

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.**

**We are not accepting
new applications for the
SNP meals program**

<https://www.montgomerycountymd.gov/rec/activitiesandprograms/seniors/congregatemeal.html>

**Volunteer to teach/
facilitate a program at
Wheaton Senior Center**

**If you're interested in
volunteering by leading
or facilitating a
program, please reach
out to Alex Alcon
Alejandro.alcon@montgomerycountymd.gov**

Attention 55+ Participants

If you're enrolled in the following Wheaton Senior Center class, we will ask you to scan your REC pass with staff when arriving to class:

R07117-204 Play for Fun

R07012-201 Ballet

R07012-202 Ballet

R07011-202 Ballroom/ Line Dance

R07059-201 Qigong

Watercolor and Element of Design Fundamentals Club

R07117-205

Ignite your inner artist and discover the beauty of watercolor painting. Learn essential techniques, color mixing, and brushstrokes while exploring landscape, still life, and abstraction. Perfect for beginners and aspiring fine artists.

Instructor available:

Jan 12th 10:00-11:30

Feb 9th 10:00-11:30

Chat w/ Alex from Wheaton Senior Center

**R07314-201: Winter Session
January 27, 2026
1:00pm**

**Ask questions, share comments or suggestions
regarding Wheaton Senior Center.**

Attention 55+Participants

Please check in with staff members doing attendance before entering class.

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

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

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.