

Wheaton Fifty Fit (55+) February 2024 - Winter Session

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Saturday, February 3 & 10 R07084-207 Active Montgomery Registration Tutorial 10am-4pm Computer Lab	<u>AARP Tax Aide Program</u> Mondays from February 5-April 15 9am-4pm Art Room Pre-registration required		11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 12pm Ukulele for Beginners 1pm Let's Practice Ukulele! 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga 3:45pm-6:15pm 1:1 Tech Support	9:45am Zumba 10am Conversational Spanish 10:50am Muscle UP! 11am Painting with Acrylics 12pm Lunch 1pm Qigong 1:30pm 55+ Superpower Dance Circle 3pm Yoga Para Todos 3:45pm-6:15pm 1:1 Tech Support (Cancelled) 4:30pm Virtual Reality for 55+
5	6	7	8	9
9:05am 55+ Yoga 10am Beginners Spanish 10:05am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Chinese Folk Dance 1-4pm Mahjongg 1pm -3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance 3:45pm-6:15pm 1:1 Tech Support	9:05am Full Body Workout 10am Social Dances Across the Continents 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga 3:45pm-6:15pm 1:1 Tech Support	9:30am Wheaton Walks 9:30am 55+ Yagalates 9:30am Chinese Dance & Fitness 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance 1-4pm Mahjongg 2:15pm 55+ Beginners Ballet 3:45pm-6:15pm 1:1 Tech Support	10am Beginners English 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 12pm Ukulele for Beginners 1pm Let's Practice Ukulele! 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga 3:45pm-6:15pm 1:1 Tech Support	9:45am Zumba 10am Conversational Spanish 10:50am Muscle UP! 11am Painting with Acrylics 12pm Lunch 1pm Qigong 1:30pm 55+ Superpower Dance Circle 3pm Yoga Para Todos 3:45pm-6:15pm 1:1 Tech Support

**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 alejandroalcon@montgomerycountymd.gov	240-773-4833 (Leave detailed message) wheatonseniors@gmail.com-Email	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 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
9:05am 55+ Yoga 10am Beginners Spanish 10:05am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Chinese Folk Dance 1-4pm Mahjongg 1pm -3pm Neeles & Yarn 1:30pm-3:00pm Chinese New Year Celebration 1:30pm Zumba Gold(Cancelled) 2:30pm Yuan Chi Dance 3:45pm-6:15pm 1:1 Tech Support	9:05am Full Body Workout 10am Social Dances Across the Continents 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1 pm -3pm Needles & Yarn 3pm 55+ Chair Yoga 3:45pm-6:15pm 1:1 Tech Support	9:30am Wheaton Walks 9:30am 55+ Yogalates 9:30am Chinese Dance & Fitness 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance 1-4pm Mahjongg 2:15pm 55+ Beginners Ballet 3:45pm-6:15pm 1:1 Tech Support	10am Beginners English 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 12pm Ukulele for Beginners 1pm Let's Practice Ukulele! 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga 3:45pm-6:15pm 1:1 Tech Support	9:45am Zumba 10am Conversational Spanish 10:50am Muscle UP! 11am Painting with Acrylics 12pm Lunch 1pm Qigong 1:30pm 55+ Superpower Dance Circle 3pm Yoga Para Todos 3:45pm-6:15pm 1:1 Tech Support
19	20	21	22	23
<h1>55+ Programs Cancelled</h1>	9:05am Full Body Workout 10am Social Dances Across the Continents 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1pm -3pm Needles & Yarn 3pm 55+ Chair Yoga 3:45pm-6:15pm 1:1 Tech Support	9:30am Wheaton Walks 9:30am 55+ Yogalates 9:30am Chinese Dance & Fitness 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance 1-4pm Mahjongg 2:15pm 55+ Beginners Ballet 3:45pm-6:15pm 1:1 Tech Support	10am Beginners English 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 12pm Ukulele for Beginners 1pm Let's Practice Ukulele! 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga 3:45pm-6:15pm 1:1 Tech Support	9:45am Zumba 10am Conversational Spanish 10:50am Muscle UP! 11am Painting with Acrylics 12pm Lunch 1pm Qigong 1:30pm 55+ Superpower Dance Circle 3pm Yoga Para Todos 3:45pm-6:15pm 1:1 Tech Support
26	27	28	29	<h2>Saturday, February 24, 2024 R07089-229 The Queen's Tea 2pm-4pm Community Lounge</h2>
9:05am 55+ Yoga 10am Beginners Spanish 10:05am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Chinese Folk Dance 1-4pm Mahjongg 1pm -3 pm Needles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance 3:45pm-6:15pm 1:1 Tech Support	9:05am Full Body Workout 10am Social Dances Across the Continents 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:15pm Chat with Alex from Wheaton Senior Center 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga 3:45pm-6:15pm 1:1 Tech Support	9:30am Wheaton Walks 9:30am 55+ Yogalates 9:30am Chinese Dance & Fitness 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance 1-4pm Mahjongg 2:15pm 55+ Beginners Ballet 3:45pm-6:15pm 1:1 Tech Support	10am Beginners English 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 12pm Ukulele for Beginners 1pm Let's Practice Ukulele! 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga 3:45pm-6:15pm 1:1 Tech Support	