

Wheaton Fifty Fit (55+) October 2024 -Fall Session

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	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	9am-4pm UMD Nursing Students 9am Chinese Dance & Fitness 9:30am Wheaton Walks 9:45am Yogalates 10am Memoir Writing 11:05am 55+ Superpower Dance Circle 12pm Lunch 1pm-4pm Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+	9am-4pm UMD Nursing Students 10:30am Cardio Dance Fitness 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba(Cancelled)	9:45am-10:30am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Active Aging Week: Indian Stick Dance "Dandiya Raas" 11am Painting w/ Acrylics(Cancelled) 12pm Lunch 1pm Qigong 1:30pm Muscle UP! 3pm Yoga Para Todos
7	8	9	10	11
9:05am Baile Conmigo! 10am 55+ Yoga 10am Beginners Spanish 10am Social Line Dance 11am Intro to Spanish 12pm Lunch 1pm-4pm Mahjongg 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 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	9am-4pm UMD Nursing Students 9am Chinese Dance & Fitness 9:30am Wheaton Walks 9:45am Yogalates 10am Memoir Writing 11:05am 55+ Superpower Dance Circle 12pm Lunch 1pm-4pm Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+	9am-4pm UMD Nursing Students 10:30am Cardio Dance Fitness 11am Intro to Drawing(Cancelled) 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club(Cancelled) 2pm Zumba	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting w/ Acrylics(Cancelled) 12pm Lunch 1pm Qigong 1:30pm Muscle UP! 3pm Yoga Para Todos

**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 alejandro.alcon@montgomerycountymd.gov	240-773-4833 (Leave detailed message)	Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com



Wheaton Senior Center
11701 Georgia Avenue Silver Spring MD 20902



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Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
9:05am Baile Conmigo! 10am 55+ Yoga 10am Beginners Spanish 10am Social Line Dance 11am Intro to Spanish 12pm Lunch 1pm-4pm Mahjongg 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	9am-4pm UMD Nursing Students 9am Chinese Dance & Fitness 9:30am Wheaton Walks 9:45am Yogalates 10am Memoir Writing 11:05am 55+ Superpower Dance Circle 12pm Lunch 1pm-4pm Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+	9am-4pm UMD Nursing Students 10:30am Cardio Dance Fitness 11am Intro to Drawing(Cancelled) 12pm Lunch 1pm-2pm Singers of the Golden Age of Music presentation 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club(Cancelled) 2pm Zumba	9:45am Zumba(Cancelled) 10am Conversational Spanish 10:45am Tai Chi 11am Painting w/ Acrylics(Cancelled) 12pm Lunch 1pm Qigong 1:30pm Muscle UP!(Cancelled) 3pm Yoga Para Todos(Cancelled)
21	22	23	24	25
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28	29	30	31	
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