

### Wheaton Senior Center Spring 2025 Programs

✓	Activity		Discription	Begin Date	End Date	Start Time	End Time	Mon	Tue	Wed	Thur	Fri
	R07012	306	Ballet	3/5/2025	5/28/2025	2:15 pm	3:15 pm			X		
	R07012	307	Ballet	3/4/2025	5/27/2025	1:30 pm	2:30 pm		X			
	R07011	303	Ballroom/Line Dance	3/5/2025	5/28/2025	1:00 pm	2:00 pm			X		
	R07011	305	Ballroom/Line Dance	3/6/2025	5/29/2025	1:00 pm	2:00 pm				X	
	R07118	301	Beginners Spanish	3/3/2025	5/26/2025	10:00 AM	11:00 AM	X				
	R07032	310	Chair Yoga	3/4/2025	5/27/2025	3:00 pm	4:00 pm		X			
	R07314	301	Chat with Senior Center Director	3/20/2025	5/22/2025	1:00 pm	2:00 pm				X	
	R07012	311	Chinese Dance & Fitness	3/5/2025	5/28/2025	9:00 am	10:45 AM			X		
	R07012	308	Chinese Folk Dance	3/3/2025	5/26/2025	1:00 pm	2:00 pm	X				
	R07061	302	Conversational Spanish	3/7/2025	5/30/2025	10:00 AM	11:00 AM					X
	R07011	318	Dance with Me!	3/3/2025	5/26/2025	9:05 am	9:55 am	X				
	R07041	303	Full Body Workout	3/4/2025	5/27/2025	9:05 am	9:55 am		X			
	R07118	303	Intermediate Spanish	3/4/2025	5/27/2025	10:00 AM	11:00 AM		X			
	R07095	302	Intro to Drawing	3/6/2025	5/29/2025	11:00 AM	12:00 PM				X	
	R07117	302	Jewelry Club (Non-Instructional)	3/6/2025	5/29/2025	1:00 pm	2:30 pm				X	
	R07115	302	Let's Practice Ukulele! Club	3/6/2025	5/29/2025	1:00 pm	2:00 pm				X	
	R07047	306	Mahjong	3/3/2025	5/28/2025	1:00 pm	4:00 pm	X		X		
	R07058	307	Memoir Writing for Beginner	3/5/2025	5/28/2025	10:00 AM	11:30 AM			X		
	R07101	304	Montgomery Mall Mini Trip	5/22/2025	5/22/2025	9:30 am	12:30 PM				X	
	R07089	306	Mother's Day Brunch	5/9/2025	5/9/2025	11:30 AM	1:00 pm					X
	R07030	301	Muscle UP!	3/7/2025	5/30/2025	1:30 pm	2:30 pm					X
	R07003	304	Needles & Yarn	3/3/2025	5/27/2025	1:00 pm	3:00 pm	X	X			
	R07095	301	Painting with Acrylics	3/7/2025	5/30/2025	11:00 AM	12:00 PM					X
	R07059	303	Qigong	3/7/2025	5/30/2025	1:00 pm	2:00 pm					X
	R07028	301	Self Defense	3/7/2025	4/11/2025	11:00 AM	11:50 AM					X
	R07012	337	Superpower Dance Circle	3/5/2025	5/28/2025	11:00 AM	12:00 PM			X		
	R07025	322	Tai Chi	3/7/2025	5/30/2025	10:45 AM	11:45 AM					X
	R07094	301	UMD Nursing Program	2/12/2025	4/17/2025	9:00 am	4:00 pm			X	X	
	R07101	302	Volunteer Fair at N Potomac	3/4/2025	3/4/2025	10:15 AM	1:00 pm		X			
	R07035	301	Wheaton Walks	3/5/2025	5/28/2025	9:30 am	10:30 AM			X		
	R07032	301	Yoga	3/6/2025	5/29/2025	3:00 pm	4:00 pm				X	
	R07032	304	Yoga	3/3/2025	5/26/2025	10:00 AM	11:00 AM	X				
	R07032	303	Yogalates	3/5/2025	5/28/2025	9:30 am	10:30 AM			X		
	R07012	318	Yuan Chi Dance	3/3/2025	5/26/2025	2:30 pm	4:00 pm	X				
	R07070	301	Zumba	3/4/2025	5/27/2025	11:00 AM	11:50 AM		X			
	R07070	302	Zumba	3/6/2025	5/29/2025	11:00 AM	11:50 AM				X	
	R07070	306	Zumba	3/7/2025	5/30/2025	9:45 am	10:45 AM					X
	R07070	309	Zumba Gold	3/3/2025	5/26/2025	1:30 pm	2:30 pm	X				