Wheaton Fifty Fit (55+) May 2024 - Spring Session Dates/Times/Locations of 55+ programs may be subject to change without prior notice. Monday Wednesday Thursday Friday Tuesday 9:30am Wheaton Walks 9:45am Zumba(Cancelled) 11am Intro to Drawing 9:30am 55+ Yogalates(Cancelled) 12pm Lunch 10am Conversational Spanish 9:30am Chinese Dance & Fitness 1pm Ballroom/Line Dance 10:50am Muscle UP!(Cancelled) 10am Memoir Writing 12pm Ukulele for Beginners 11am Painting with Acrylics 11am 55+ Superpower Dance 1pm Let's Practice Ukulele! 12pm Lunch Circle(Cancelled) 1pm Qigong 1pm Jewelry Club 12pm Lunch 1:30pm 55+ Superpower Dance 2pm Zumba 1pm Ballroom/Line Dance 3pm 55+ Yoga(Cancelled) Circle(Cancelled) 1-4pm Mahjongg(Cancelled) 3:45pm-6:15pm 1:1 Tech Support 3pm Yoga Para Todos(Cancelled) 2:15pm 55+ Beginners Ballet 5:30pm Mixed Level Yoga Flow 3:45pm-6:15pm 1:1 Tech Support 3:45pm-6:15pm 1:1 Tech Support 4pm Mixed Level Yoga Flow 9 10 9:05am 55+ Yoga(Cancelled) 9:05am Full Body Workout 10am Beginners English 9:45am Zumba(Cancelled) 9:30am Wheaton Walks 10am Muscle UP!(Cancelled) 10am Intermediate Spanish 9:30am 55+ Yogalates(Cancelled) 11am Intro to Drawing 10am Conversational Spanish 10am Beginners Spanish 11am Zumba 9:30am Chinese Dance & Fitness 12pm Lunch 10:50am Muscle UP!(Cancelled) 10am Social Line Dance 12pm Lunch 10am Memoir Writing 1pm Ballroom/Line Dance 11am Painting with Acrylics 11am 55+ Superpower Dance Circle 12:30pm Drawing & Illustration 11am 55+ Superpower Dance Circle 12pm Ukulele for Beginners 11:30am-1pm Mother's Day Brunch 1:30pm 55+ Beginners Ballet 12pm Lunch 1pm Let's Practice Ukulele! *Pre-Registration Required 12pm Lunch 1pm Chinese Folk Dance 1pm Ballroom/Line Dance 1pm Jewelry Club 12pm Lunch 1pm-3pm Needles & Yarn 1-4pm Mahjongg(Cancelled) 3pm 55+ Chair Yoga(Cancelled) 1-4pm Mahjongg 2pm Zumba(Cancelled) 1pm Qigong 1pm-3pm Neeles & Yarn 3:45pm-6:15pm 1:1 Tech Support 2:15pm 55+ Beginners Ballet 3pm 55+ Yoga(Cancelled) 1:30pm 55+ Superpower Dance Circle 1:30pm Zumba Gold(Cancelled) 3:45pm-6:15pm 1:1 Tech Support 3:45pm-6:15pm 1:1 Tech Support 3pm Yoga Para Todos(Cancelled) 2:30pm Yuan Chi Dance 5:30pm Mixed Level Yoga Flow 3:45pm-6:15pm 1:1 Tech Support 2:45pm Tai Chi 4pm Mixed Level Yoga Flow 3:45pm-6:15pm 1:1 Tech Support *Participants must be registered prior to participating in any Wheaton 55+ program. Senior Center Director Meals on Wheels Lunch program **Wheaton Senior Center** Must register and make reservations prior to participating 240-773-4830 Alex Alcon 240-773-4829 Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com alejandroalcon@montgomerycountymd.gov 240-773-4833 (Leave detailed message) wheatonseniors@gmail.com-Email MONTGOMERY COUNTY Recreation **Wheaton Senior Center**

11701 Georgia Avenue Silver Spring MD 20902

Wheaton Fifty Fit (55+) May 2024 - Spring Session				
Dates/Times/Locations of 55+ programs may be subject to change without prior notice.				
Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
9:05am 55+ Yoga(Cancelled)	9:05am Full Body Workout	9:30am Wheaton Walks	10am Beginners English	9:45am Zumba
10am Muscle UP!	10am Intermediate Spanish	9:30am 55+ Yogalates(Cancelled)	11am Intro to Drawing	10am Conversational Spanish
10am Beginners Spanish	11am Zumba	9:30am Chinese Dance & Fitness	12pm Lunch	10:50am Muscle UP!
10am Social Line Dance	12pm Lunch	10am Memoir Writing	1pm Ballroom/Line Dance	11am Painting with Acrylics
11am 55+ Superpower Dance Circle	12:30pm Drawing & Illustration	11am 55+ Superpower Dance Circle	12pm Ukulele for Beginners	12pm Lunch
12pm Lunch	1:30pm 55+ Beginners Ballet	12pm Lunch	1pm Let's Practice Ukulele!	1pm Qigong
1pm Chinese Folk Dance	1 pm-3pm Needles & Yarn	1pm Ballroom/Line Dance	1pm Jewelry Club	1:30pm 55+ Superpower Dance Circle
1-4pm Mahjongg	3pm 55+ Chair Yoga(Cancelled)	1-4pm Mahjongg	2pm Zumba	3pm Yoga Para Todos(Cancelled)
1pm-3pm Neeles & Yarn	3:45pm-6:15pm 1:1 Tech Support	2:15pm 55+ Beginners Ballet	3pm 55+ Yoga(Cancelled)	3:45pm-6:15pm 1:1 Tech Support
1:30pm Zumba Gold		3:45pm-6:15pm 1:1 Tech Support	3:45pm-6:15pm 1:1 Tech Support	4pm Mixed Level Yoga Flow
2:30pm Yuan Chi Dance			5:30pm Mixed Level Yoga Flow	
3:45pm-6:15pm 1:1 Tech Support				
20	21	22	23	24
9:05am 55+ Yoga(Cancelled)	9:05am Full Body Workout	9:30am Wheaton Walks	10am Beginners English	9:45am Zumba(Cancelled)
10am Muscle UP!	10am Intermediate Spanish	9:30am 55+ Yogalates(Cancelled)	11am Intro to Drawing	10am Conversational Spanish
10am Beginners Spanish	11am Zumba	9:30am Chinese Dance & Fitness	12pm Lunch	10:50am Muscle UP!(Cancelled)
10am Social Line Dance	12pm Lunch	10am Memoir Writing	1pm Ballroom/Line Dance(Cancelled)	11am Painting with Acrylics
11am 55+ Superpower Dance Circle	12:30pm Drawing & Illustration	11am 55+ Superpower Dance Circle	12pm Ukulele for Beginners	12pm Lunch
12pm Lunch	1:30pm 55+ Beginners Ballet	12pm Lunch	1pm Let's Practice Ukulele!	1pm Qigong
1pm Chinese Folk Dance	1pm-3pm Needles & Yarn	1pm Ballroom/Line Dance	1pm Jewelry Club	1:30pm 55+ Superpower Dance
1-4pm Mahjongg	3pm 55+ Chair Yoga(Cancelled)	1-4pm Mahjongg	2pm Zumba	Circle(Cancelled)
1pm-3pm Neeles & Yarn	3:45pm-6:15pm 1:1 Tech Support	2:15pm 55+ Beginners Ballet	3pm 55+ Yoga(Cancelled)	3pm Yoga Para Todos(Cancelled)
1:30pm Zumba Gold		3:45pm-6:15pm 1:1 Tech Support	3:45pm-6:15pm 1:1 Tech Support	3:45pm-6:15pm 1:1 Tech Support
2:30pm Yuan Chi Dance				
3:45pm-6:15pm 1:1 Tech Support				
27	28	29	30	31
	9:05am Full Body Workout	9:30am Wheaton Walks	10am Beginners English	9:45am Zumba
	10am Intermediate Spanish	9:30am 55+ Yogalates(Cancelled)	11am Intro to Drawing	10am Conversational Spanish
FF . D	11am Zumba	9:30am Chinese Dance & Fitness	12pm Lunch	10:50am Muscle UP!
55+ Programs	12pm Lunch	10am Memoir Writing	1pm Ballroom/Line Dance	11am Painting with Acrylics
	12:30pm Drawing & Illustration	11am 55+ Superpower Dance Circle	12pm Ukulele for Beginners	12pm Lunch
Cancelled- Memorial	1:30pm 55+ Beginners Ballet	12pm Lunch	1pm Let's Practice Ukulele!	1pm Qigong
	1pm-3pm Needles & Yarn	1pm Ballroom/Line Dance	1pm Jewelry Club	1:30pm 55+ Superpower Dance Circle
Day	3pm 55+ Chair Yoga(Cancelled)	1-4pm Mahjongg	2pm Zumba	3pm Yoga Para Todos(Cancelled)
Day	3:45pm-6:15pm 1:1 Tech Support	2:15pm 55+ Beginners Ballet	3pm 55+ Yoga(Cancelled)	3:45pm-6:15pm 1:1 Tech Support
		3:45pm-6:15pm 1:1 Tech Support	3:45pm-6:15pm 1:1 Tech Support	