

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:

January 1

January 20

Interested in volunteering for Wheaton Senior Center?

We are looking for individuals 55+ that are looking to teach, take attendance, share resources to the public or support our meals program. If you're interested, please email Alex alejandro.alcon@montgomerycountymd.gov

Senior Nutrition Meal Program

Participants:

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.

Classes available to register for Winter session:

**Dance with Me!
R07011-208**

**Wheaton Walks
R07035-202**

**Wheaton Evening Walkers
R07035-205**

**Chat w/ Alex
R07314-201**

**Let's Practice Qigong
R07059-201**

**Wheaton Jewelry Club
R07117-201**