	Wheaton	Fifty Fit (55+) February 2025 -Winter	Session				
Dates/Times/Locations of 55+ programs may be subject to change without prior notice.							
Monday	Tuesday	Wednesday	Thursday	Friday			
3	4	5					
9:05am Dance with Me!	9:05am Full Body Workout	9am Chinese Dance & Fitness	6 10:30am Cardio Dance Fitness	9:45am Zumba			
10am 55+ Yoga	10am Intermediate Spanish	9:30am Wheaton Walks	11am Intro to Drawing	10am Conversational Spanish			
10am Beginners Spanish	11am Zumba	9:45am Yogalates	12pm Lunch	10:45am Tai Chi			
10am Social Line Dance	12pm Lunch	10am Memoir Writing	1pm Ballroom/Line Dance	11am Painting w/ Acrylics			
11am Intro to Spanish	1:30pm 55+ Beginners Ballet	11:05am 55+ Superpower Dance Circle	1pm Let's Practice Ukulele! Club	12pm Lunch			
12pm Lunch	1pm-3pm Needles & Yarn	12pm Lunch	1pm Jewelry Club	1pm Qigong			
1pm-4pm Mahjongg	3pm 55+ Chair Yoga	1pm-4pm Mahjongg	2pm Zumba	1:30pm Muscle UP!			
1pm Chinese Folk Dance		1pm Ballroom/Line Dance	3pm 55+ Yoga				
1pm-3pm Neeles & Yarn		2:15pm Ballet I for 55+					
1:30pm Zumba Gold							
2:30pm Yuan Chi Dance							
	*Participants must be	e registered prior to participating in any Whee	aton 55+ program.				
Senior Center Director	Meals on Wheel	s Lunch program	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 (Leav	240-773-4833 (Leave detailed message)					
MONTGOMERY COUNTY Recreation	Wheaton Senior Center						
Kecreation	11701 Georgia Avenue Silver Spring MD 20902						

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10 D:05am Dance with Me! L0am 55+ Yoga L0am Beginners Spanish L0am Social Line Dance L1am Intro to Spanish L2pm Lunch Lpm-4pm Mahjongg Lpm Chinese Folk Dance Lpm-3pm Neeles & Yarn L:30pm Zumba Gold 2:30pm Yuan Chi Dance	11 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	12 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+	13 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 3pm 55+ Yoga	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting w/ Acrylics 1pm Qigong 1:30pm Muscle UP!			
55+ Programs Cancelled	18 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	191st day of Registration for 55+ Programs for Spring at 9am9am Chinese Dance & Fitness9:30am Wheaton Walks9:45am Yogalates10am Memoir Writing11:05am 55+ Superpower Dance Circle12pm Lunch1pm-4pm Mahjongg1pm Ballroom/Line Dance(Cancelled)2:15pm Ballet I for 55+	20 10:30am Cardio Dance Fitness 11am Intro to Drawing 12pm Lunch 1pm Chat w/Alex from Wheaton Senior Center 1pm Ballroom/Line Dance(Cancelled) 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga	21 9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting w/ Acrylics 12pm Lunch 1pm Qigong 1:30pm Muscle UP!			
24	25	26	27	28			
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