

November 2024-Fall

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 if you will need to cancel any meal reservation.

Wheaton Senior Center Closed on the following days:

November 11th

November 28th

November 29th

Registration for Winter Session

Registration for 55+ programs is Wednesday, November 13, 2024. In person and Online registration will be at 9am.

Due to the high volume of registrations, the last day to register is Friday, November 29 at 5pm.

Attention Senior Nutrition Meal Program Participants:

Our meal check in process has changed! From 11:30am-12:00pm, participants can check in at the 2nd floor desk at Wheaton CRC. During this time, participants can receive a meal ticket, donate money, swipe meal card and add your name to the Standby list. Please remember to exit the Social Hall 10 minutes prior to noon to allow for staff and volunteers to set up for our meals program.

Attention 55+ Wheaton Senior Center

Wheaton Senior Center programs held in the Gymnasium will be cancelled the week of November 24, 2024.

Stay Tuned!

Unlock your Story and Why I Recommend to Wheaton Senior Center

Share your experience with other participants and share with staff how Montgomery County Recreation has impacted your life!

1:1 Tech Support

Receive 1:1 Tech Support from a TeenWorks staff member!

Free for 55+ Wheaton Senior Center participants

No appointment needed.

(Wait time may vary)

3:45pm-6:15pm

2nd Floor

Computer Lab

Tech Support is scheduled on the following dates in November 2024:

November 8

November 15

November 18

November 22

November 25

Tech Support will not be available on the following dates in November 2024:

November 1

November 4

November 11

November 25

November 30

UMD Nursing Students at Wheaton Senior Center **R07094-101**

Wednesdays 9am-4pm
(Program Concludes November 20th)

10-11 Meditation/Gentle Chair Stretch
Movement Exercise Class

BP Screenings 9:45-11:45 am (upper and lower
lobby areas)

9:30am-11:00am Wheaton Walks with Nursing
Students

12:15pm Lunch & Learn Presentations (will
begin 10/9/24)

UMD Nursing Students at Wheaton Senior Center **R07094-101**

Thursdays 9am-4pm
(Program Concludes November 21st)

10:15-10:45 Guided Meditation (occasionally
origami)

10:45-11:15 Low-Impact Cardio

10:00-11:15 Blood Pressure AM/Medication
reconciliation

11:20-12:00 Lunch Break

12:15-1:00 Lunch & Learn

1:00-2:30 Blood Pressure PM/Medication
reconciliation

2:00-2:30 Bingo