

## Wheaton Fifty Fit (55+) June 2024 - Spring Session

Dates/Times/Locations of 55+ programs may be subject to change without prior notice.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>9:05am Baile Conmigo!                      10am Muscle UP!                      10am Beginners Spanish                      10am Social Line Dance                      11am Intro to Spanish                      12pm Lunch                      1pm Chinese Folk Dance                      1pm-3pm Neeles &amp; Yarn                      1:30pm Zumba Gold                      2:30pm Yuan Chi Dance</p>	<p>9:05am Full Body Workout                      10am Intermediate Spanish                      11am Zumba                      12pm Lunch                      1:30pm 55+ Beginners Ballet                      1pm-3pm Needles &amp; Yarn                      3pm 55+ Chair Yoga(Cancelled)</p>	<p>9:30am Wheaton Walks                      9:30am Chinese Dance &amp; Fitness                      11am 55+ Superpower Dance Circle                      12pm Lunch                      1pm Ballroom/Line Dance                      2:15pm 55+ Beginners Ballet                      5pm Mixed Level Yoga Flow</p>	<p>10am Beginners English                      12pm Lunch                      1pm Ballroom/Line Dance                      1pm Let's Practice Ukulele! Club                      1pm Jewelry Club                      2pm Zumba                      3pm 55+ Yoga(Cancelled)                      5pm Mixed Level Yoga Flow</p>	<p>9:45am Zumba                      10am Conversational Spanish                      11am Wheaton Karaoke/Sing-a-Long                      11:30am-12:30pm Drop in Billiards                      12pm Lunch                      1pm Qigong                      2pm-3pm Fitness Room Orientation                      3pm Yoga Para Todos(Cancelled)</p>

*\*Participants must be registered prior to participating in any Wheaton 55+ program.*

<b>Senior Center Director</b>	<b>Meals on Wheels Lunch program</b>	<b>Wheaton Senior Center</b>
Alex Alcon 240-773-4829 alejandroalcon@montgomerycountymd.gov	Must register and make reservations prior to participating  240-773-4833 (Leave detailed message) wheatonseniors@gmail.com-Email	240-773-4830  Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com



**Wheaton Senior Center**  
11701 Georgia Avenue Silver Spring MD 20902



## Wheaton Fifty Fit (55+) June 2024 - Spring Session

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Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
9:05am Baile Conmigo! 10am Muscle UP! 10am Beginners Spanish 10am Social Line Dance 11am Intro to Spanish 12pm Lunch 1pm Chinese Folk Dance 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance	9:05am Full Body Workout 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1 pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	9:30am Wheaton Walks 9:30am Chinese Dance & Fitness 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance 2:15pm 55+ Beginners Ballet 5pm Mixed Level Yoga Flow	10am Beginners English 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga 5pm Mixed Level Yoga Flow	9:45am Zumba 10am Conversational Spanish 11am Wheaton Karaoke/Sing-a-Long 11:30am-12:30pm Drop in Billiards 11am Painting Club 12pm Lunch 1pm Qigong 3pm Yoga Para Todos
17	18	19	20	21
9:05am Baile Conmigo! 10am Muscle UP!(Cancelled) 10am Beginners Spanish 10am Social Line Dance(Cancelled) 11am Intro to Spanish 11:30am 55+ Stronger Bones 12pm Lunch 1pm Chinese Folk Dance 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold(Cancelled) 2:30pm Yuan Chi Dance	9:05am Full Body Workout 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	<h1 style="margin: 0;">55+ Programs Cancelled- Juneteenth</h1>	10am Beginners English 12pm Lunch 1pm Ballroom/Line Dance(Cancelled) 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga	9am-11am Wheaton Senior Center Basketball w/Matt 9:45am Zumba 10am Conversational Spanish 11am Wheaton Karaoke/Sing-a-Long 11am Painting Club 12pm Lunch 1pm Qigong 3pm Yoga Para Todos
24	25	26	27	28
9:05am Baile Conmigo! 10am Muscle UP!(Cancelled) 10am Beginners Spanish 10am Social Line Dance(Cancelled) 11am Intro to Spanish 11:30am 55+ Stronger Bones 12pm Lunch 1pm Chinese Folk Dance 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold(Cancelled) 2:30pm Yuan Chi Dance	9:05am Full Body Workout 10am Memoir Writing 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	9:30am Wheaton Walks 9:30am Chinese Dance & Fitness 11am 55+ Superpower Dance Circle(Cancelled) 11:30am 55+ Stronger Bones 12pm Lunch 1pm Ballroom/Line Dance 2:15pm 55+ Beginners Ballet	10am Beginners English 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga 5pm Mixed Level Yoga Flow	9:45am Zumba 10am Conversational Spanish 11am Wheaton Karaoke/Sing-a-Long 12pm Lunch 1pm Qigong 3pm Yoga Para Todos

