

May 2024-Spring

Wheaton Fifty Fit 55+

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



SNP Special Meals
May 31 23- Vietnamese

**How to reach SNP Meals
Manager regarding Senior
Nutrition Program?**

240-773-4833

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

**Attention
SNP Participants!**
**Meals are served Monday-
Friday in the Social Hall.**
**From 4/26-5/4 and 5/23
and 5/24, meals will be
served in another
location at Wheaton CRC.**
**Please see our daily
board for the specific
location.**
Thank you!

Welcome to Wheaton Fifty Fit 55+ Spring Session!

**Our Spring session is from Friday, March 1,
2024- Friday, May 31, 2024. If you have
previously participated or are new, you will
need to register for each individual class or
sign up for our Standby program. 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 May.**

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.**

Currently, our programs are full. You can still participate by registering for the 55+ Fifty Fit Standby program.

Standby-Dance:R07012-324

Superpower Dance Circle, Social Line Dance, 55+ Ballet, Zumba Gold, Ballroom/Line Dance, Chinese Folk Dance, Chinese Dance & Fitness, Yuan Chi Dance, Zumba

Standby-Fitness: R07012-323

Yoga Para Todos, 55+ Yoga, Yogalates, Muscle UP! Zumba, Wheaton Walks, Full Body Workout, Let's Practice Qigong

Standby-Arts: R07095-323

Painting with Acrylics, Intro to Drawing, Drawing & Illustration

Standby-Social Clubs: R07117-307

Wheaton Mahjongg, Needles & Yarn, Wheaton Jewelry Club

Standby-Spec. Programs: R07114-301

Memoir Writing, Conversational Spanish, Ukulele for Beginners, Beginners Spanish, Let's Practice Ukulele!, Beginners English, Intermediate Spanish

Register to be added to the Standby list for classes that are already full for Spring 2024. Participants registered will not be called and participants will need to come in person to see if there is space in the class. This does not guarantee you a spot in the class and participants will not be admitted once class is at capacity. Rosters for classes will be printed and updated every Monday at 8:30am. If you register after this time, it's recommended that you begin participating the following week to ensure your name will be on the updated roster

**Mother's Day Brunch @
Wheaton Senior Center
Friday, May 10 from
11:30am-1pm.
FULL**

New Class!

**Mixed Level Yoga Flow
Wheaton CRC Studio**

**Thursday, May 2, May 9,16
at 5:30pm**

Friday, May 3, 10, 17 at 4pm

This one-hour class will promote mind, body wellness and social connection, featuring gentle yoga sequences, breath work and brief guided meditation. Pat Scheid completed her 200-hour Yoga Instructor training at Grace Yoga Studio in Silver Spring, is certified by Yoga Alliance and has practiced yoga for more than 30 years. Students are encouraged to bring their own yoga mat. Yoga blocks are also useful, but not required.