

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
2	3	4	5	6
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	10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	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 1:15pm Andy Griffith presentation by Sheldon Lehner 2:15pm Ballet I for 55+	11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga	9:45am-10:30am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting w/ Acrylics 12pm Lunch 1pm Qigong 1:30pm Muscle UP!
9	10	11	12	13
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	10am Intermediate Spanish 10:30am Candle & Wreaths w/ MCPD 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	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+	11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga	9:45am-12pm Brookside Gardens Trip(Pre-registration required) 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

**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 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
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	10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1 pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	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+	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
23	24	25	26	27
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)	<h1 style="margin: 0;">55+ Programs Cancelled</h1>	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
30	31			
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