Wheaton Fifty Fit (55+) December 2024 -Winter Session Dates/Times/Locations of 55+ programs may be subject to change without prior notice. Monday Tuesday Wednesday Thursday Friday 10am 55+ Yoga 10am Intermediate Spanish 9am Chinese Dance & Fitness 11am Intro to Drawing 9:45am-10:30am Zumba 9:30am Wheaton Walks 10am Beginners Spanish 11am Zumba 12pm Lunch 10am Conversational Spanish 10am Social Line Dance 12pm Lunch 9:45am Yogalates 1pm Ballroom/Line Dance 10:45am Tai Chi 1:30pm 55+ Beginners Ballet 12pm Lunch 10am Memoir Writing 1pm Let's Practice Ukulele! Club 11am Painting w/ Acrylics 1pm-4pm Mahjongg 1pm-3pm Needles & Yarn 11:05am 55+ Superpower Dance Circle 1pm Jewelry Club 12pm Lunch 1pm Chinese Folk Dance 12pm Lunch 2pm Zumba 1pm Qigong 3pm 55+ Chair Yoga 1:30pm Muscle UP! 1pm-3pm Neeles & Yarn 1pm-4pm Mahjongg 3pm 55+ Yoga 1:30pm Zumba Gold 1pm Ballroom/Line Dance 2:30pm Yuan Chi Dance 1:15pm Andy Griffith presentation by **Sheldon Lehner** 2:15pm Ballet I for 55+ 10 11 12 13 10am 55+ Yoga 10am Intermediate Spanish 9am Chinese Dance & Fitness 11am Intro to Drawing 9:45am-12pm Brookside Gardens 10am Beginners Spanish 10:30am Candle & Wreaths w/ MCPD 9:30am Wheaton Walks 12pm Lunch Trip(Pre-registration required) 10am Social Line Dance 11am Zumba 9:45am Yogalates 1pm Ballroom/Line Dance 9:45am Zumba 1pm Let's Practice Ukulele! Club 12pm Lunch 12pm Lunch 10am Memoir Writing 10am Conversational Spanish 1:30pm 55+ Beginners Ballet 11:05am 55+ Superpower Dance Circle 1pm Jewelry Club 10:45am Tai Chi 1pm-4pm Mahjongg 1pm Chinese Folk Dance 1pm-3pm Needles & Yarn 12pm Lunch 2pm Zumba 11am Painting w/ Acrylics 3pm 55+ Yoga 12pm Lunch 1pm-3pm Neeles & Yarn 3pm 55+ Chair Yoga 1pm-4pm Mahjongg 1:30pm Zumba Gold 1pm Ballroom/Line Dance 1pm Qigong 2:30pm Yuan Chi Dance 2:15pm Ballet I for 55+ 1:30pm Muscle UP! 5pm-7pm Wheaton Evening Walkers *Participants must be registered prior to participating in any Wheaton 55+ program. **Senior Center Director Wheaton Senior Center** Meals on Wheels Lunch program Must register and make reservations prior to participating 240-773-4830 Alex Alcon 240-773-4829 Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com



alejandro.alcon@montgomerycountymd.gov



240-773-4833 (Leave detailed message)

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Monday	Tuesday	Wednesday	Thursday	Friday
10am 55+ Yoga 10am Beginners Spanish 10am Social Line Dance 12pm Lunch 1pm-4pm Mahjongg 1pm Chinese Folk Dance 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance		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+	19 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga(Cancelled)	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting w/ Acrylics 11:30am-1:30pm Wheaton Winter Celebration(Pre-registration required) 1pm Qigong 1:30pm Muscle UP! 5pm-7pm Wheaton Evening Walkers
9am Wheaton 55+ Pickleball Demo 10am 55+ Yoga(Cancelled) 10am Beginners Spanish 10am Social Line Dance 12pm Lunch 1pm-4pm Mahjongg 1pm Chinese Folk Dance 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance	10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1 pm-3pm Needles & Yarn 3pm 55+ Chair Yoga(Cancelled)	55+ Programs Cancelled	11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba(Cancelled) 3pm 55+ Yoga(Cancelled)	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting w/ Acrylics 12pm Lunch 1pm Qigong 1:30pm Muscle UP! 5pm-7pm Wheaton Evening Walkers
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