



Wheaton Fifty Fit (55+) December 2025-Winter Session

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| 1 | 2 | 3 | 4 | 5 |
| 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 Introduction to Rummikub 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 10:30am Candles & Wreathsw/ MCPD 11am Superpower Dance Circle 12pm Lunch 1pm-3pm Chinese Mahjong 1pm-4pm American Mahjongg 1pm Ballroom/Line Dance 2pm Tai Chi 2:15pm Ballet I 3:05pm Sacred Circle Dance | 10am Laughter Yoga 11am Zumba 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Low Impact Aikido(Cancelled) | 9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 10:55am Self Defense 11am Painting with Acrylics 12pm Lunch 1pm Qigong 1:30pm Muscle UP! |
| 8 | 9 | 10 | 11 | 12 |
| 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 2pm Tai Chi 2:15pm Ballet I 3:05pm Sacred Circle Dance | 10am Laughter Yoga 11am Zumba 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Low Impact Aikido | 9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 10:55am Self Defense 11am Painting with Acrylics 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 | |
| Alex Alcon 240-773-4829 alejandro.alcon@montgomerycountymd.gov | Must register and make reservations prior to participating | | | |
| | 240-773-4833 (Leave detailed message) | | | |
| <div><div>MONTGOMERY COUNTY Recreation</div><div>Wheaton Senior Center 11701 Georgia Avenue Silver Spring MD 20902</div><div></div></div> | | | | |

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 15 | 16 | 17 | 18 | 19 |
| 9:05am Dance with Me! 10am Yoga 10am Beginners Spanish 11am Play for Fun 12pm Lunch 1pm-4pm Mahjongg 1pm Chinese Folk Dance 1pm-3pm Needles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance | 9:05am Full Body Workout 10am Introduction to Rummikub 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm Ballet 1 pm-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 Mahjongg 1pm Ballroom/Line Dance 2pm Tai Chi 2:15pm Ballet I 3:05pm Sacred Circle Dance | 9:30am-11:30am Unique Thrift Store Trip 10am Laughter Yoga 11am Zumba 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Low Impact Aikido | 9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 10:55am Self Defense 11am Painting with Acrylics 11:45am Winter Celebration 12pm Lunch(Cancelled) 1pm Qigong 1:30pm Muscle UP! |
| 22 | 23 | 24 | 25 | 26 |
| 9:05am Dance with Me! 10am Yoga 10am Beginners Spanish 11am Play for Fun 12pm Lunch 1pm-4pm 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 1 pm-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 Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I 3:05pm Sacred Circle Dance | Wheaton Senior Center Closed | Wheaton Senior Center Closed |
| 29 | 30 | 31 | | |
| 9:05am Dance with Me! 10am Yoga 10am Beginners Spanish 11am Play for Fun 12pm Lunch 1pm-4pm 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 10am Chat with Alex from Wheaton Senior Center 11am Zumba 12pm Lunch 1:30pm Ballet 1 pm-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 Mahjongg 1pm Ballroom/Line Dance 2pm Tai Chi 2:15pm Ballet I 3:05pm Sacred Circle Dance | | |