

March 2026-Spring

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**

Cardboard Boat Regatta Trip

**R07107-333
Wednesday, March 11, 2026
9:15am-12:30pm**

**Join us for the upcoming Cardboard Boat Regatta
Event! Transportation is provided. Van will leave at
9:15am. Please arrive by 9am.**

Chat w/ Alex from Wheaton Senior Center

**R07314-301: Spring Session
March 31, 2026
1:00pm**

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

Safe Falling

**R07030-303
Thursdays 4/2/26-5/21/26 at 2pm
Registration: March 11 at 9am**

We will learn and practice how to "fall" in various situations so as to minimize injuries. To make our daily life easier, we will also learn how to get up from the floor, getting in and out of a chair/bed with ease. Together, we will do fun exercises to improve our balance, strengthen our core, knees and legs.

Students are encouraged to come to class in comfortable fitting or workout clothes. You MUST bring a yoga mat to every class.

Instructor: Meipo Martin -- 6th Degree Blackbelt in Aikido, Certified Instructor (Shidoin) by United States Aikido Federation, Assistant Chief Instructor of Capitol Hill Aikikai

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.