

Wheaton Fifty Fit (55+) November 2024-Fall Session

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

Monday	Tuesday	Wednesday	Thursday	Friday
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				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! 10am 55+ Yoga 10am Beginners Spanish 10am Social Line Dance 11am Intro to Spanish 12pm Lunch 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 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 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: wheatonfiftyfit@gmail.com



Wheaton Senior Center
11701 Georgia Avenue Silver Spring MD 20902



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Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Wheaton Senior Center Closed	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-4pm UMD Nursing Students 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+	9am-4pm UMD Nursing Students 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
	18	19	20	21
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25	26	27	28	29
9:05am Baile Conmigo!(Cancelled) 10am 55+ Yoga(Cancelled) 10am Beginners Spanish 10am Social Line Dance 11am Intro to Spanish 12pm Lunch 1pm Chinese Folk Dance 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance	9:05am Full Body Workout(Cancelled) 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+	Wheaton Senior Center Closed	Wheaton Senior Center Closed