

Wheaton Fifty Fit (55+) April 2025-Spring 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	<u>UMD Nursing Program-at Wheaton</u> 9am Chinese Dance & Fitness 9:05-9:40am Cardio 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+	<u>UMD Nursing Program-at Wheaton</u> 11am Zumba 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 1:15pm-2:15pm Why I Rec?-55+ Audition 3pm 55+ Yoga	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting Club 11am Self Defense 12pm Lunch 1pm Qigong 1:30pm Muscle UP!
7	8	9	10	11
9:05am Dance with Me! 10am 55+ Yoga 10am Beginners 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	<u>UMD Nursing Program-at Wheaton</u> 9am Chinese Dance & Fitness 9:05-9:40am Cardio 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+	<u>UMD Nursing Program-at Wheaton</u> 11am Zumba 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 3pm 55+ Yoga	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting Club 11am Self Defense 12pm Lunch 1pm Qigong 1:30pm Muscle UP!

*\*Participants must be registered prior to participating in any Wheaton 55+ program.*

Senior Center Director	Meals on Wheels Lunch program	Wheaton Senior Center 240-773-4830  Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com
	Must register and make reservations prior to participating	
Alex Alcon 240-773-4829 alejandro.alcon@montgomerycountymd.gov	240-773-4833 (Leave detailed message)	



Wheaton Senior Center  
11701 Georgia Avenue Silver Spring MD 20902



## Wheaton Fifty Fit (55+) April 2025-Spring Session

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

Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
9:05am Dance with Me! 10am 55+ Yoga 10am Beginners 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	<u>UMD Nursing Program-at Wheaton</u> 9am Chinese Dance & Fitness 9:05-9:40am Cardio 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+	<u>UMD Nursing Program-at Wheaton</u> 11am Zumba 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 1pm Chat w/ Senior Center Director 3pm 55+ Yoga	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting Club 12pm Lunch 1pm Qigong 1:30pm Muscle UP!
21	22	23	24	25
9:05am Dance with Me! 10am 55+ Yoga 10am Beginners 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	<u>UMD Nursing Program-at Wheaton</u> 9am Chinese Dance & Fitness 9:05-9:40am Cardio 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+	<u>UMD Nursing Program-at Wheaton</u> 11am Zumba 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 3pm 55+ Yoga	9:45am Zumba(Cancelled) 10am Conversational Spanish 10:45am Tai Chi 11am Painting Club 12pm Lunch 1pm Qigong 1:30pm Muscle UP!
28	29	30		
9:05am Dance with Me! 10am 55+ Yoga(Cancelled) 10am Beginners 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(Cancelled) 12pm Lunch 1:30pm 55+ Beginners Ballet 1 pm-3pm Needles & Yarn 3pm 55+ Chair Yoga(Cancelled)	9am Chinese Dance & Fitness 9:05-9:40am Cardio Dance Fitness 9:30am Wheaton Walks 9:45am Yogalates(Cancelled) 10am Memoir Writing 11:05am 55+ Superpower Dance Circle 12pm Lunch 1pm-4pm Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+		