

WHITE OAK SENIOR ACTIVITIES

January 2026 Calendar

YOGA CLASS

Wednesdays & Mondays

11:00AM to 12:00PM

GENTLE EXERCISE

Tuesdays 1/13, 1/20 & 1/27

2:30PM to 3:30 PM

COFFEE HOUR

Thursdays 1/15 & 1/29

9:30AM to 11:00AM

CARDIO DRUMMING

Tuesdays 1/20 & 1/27

1:00PM to 2:00PM

NO WALK-INS

MONTHLY MEETING

Dr. Max Kisan - Chiropractor
Topic-Wellness for Seniors

Wednesday 1/14

1:00PM to 3:00PM



Activities held at The White Oak Community Center-
1798 Lower Heckman Rd.