Wheaton Fifty Fit 55+



Wheaton Senior Center | 11701 Georgia Ave | 240-773-4830| mocorec.com

SNP Special Meals June 14- Taco Bar

How to reach SNP Meals Manager regarding Senior Nutrition Program?

240-773-4833

Please call if you will need to cancel any meal reservation.

WEAAD Watch Party at Wheaton!

Tuesday, June 11, 2024 10am-11:30am Computer Lab

Presentations by: State's Attorney's Office, Law Enforcement, Office of Consumer Protection, and Adult Protective Services.

A friendly reminder that Summer Camps begin June 24! Dates/Times/Locations of 55+ programs may be subject to change without prior notice.

Welcome to Wheaton Fifty Fit 55+ Summer Session!

Our Summer session is from Monday, June 3, 2024- Friday, August 30, 2024. If you have previously participated or are new, you will need to register for each individual class. You will not be allowed into any classes without registering. You can register online at activemontgomery.org or in person at the front desk at Wheaton Community Recreation Center.

Important Announcement! Please check the 55+ Wheaton calendar before heading to the center. We have a higher number of classes cancelled for the month of June.

Attention Senior Nutrition Meal Program Participants:

Our meal check in process has changed! From 11:30am-12:10pm, 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: Wheaton Senior Center Participants

Stand By programs will not be offered for the 2024 Summer session. Instead, each program will have a set number of spaces for waitlist. Once the max number is reached for both, you will not be able to register for that class.

We'll be enforcing a no-show policy for those registered for the program. After the 3rd missed class, your name will be removed from our attendance roster. That space will become open and will be first come, first serve for someone registered for the waitlist. Wheaton Community Recreation Center will be closed, Wednesday, June 19, 2024, in honor of Juneteenth.

Drop in Fitness Room Orientation

Friday, June 7, 2024 2pm-3pm

Learn how to confidently use all the gym equipment in the Wheaton Fitness Room.

Drop in Billiards with Matt

Friday, June 7, 2024 Friday, June 14, 2024 11:30am-12:30pm

<u>Wheaton Senior Center Basketball</u> <u>with Matt</u> Friday, June 21, 2024 9am-11am