

October 2024-Fall

# Wheaton Fifty Fit 55+

Wheaton Senior Center | 11701 Georgia Ave | 240-773-4830 | mocorec.com



**How to reach SNP  
Meals Manager  
regarding Senior  
Nutrition Program?**

**240-773-4833**

**Please call if you will  
need to cancel any  
meal reservation.**

## Upcoming programs

**Chat with Alex from  
Wheaton Senior Center  
10/24/24  
1:00pm-2:00pm**

**R07101-83  
Mini Trip: Wheaton Mall  
10/17/24  
9:30am-12:00pm**

**R07012-138  
Active Aging Week: Indian  
Stick Dance "Dandiya Raas"  
10/4/24  
11:00am-12:00pm**

## Attention Senior Nutrition Meal Program Participants:

**Our meal check in process has  
changed! From 11:30am-12:00pm,  
participants can check in at the 2nd  
floor desk at Wheaton CRC. During this  
time, participants can receive a meal  
ticket, donate money, swipe meal card  
and add your name to the Standby list.  
Please remember to exit the Social Hall  
10 minutes prior to noon to allow for  
staff and volunteers to set up for our  
meals program.**

**Location of where meals are served will  
change during the following dates:**

**10/18/24-10/25/24.**

## Attention 55+ Wheaton Senior Center

**Programs held in the following  
locations are cancelled:**

**The Art Room will be unavailable from:**

**10/5/24-10/18/2024**

**The Social Hall will be unavailable from:**

**10/18/24-10/25/24**

**The Gymnasium will be unavailable from:**

**10/27/24-11/1/24**

**UMD Nursing Students at Wheaton Senior Center**

**R07094-101**

**Wednesdays 9am-4pm**

10-11 Meditation/Gentle Chair Stretch Movement Exercise Class

BP Screenings 9:45-11:45 am (upper and lower lobby areas)

9:30am-11:00am Wheaton Walks with Nursing Students

12:15pm Lunch & Learn Presentations (will begin 10/9/24)

**Maryland Senior Olympics**

**Presentation**

**R07105-124**

**October 9, 2024**

**1pm-2pm**

**Mini Trip: Wheaton Mall**

**R07101-183**

**October 17**

**9:30am-12:00pm**

**FY26 Budget Forum Watch Party**

**October 21, 2024**

**12:30pm-2:00pm**

**Location: Wheaton and Damascus Senior Center**

**UMD Nursing Students at Wheaton Senior Center**

**R07094-101**

**Thursdays 9am-4pm**

10:15-10:45 Guided Meditation (occasionally origami)

10:45-11:15 Low-Impact Cardio

10:00-11:15 Blood Pressure AM/Medication reconciliation

11:20-12:00 Lunch Break

12:15-1:00 Lunch & Learn

1:00-2:30 Blood Pressure PM/Medication reconciliation

2:00-2:30 Bingo

**Singers of the Golden Age of Music**

**Presented by Sheldon Lehner**

**Thursday, October 17, 2024**

**1pm-2pm**

This presentation will present several past great singers and their accomplishments in the music of America.