Wheaton Fifty Fit (55+) March 2023 - Spring Session

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No 55+ Programs			**1** 9am-4pm UMD Nursing Students 9am-1pm Build Cardboard Boat for Cardboard Boat Regatta 9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Chinese Dance & Fitness (DI) 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance (Cancelled) 1-4pm Mahjongg (DI) 2:15pm 55+ Beginners Ballet	**2** 9am-4pm UMD Nursing Students 10am Watercolor with Kedir 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance (Cancelled) 1pm Ukelele for Beginners 1pm Jewelry Club 1:30pm Oak View ES & 55+ Ukelele Performance 2pm Zumba 3pm 55+ Yoga 3:30pm 1:1 Tech Support(DI)	**3** 9:45am Zumba (DI) 10am Conversational Spanish (DI) 11am Painting with Acrylics 12pm Lunch 1pm Qigong 1:30pm 55+ Superpower Dance Circle (DI) 3pm Yoga Para Todos 3:30pm 1:1 Tech Support(DI)	No 55+ Programs
	6 9:05am 55+ Yoga 10am Chinese Fit & Fun (DI) 10am Beginners Spanish (DI) 10:05am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Chinese Folk Dance (DI) 1-4pm Mahjongg (DI) 1pm-3pm Needles & Yarn (DI) 1:30pm Zumba Gold 3:30pm 1:1 Tech Support(DI)	**7** 9:05am Full Body Workout 10am 55+ Hip Hop & Afro Beats 11am Zumba 12pm Lunch 12:30pm Drawing & Illustration 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn (DI) 3pm 55+ Chair Yoga (DI)	**8** 9am-4pm UMD Nursing Students 9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Chinese Dance & Fitness (DI) 10am Memoir Writing 11am 55+ Superpower Dance Circle 11am Cardboard Boat Regatta at MLK Aquatic Center 12pm Lunch 1pm Ballroom/Line Dance (Cancelled) 1-4pm Mahjongg (DI) 2:15pm 55+ Beginners Ballet	**9** 9am-4pm UMD Nursing Students 10am Beginners English (DI) 10am Watercolor with Kedir 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance (Cancelled) 1pm Ukelele for Beginners 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga 3:30pm 1:1 Tech Support(DI)	**10** 9:45am Zumba (DI) 10am Conversational Spanish (DI) 11am Painting with Acrylics 12pm Lunch 1pm Qigong 1:30pm 55+ Superpower Dance Circle (DI) 3pm Yoga Para Todos 3:30pm 1:1 Tech Support(DI)	

*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-Office 202-760-1003-Cell alejandro.alcon@montgomerycountymd.gov-Email	240-773-4833 (Leave detailed message) wheatonseniors@gmail.com-Email	

MONTGOMERY COUNTY Recreation

Wheaton Fifty Fit (55+) March 2023 - Spring Session

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
N o 5 5 + P r o g r a m s	**13** 9:05am 55+ Yoga 10am Chinese Fit & Fun (DI) 10am Beginners Spanish (DI) 10:05am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Chinese Folk Dance (DI 1-4pm Mahjongg (DI) 1pm-3pm Needles & Yarn (DI) 1:30pm Zumba Gold 3:30pm 1:1 Tech Support(DI)	**14** 9:05am Full Body Workout 10am 55+ Hip Hop & Afro Beats 11am Zumba 12pm Lunch 12:30pm Drawing & Illustration 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn (DI) 3pm 55+ Chair Yoga (DI)	**15** 9am-4pm UMD Nursing Students 9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Chinese Dance & Fitness (DI) 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance (DI) 1-4pm Mahjongg (DI) 2:15pm 55+ Beginners Ballet	**16** 9am-4pm UMD Nursing Students 10am Watercolor with Kedir 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance (DI) 1pm Ukelele for Beginners 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga 3:30pm 1:1 Tech Support(DI)	**17** 9:45am Zumba (DI) 10am Conversational Spanish (DI) 11am Painting with Acrylics 12pm Lunch 1pm Qigong 1:30pm 55+ Superpower Dance Circle (DI) 3pm Yoga Para Todos 3:30pm 1:1 Tech Support(DI)	**N o 5 5 + P r o g r a m s**
	20 9:05am 55+ Yoga 10am Chinese Fit & Fun (DI) 10am Beginners Spanish (DI) 10:05am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Chinese Folk Dance (DI 1-4pm Mahjongg (DI) 1pm-3pm Needles & Yarn (DI) 1:30pm Zumba Gold 3:30pm 1:1 Tech Support(DI)	**21** 9:05am Full Body Workout 10am 55+ Hip Hop & Afro Beats 11am Zumba 12pm Lunch 12:30pm Drawing & Illustration 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn (DI) 3pm 55+ Chair Yoga (DI)	**22** 9am-4pm UMD Nursing Students 9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Chinese Dance & Fitness (DI) 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance (DI) 1-4pm Mahjongg (DI) 2:15pm 55+ Beginners Ballet	**23** 9am-4pm UMD Nursing Students 10am Beginners English (DI) 10am Watercolor with Kedir 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance (DI) 1pm Ukelele for Beginners 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga 3:30pm 1:1 Tech Support(DI)	**24** 9:45am Zumba (DI) 10am Conversational Spanish (DI) 11am Painting with Acrylics 12pm Lunch 1pm Qigong 1:30pm 55+ Superpower Dance Circle (DI) 3pm Yoga Para Todos 3:30pm 1:1 Tech Support(DI)	
	27 9:05am 55+ Yoga 10am Chinese Fit & Fun (DI) 10am Beginners Spanish (DI) 10:05am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Chinese Folk Dance (DI) 1-4pm Mahjongg (DI) 1pm-3pm Needles & Yarn (DI) 1:30pm Zumba Gold 3:30pm 1:1 Tech Support(DI)	**28** 9:05am Full Body Workout 10am 55+ Hip Hop & Afro Beats 11am Zumba 12pm Lunch 12:30pm Drawing & Illustration 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn (DI) 3pm 55+ Chair Yoga (DI)	**29** 9am-4pm UMD Nursing Students 9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Chinese Dance & Fitness (DI) 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance (DI) 1-4pm Mahjongg (DI) 2:15pm 55+ Beginners Ballet	**30** 9am-4pm UMD Nursing Students 9:15am-12pm Ride Smart Travel Training 10am Watercolor with Kedir 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance (DI) 1pm Ukelele for Beginners 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga 3:30pm 1:1 Tech Support(DI)	**31** 9:45am Zumba (DI) 10am Conversational Spanish (DI) 11am Painting with Acrylics 12pm Lunch 1pm Qigong 1:30pm 55+ Superpower Dance Circle (DI) 3pm Yoga Para Todos 3:30pm 1:1 Tech Support(DI)	

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