

## 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
			<b>Wheaton Senior Center Closed- New Years Day</b>	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
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	<b>Meals on Wheels Lunch program</b> <small>Must register and make reservations prior to participating</small>	<b>Wheaton Senior Center</b> <small>240-773-4830</small>
<small>Alex Alcon 240-773-4829</small> <small>alejandroalcon@montgomerycountymd.gov</small>	<small>240-773-4833 (Leave detailed message)</small>	<small>Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com</small>



**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	
<b>Wheaton Senior Center Closed-MLK</b>		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-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 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-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 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!	