

Wheaton Fifty Fit (55+) March 2026-Spring 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
9:05am Dance with Me! 10am Yoga 10am Beginners Spanish 11am Play for Fun 12pm Lunch 1pm-4pm American Mahjongg 1pm Chinese Folk Dance 1pm-3pm Needles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance	9:05am Full Body Workout 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm Ballet 1pm-3pm Needles & Yarn 3pm Chair Yoga	9am Chinese Dance & Fitness 9:05-9:50am Cardio Dance Fitness 9:30am Wheaton Walks 10am Yogalates 10am Memoir Writing 11am Superpower Dance Circle 12pm Lunch 1pm-3pm Chinese Mahjong 1pm-4pm American Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I 3:05pm Sacred Circle Dance	9am-4pm UMD Nursing Program 10am Laughter Yoga 11am Zumba 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 10:55am Low Impact Aikido 11am Painting with Acrylics 11am Conversational English 12pm Lunch 1pm Qigong 1:30pm Muscle UP!
9	10	11	12	13
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**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)	



Wheaton Senior Center
11701 Georgia Avenue Silver Spring MD 20902



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30	31			
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