	Wheaton	Fifty Fit (55+) November 2024-Fall S	Session	
	Dates/Times/Locations of !	55+ programs may be subject to cha	nge without prior notice.	
Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting w/ Acrylics 12pm Lunch 1pm Qigong 1:30pm Muscle UP! 3pm Yoga Para Todos
4	5	6	7	8
9:05am Baile Conmigo! Oam 55+ Yoga Oam Beginners Spanish Oam Social Line Dance 1am Intro to Spanish 2pm Lunch pm Chinese Folk Dance pm-3pm Neeles & Yarn :30pm Zumba Gold :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 1pm-4pm Mahjongg 2pm Zumba	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting w/ Acrylics 12pm Lunch 1pm Qigong 1:30pm Muscle UP! 3pm Yoga Para Todos
	*Participants must be reg	istered prior to participating in any	Wheaton 55+ program.	
Senior Center Director Alex Alcon 240-773-4829	Meals on Wheels Lunch program Must register and make reservations prior to participating		Wheaton Senior Center 240-773-4830	
alejandro.alcon@montgomerycountymd.gov	240-773-4833 (Leave detailed message) Wheaton Senior Center 11701 Georgia Avenue Silver Spring MD 20902		Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com	

		ton Fifty Fit (55+) November 2024 - Fal					
Dates/Times/Locations of 55+ programs may be subject to change without prior notice.							
Monday	Tuesday	Wednesday	Thursday	Friday			
Wheaton	9:05am Full Body Workout 10am Intermediate Spanish 11am Zumba	13 9am-4pm UMD Nursing Students 9am Chinese Dance & Fitness 9:30am Wheaton Walks	14 9am-4pm UMD Nursing Students 10:30am Cardio Dance Fitness 11am Intro to Drawing	15 9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi			
Senior Center	12pm Lunch 1:30pm 55+ Beginners Ballet 1 pm-3pm Needles & Yarn	9:45am Yogalates 10am Memoir Writing 11:05am 55+ Superpower Dance Circle	12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club	11am Painting w/ Acrylics 12pm Lunch 1pm Qigong			
Closed	3pm 55+ Chair Yoga	12pm Lunch 1pm-4pm Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+	1pm Jewelry Club 1pm-4pm Mahjongg 2pm Zumba	1:30pm Muscle UP! 3pm Yoga Para Todos			
18	19	20	21	22			
9:05am Baile Conmigo!	9:05am Full Body Workout	9am-4pm UMD Nursing Students	9am-4pm UMD Nursing Students	9:45am Zumba			
10am 55+ Yoga	10am Intermediate Spanish	9am Chinese Dance & Fitness	10:30am Cardio Dance Fitness	10am Conversational Spanish			
10am Beginners Spanish	11am Zumba	9:30am Wheaton Walks	11am Intro to Drawing	10:45am Tai Chi			
10am Social Line Dance	12pm Lunch	9:45am Yogalates	12pm Lunch	11am Painting w/ Acrylics			
11am Intro to Spanish	1:30pm 55+ Beginners Ballet	10am Memoir Writing	1pm Ballroom/Line Dance(Cancelled)	12pm Lunch			
12pm Lunch	1 pm-3pm Needles & Yarn	11:05am 55+ Superpower Dance Circle	1pm Let's Practice Ukulele! Club	1pm Qigong			
1pm Chinese Folk Dance	3pm 55+ Chair Yoga	12pm Lunch	1pm Jewelry Club	1:30pm Muscle UP!			
1pm-3pm Neeles & Yarn		1pm-4pm Mahjongg	1pm-4pm Mahjongg	3pm Yoga Para Todos			
1:30pm Zumba Gold		1pm Ballroom/Line Dance(Cancelled)	2pm Zumba				
2:30pm Yuan Chi Dance		2:15pm Ballet I for 55+					
25	26	27	28	29			
9:05am Baile Conmigo!(Cancelled)	9:05am Full Body Workout(Cancelled)	9am Chinese Dance & Fitness					
10am 55+ Yoga(Cancelled)	10am Intermediate Spanish	9:30am Wheaton Walks	Wheaton	Wheaton			
10am Beginners Spanish	11am Zumba	9:45am Yogalates					
10am Social Line Dance	12pm Lunch	10am Memoir Writing		Conton Conton			
11am Intro to Spanish	1:30pm 55+ Beginners Ballet	11:05am 55+ Superpower Dance Circle	Senior Center	Senior Center			
12pm Lunch	1 pm-3pm Needles & Yarn	12pm Lunch					
1pm Chinese Folk Dance	3pm 55+ Chair Yoga	1pm-4pm Mahjongg					
1pm-3pm Neeles & Yarn		1pm Ballroom/Line Dance	Closed	Closed			
1:30pm Zumba Gold		2:15pm Ballet I for 55+					
2:30pm Yuan Chi Dance							