

April 2025-Spring

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 and leave a
message if you need to
cancel any meal
reservation.**

**Interested in
volunteering for
Wheaton Senior
Center?**

**We are looking for
individuals 55+ that are
looking to teach, take
attendance or support
our meals program. If
you're interested,
please email Alex
alejandro.alcon@
montgomerycountymd.
gov**

**UMD Nursing Programs
R07094-301**

**Wednesdays &
Thursdays**

10am-3pm

Concludes 4/24/25

**2025 Spring classes that are open for registration at
Wheaton Senior Center:**

Needles & Yarn: R07003-304

Ballroom/Line Dance: R07011-303 & 305

Dance with Me!: R07011-318

Chinese Folk Dance: R07012-308

Chinese Dance & Fitness: R07012-311

Wheaton Walks: R07035-301

Mahjongg: R07047-306

Conversational Spanish: R07061-302

UMD Nursing Programs: R07094-301

Jewelry Club: R07117-302

Chat with Alex: R07314-301

Painting Club: R07095

Cardio Dance Fitness (Waitlist Only): R07012-301

**Why I Rec? 55+ Audition
R07114-301**

April 3, 2025

1:15pm-2:15pm

Wheaton CRC-Social Hall

**As our 55+ population continues to grow in
Montgomery County, we are looking for 55+
participants to tell us more about your experience
at our Senior Centers and Senior Neighborhood
locations. During the audition, each participant will
have the opportunity to create a 10-20 second video
that will be shared with new or perspective 55+
participants via Montgomery County Recreation
Social media outlets.**

**If you have any questions or are unable to attend
but would like to submit a 10-20 second video,
please email
alejandro.alcon@montgomerycountymd.gov**

Attention 55+Participants

Doors open 15 minutes prior to the start of class.

Please check in with staff member doing attendance before entering.

Enrolled participants have 5 minutes after class starts to participate before spot is given to someone on the waitlist.

Participants on the waitlist will be admitted by staff member doing attendance. Participants on the waitlist are not guaranteed entrance to program.

No other participants from enrolled or waitlist will be able to enter 10 minutes after class begins.

Once capacity is reached for the class, doors will be closed.

Policy is subject to change and will be updated as needed.