



Wheaton Fifty Fit (55+) January 2026-Winter Session				
Dates/Times/Locations of 55+ programs may be subject to change without prior notice.				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Wheaton Senior Center Closed- New Years Day	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!
5	6	7		8
9:05am Dance with Me! 10am Watercolor and Element of Design Fundamentals Club 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-1pm Silver Spring Recreation and Aquatic Center Trip 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 Must register and make reservations prior to participating		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	240-773-4833 (Leave detailed message)			
		Wheaton Senior Center 11701 Georgia Avenue Silver Spring MD 20902		

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Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
9:05am Dance with Me! 10am Watercolor and Element of Design Fundamentals Club 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 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!
19	20	21	22	23
Wheaton Senior Center Closed-MLK	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	9am-4pmUMD 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 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!
26	27	28	29	30
9:05am Dance with Me! 10am Watercolor and Element of Design Fundamentals Club 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	9am-4pmUMD 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 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!