

## Wheaton Fifty Fit (55+) January 2025 -Winter Session

Dates/Times/Locations of 55+ programs may be subject to change without prior notice.

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<h1 style="margin: 0;">55+</h1> <h1 style="margin: 0;">Programs</h1> <h1 style="margin: 0;">Cancelled</h1>	10:30am Cardio Dance Fitness 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance(Cancelled) 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga	9:45am-10:30am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting w/ Acrylics 12pm Lunch 1pm Qigong 1:30pm Muscle UP!
6	7	8	9	10
9:05am Dance with Me! 10am 55+ Yoga 10am Beginners Spanish 10am Social Line Dance 11am Intro to Spanish 12pm Lunch 1pm-4pm Mahjongg 1pm Chinese Folk Dance 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance	9:05am Full Body Workout 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	9am Chinese Dance & Fitness 9:30am Wheaton Walks 9:45am Yogalates 10am Memoir Writing 11:05am 55+ Superpower Dance Circle 12pm Lunch 1pm-4pm Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+	10:30am Cardio Dance Fitness 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting w/ Acrylics 12pm Lunch 1pm Qigong 1:30pm Muscle UP!

*\*Participants must be registered prior to participating in any Wheaton 55+ program.*

Senior Center Director	Meals on Wheels Lunch program	Wheaton Senior Center
	Must register and make reservations prior to participating	240-773-4830
Alex Alcon 240-773-4829 alejandro.alcon@montgomerycountymd.gov	240-773-4833 (Leave detailed message)	Sign up for updates about Wheaton Senior Center by emailing: <a href="mailto:wheatonfiftyfit@gmail.com">wheatonfiftyfit@gmail.com</a>



Wheaton Senior Center  
11701 Georgia Avenue Silver Spring MD 20902



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Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
9:05am Dance with Me! 10am 55+ Yoga 10am Beginners Spanish 10am Social Line Dance 11am Intro to Spanish 12pm Lunch 1pm-4pm Mahjongg 1pm Chinese Folk Dance 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance	9:05am Full Body Workout 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1 pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	9am Chinese Dance & Fitness 9:30am Wheaton Walks 9:45am Yogalates 10am Memoir Writing 11:05am 55+ Superpower Dance Circle(Cancelled) 12pm Lunch 1pm-4pm Mahjongg(Cancelled) 1pm Ballroom/Line Dance(Cancelled) 2:15pm Ballet I for 55+	10:30am Cardio Dance Fitness 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 1pm Chat w/Alex from Wheaton Senior Center 2pm Zumba 3pm 55+ Yoga	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi(Cancelled) 11am Painting w/ Acrylics 1pm Qigong 1:30pm Muscle UP!
20	21	22	23	24
<h1 style="margin: 0;">55+ Programs Cancelled</h1>	9:05am Full Body Workout 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1 pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	9am Chinese Dance & Fitness 9:30am Wheaton Walks 9:45am Yogalates 10am Memoir Writing 11:05am 55+ Superpower Dance Circle 12pm Lunch 1pm-4pm Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+	10:30am Cardio Dance Fitness 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting w/ Acrylics 12pm Lunch 1pm Qigong 1:30pm Muscle UP!
27	28	29	30	31
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