

## Wheaton Fifty Fit (55+) July 2024 - Summer Session

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>9:05am Baile Conmigo!                      10am Muscle UP!                      10am Beginners Spanish                      10am Social Line Dance                      11am Intro to Spanish                      11:30am 55+ Stronger Bones                      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</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</p>	<h1 style="margin: 0;">55+ Programs Cancelled- Independence Day</h1>	<p>9:45am Zumba                      10am Conversational Spanish                      11am Wheaton Karaoke/Sing-a-Long                      12pm Lunch                      1pm Qigong                      3pm Yoga Para Todos</p>
8	9	10	11	12
<p>9:05am Baile Conmigo!(Cancelled)                      10am Muscle UP!(Cancelled)                      10am Beginners Spanish                      10am Social Line Dance                      11am Intro to Spanish                      11:30am 55+ Stronger Bones                      12pm Lunch                      1pm Chinese Folk Dance                      1pm-3pm Neeles &amp; Yarn                      1:30pm Zumba Gold(Cancelled)                      2:30pm Yuan Chi Dance</p>	<p>9:05am Full Body Workout(Cancelled)                      10am Intermediate Spanish                      11am Zumba(Cancelled)                      12pm Lunch                      1:30pm 55+ Beginners Ballet                      1pm-3pm Needles &amp; Yarn                      3pm 55+ Chair Yoga</p>	<p>9:30am Wheaton Walks                      9:30am Chinese Dance &amp; Fitness                      11am 55+ Superpower Dance Circle(Cancelled)                      12pm Lunch                      1pm Ballroom/Line Dance                      2:15pm 55+ Beginners Ballet</p>	<p>10am Beginners English                      12pm Lunch                      1pm Ballroom/Line Dance                      1pm Let's Practice Ukulele! Club                      1pm Jewelry Club                      2pm Zumba(Cancelled)                      3pm 55+ Yoga</p>	<p>9:45am Zumba(Cancelled)                      10am Conversational Spanish                      11am Wheaton Karaoke/Sing-a-Long                      12pm Lunch                      1pm Qigong                      3pm Yoga Para Todos</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 alejandro.alcon@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+) July 2024 - Summer Session

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Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
9:05am Baile Conmigo! 10am Muscle UP! 10am Beginners Spanish 10am Social Line Dance 11am Intro to Spanish 11:30am 55+ Stronger Bones 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 10am Memoir Writing 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	10am Beginners English 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club(Cancelled) 2pm Zumba 3pm 55+ Yoga	9:45am Zumba 10am Conversational Spanish 11am Wheaton Karaoke/Sing-a-Long 12pm Lunch 1pm Qigong 3pm Yoga Para Todos
22	23	24	25	26
9:05am Baile Conmigo! 10am Muscle UP! 10am Beginners Spanish 10am Social Line Dance 11am Intro to Spanish 11:30am 55+ Stronger Bones 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 10am Memoir Writing 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 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	9:45am Zumba 10am Conversational Spanish 11am Wheaton Karaoke/Sing-a-Long 11am Painting Club 12pm Lunch 1pm Qigong 3pm Yoga Para Todos
29	30	31		
9:05am Baile Conmigo! 10am Muscle UP! 10am Beginners Spanish 10am Social Line Dance 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(Cancelled)	9:30am Wheaton Walks 9:30am Chinese Dance & Fitness 11am 55+ Superpower Dance Circle 11:30am 55+ Stronger Bones 12pm Lunch 1pm Ballroom/Line Dance 2:15pm 55+ Beginners Ballet 5pm Mixed Level Yoga Flow		

