exposure to produce a good photograph and how to compose as you shoot. Fundamental beginning steps in photography will be discussed. A follow up class will be scheduled to answer questions that come up as you work with these basics.

CULTURAL ARTS & EDUCATIONAL PROGRAMS ARE DESIGNED TO INFORM & MENTALLY STIMULATE KEEPING YOU ENRICHED IN ACTIVITY.

Senior Nutrition Lunch Program – Mondays, Wednesdays & Fridays- 12:00 pm

Socialize, Mix n' Mingle, and enjoy a healthy and appetizing meal. For persons age 60 or older, or a spouse of any age, a voluntary contribution is requested. Guests (including caretakers) under age 60 must pay full cost. **The full cost of the meal is \$5.49.** Please make or cancel your reservations for lunch at White Oak Senior Center by noon a day in advance. **Call 240-777-6944 and ask for Nutrition Site Manager, Showet Blyther.**

WHITE OAK AT THE MOVIES – FRIDAYS 10:30AM – 12:30PM

ENJOY A GOOD MOVIE WITH YOUR PEERS WHILE EATING FRESHLY POPPED POPCORN!

Friday, July 5 – Hyde Park on Hudson (R)

In June 1939, President Franklin Delano Roosevelt and his wife, Eleanor, host the King and Queen of England for a weekend at the Roosevelt home at Hyde Park, in the first-ever visit of a reigning English monarch. With Britain facing imminent war with Germany, the Royals are desperately looking to FDR for support. But international affairs must be juggled with the complexities of FDR's domestic establishment, as wife, mother and mistresses all conspire to make the royal weekend an unforgettable one.

Friday, July 12 – The Life of Pi (PG-13)

A Montreal writer in search of his next project happens across the incredible story of Piscine Militor Patel. Pi was born in India in the 1970s and spends his days among tigers, zebras, and other exotic creatures at the zoo his father owns. He develops his own theories about faith, belief and human (and animal) nature – but after Pi attempts to befriend a Bengal tiger named Richard Parker, the young boy learns a harsh lesson about relationships between human and beast. When Pi is 17, his parents emigrate to Canada to find a better life and board a cargo ship with their belongings and some of the zoo animals. A massive storm sinks the ship, but Pi miraculously survives along with a most unexpected traveling companion – Richard Parker. The two castaways face unimaginable challenges, but through it all, Pi finds joy and beauty in the watery world into which he has been cast.

Friday, July 19 – Parental Guidance (PG)

Old school grandfather Artie is accustomed to calling the shots. He meets his match when he and his eager-to-please wife Diane agree to babysit their three grand-kids when their type-A helicopter parents go away for work. But when 21st century problems collide with Artie and Diane's old-school methods of tough love and old-fashioned games, it's learning to bend that binds the family together.

Friday, July 26 – Promised Land (R)

Steve has been dispatched to the rural town of McKinley with his sales partner, Sue Thomason. The town has been hit hard by the economic decline of recent years, and the citizens are likely to accept their company's offer, for drilling rights to their properties, as much-needed relief. What seems like an easy job and a short stay for the duo becomes complicated when Dustin Noble, a slick environmental activist, arrives.

FITNESS, DANCE AND EXERCISE PROGRAMS DESIGNED TO HELP WAKE UP YOUR BONES AND MUSCLES

Tai Chi – Mondays, Wednesdays 9:00am-10:00am

Instructors: Dr. Michael Basdavanos & Kathryn Von Rautenfeld
Relaxing, flowing series of "Qi Gong" movements that combine simple stretches, deep breathing, awareness, and balancing as we introduce and explore Tai Chi.

Tai Chi & Qigong– Fridays 11:30am-12:30pm

Instructor: Dr. Michael Basdavanos
Relaxing, flowing series of "Qi Gong" movements that combine simple stretches, deep breathing, awareness, and balancing as we introduce and explore Tai Chi.



Tai Chi (Cane, Stick and Sword) Tuesdays 10:30am - 11:30am

This is an intermediate and advanced level class designed to improve and enhance your stability with a focus on using a cane, stick and sword.

Zumba Gold* - Wednesdays 10am - 11am

Instructor: Caroline Ferrante-Grossman
Challenging dance routines specifically designed for the active adult. Make sure you are signed up! ***Fee: \$25.00 for 5 classes or \$7.00 for drop-ins.**

CULTURAL ARTS & EDUCATIONAL PROGRAMS ARE DESIGNED TO INFORM & MENTALLY STIMULATE KEEPING YOU ENRICHED IN ACTIVITY.

Blood Pressure Screening – Friday, July 19th 9:45am-11:00am

Facilitator: Holy Cross Hospital

Bridge Class – Mondays 1:30pm - 3:00pm

Instructor: Daisy Smith
Why play bridge? It stimulates the brain, helps concentration, improves judgment and most of all it's fun!

Expressive Art Therapy – Thursdays 11:00 am - 12:00 pm

Instructor: Barbara Moreland
Use words or images to respond to a single simple question or idea. Drawing, painting and collage for 1st half hour; discussion for 2nd half hour.

Mahjong (Board Game) – Tuesdays 10:30am - 12:00pm & 1pm - 3pm

Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. Join us!

The Summer Garden – Thursdays 1:30pm - 2:30pm

Instructor: Barbara Moreland
Are you getting everything you can out of your garden in this area's hot summers? Work toward an all-season garden and discover what kind of garden fits your lifestyle.

White Oak Senior Center July Calendar

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Tai Chi 9am - 10am Line Dance 10am - 11am Ask Congressman Sarbanes 10am - 11:30am Chair Aerobics 11am - 11:45am Nutrition Lunch Program 12pm Arthritis-Low Impact Chair Fitness 1:15pm - 2:15pm Bridge 1:30pm - 3pm</p>	<p>2</p> <p>Senior Fit 9am - 10am Senior Sneaker Circuit Training 10am - 11am Tai Chi (Cane, Stick & Sword) 10:30am - 11:30am Chinese Folk Dance 10:30am - 11:30am Mahjong (Board Game) 10:30am - 12pm Ping Pong Club 10:30am - 12pm Mahjong (Board Game) 1pm - 3pm Ping Pong Club 1pm - 3pm</p>	<p>3</p> <p>Tai Chi 9am - 10am * Zumba Gold 10am - 11am Nutrition Lunch Program 12pm * Chair Yoga 1:40pm - 2:40pm Bone Builders 2pm - 3pm</p>	<p>4</p> <p>CLOSED FOR THE HOLIDAY 4th of July</p> 	<p>5</p> <p>Senior Fit 9am - 10am Senior Sneaker Circuit Training 10am - 11am Nutrition Lunch Program 12pm Movie: "Hyde Park on Hudson" 10:30am - 12:30pm Tai Chi & Qigong 11:30am - 12:30pm Healthy Heart Aerobics 1:30pm - 2:30pm Bone Builders 2pm - 3pm</p>
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<p>29</p> <p>Tai Chi 9am - 10am Line Dance 10am - 11am Cancelled today Chair Aerobics 11am - 11:45am Nutrition Lunch Program 12pm Arthritis-Low Impact Chair Fitness 1:15pm - 2:15pm Bridge 1:30pm - 3pm</p>	<p>30</p> <p>Senior Fit 9am - 10am Senior Sneaker Circuit Training 10am - 11am Tai Chi (Cane, Stick & Sword) 10:30am - 11:30am Chinese Folk Dance 10:30am - 11:30am Mahjong (Board Game) 10:30am - 12pm Ping Pong Club 10:30am - 12pm Mahjong (Board Game) 1pm - 3pm Ping Pong Club 1pm - 3pm</p>	<p>31</p> <p>Tai Chi 9am - 10am * Zumba Gold 10am - 11am Nutrition Lunch Program 12pm Bone Builders 2pm - 3pm</p> 		<p>NOTES: ξ All programs are FREE except when indicated by *. See newsletter for fees & class descriptions. ξ Red Text indicates New Class ξ Blue Text indicates Workshop</p>