

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.montgomery
countymd.gov/rec/activiti
esandprograms/seniors/
congregatemeal.html](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**

Registration for Fall 2025 session

Tuesday, August 12, 2025

Registration starts at 9am for all 55+ programs

**Registration is held in person at any of our
Montgomery County Recreation Facilities**

Or

Online at activemontgomery.org

Walk Together Fun Mile

R07035-515

**Wednesday, August 20, 2025
9:30am-10:30am**

**Join your peers at your local senior center for a
walking club. At the end of the summer, join your
peers in a joint center fun 1-mile walk at the
Wheaton Senior Center on August 20th!**

Chat w/ Alex from Wheaton Senior Center

R07314-101: Fall Session

**September 18, 2025
October 23, 2025
November 20, 2025
1:00pm**

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

Attention 55+Participants

Doors open 15 minutes prior to the start of class.

Please check in with staff member doing attendance before entering.

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

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

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.