

March 2023-Spring

# Wheaton Fifty Fit 55+

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



## Celebrating March

**Women's History Month**

**International Mirth Month**

**Dr. Seuss Day**  
*March 2*

**Purim Begins**  
*March 6*

**International Women's Day**  
*March 8*

**95th Academy Awards**  
*March 12*

**St. Patrick's Day**  
*March 17*

**Mothering Sunday**  
*March 19*

**Welllderly Week**  
*March 20-24*

**Nowruz Begins**  
*March 21*

**Ramadan Begins**  
*March 22*

**American Crossword  
Puzzles Week**  
*March 31-April 2*

## Welcome to Wheaton Fifty Fit 55+ Spring Session!

Our Spring session is from Wednesday March 1, 2023- Wednesday May 31, 2023. If you have previously participated or are new, you will need to register for each individual class. You will not be allowed into any classes without registering. The programs listed below are still available for you to register until program is full or at capacity. You can register online at [activemontgomery.org](http://activemontgomery.org) or in person at the front desk at Wheaton Community Recreation Center.

### Arts

#### R07095-305

Drawing & Illustration **FULL**

12:30pm-1:30pm Tuesday

Explore different styles of drawing with an experienced instructor.

#### R07095-303

Watercolor Painting **FULL**

10:00am-11:00am Thursday

Explore different styles through different projects using watercolor paint.

#### R07095-302

Intro to Drawing **FULL**

11:00am-12:00pm Thursday

During this class, you will learn exercises to sharpen your skills of perception, steady your hands and open your minds to broader possibilities.

#### R07095-301

Painting with Acrylics **FULL**

11:00am-12:00pm Friday

Explore different styles through different projects using acrylic paint.

### Senior (55+) Center Director

Alex Alcon

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## Languages

### **R07061-302**

Conversational Spanish Drop in  
10:00am-11:30am Thursday

This class will focus on everyday conversational ability with support in grammar, vocabulary, reading and writing. Topics will be determined by students' interests and needs. Come chat!

### **R07118-301**

Beginners Spanish Drop in  
10:00am-11:00am Monday

This class will focus on basic Spanish in grammar, vocabulary, reading and writing.

## Computers & Technology

### **R07084-301**

1:1 Tech Support Drop in  
3:30pm-6:30pm Monday, Thursday, Friday

Receive one-on-one assistance on how to use your portable devices (smartphone, tablet or laptop).

## Fitness

### **R07041-303**

Full Body Workout **FULL**  
9:05am-9:55am Tuesday

This class focuses on developing a wide variety of skills, including strength, balance, and flexibility. Bring yoga mat for class.

### **R07059-303**

Let's Practice Qigong **FULL**  
1:00pm-2:00pm Friday

Consists of a series of orchestrated practices including body posture/movement, breath practice, and meditation, all designed to enhance Qi function (that is, drawing upon natural forces to optimize and balance energy within) through the attainment of deeply focused and relaxed states. The goal of active qigong is to continuously keep your body in flow. Qigong requires no equipment, can be performed just about anywhere. This makes it a good exercise choice for just about anyone who's looking to improve range of motion and relaxation.

## Upcoming Events

### **R07094-305**

Oak View Elementary School students & 55+ Ukulele Performance  
1:30pm Thursday, March 2, 2023  
Join us for a special collaboration between Oak View ES students and 55+ Ukulele participants!

### **R07107-314**

Cardboard Boat Regatta  
Each senior center will design and construct a boat and paddles using ONLY the following 3 materials: small cardboard boxes, duct tape and garbage bags. Event will take place at Martin Luther King Jr Aquatic Center: 1201 Jackson Rd, Colesville, MD 20904 on March 8, 2023, at 11am!

### **R07089-306**

Mother's Day Brunch **FULL**  
11:00am-1:30pm Thursday  
Join us to celebrate all the mothers at Wheaton Senior Center. Music, food and fun!

## Meals on Wheels Lunch Program

Must register and make reservations prior to participating  
240-773-4833 (Leave detailed message)  
wheatonseniors@gmail.com-Email



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

**Wheaton Senior Center**  
**240-773-4830**

## **Fitness Cont.**

### **R07032-302**

Yoga Para Todos **FULL**

3:00pm-4:00pm Friday

Esta clase de yoga incluye ejercicios de respiración completa para aumentar la capacidad pulmonar. Igualmente, se incluyen ejercicios de flexibilización y estiramiento de piernas, espalda y cuello para liberar las tensiones acumuladas.

### **R07032-304**

55+ Yoga **FULL**

9:05am-9:55am Monday

Focus will be on gentle movements for stretching, increasing the body flexibility, deep breathing techniques, balance and deep relaxation. Yoga Mat needed for class.

### **R07032-301**

55+ Yoga **FULL**

3:00pm-4:00pm Thursday

Focus will be on gentle movements for stretching, increasing the body flexibility, deep breathing techniques, balance and deep relaxation. Yoga Mat needed for class.

### **R07032-303**

Yogalates **FULL**

9:30am-10:30am Wednesday

Yogalates is a practice of exercises based on Yoga and Pilates. This is designed for seniors who wants to build up strength and flexibility on legs, back and abdominals. Participants will need a mat.

### **R07032-310**

55+ Chair Yoga Drop in

3:00pm-4:00pm Tuesday

Focus will be on gentle movements for stretching, increasing the body flexibility, deep breathing techniques, balance and deep relaxation. Yoga Mat needed for class.

### **R07012-318**

Chinese Fit & Fun Drop in

10:00am-11:00am Monday

Instructional dance class.

## **Social Clubs**

### **R07035-301**

Wheaton Walks

9:30am-11:00am Wednesday

Walking program open to walkers of all fitness levels. Participants will meet in person at the Wheaton Community Recreation Center Lobby. Group will walk approximately 3 miles in the neighborhood.

### **R07047-306**

Wheaton Mahjongg Drop in

1:00pm-4:00pm Monday & Wednesday

Stop in to meet and socialize with other players in the area.

### **R07003-304**

Needles & Yarn Drop in (Non-Instructional)

1:00pm-3:00pm Monday & Tuesday

If you crochet or knit this group is for you! Share techniques and patterns with other members.

### **R07117-302**

Wheaton Jewelry Club (Non-Instructional)

**FULL**

1:00pm-2:30pm Thursday

This program is non-instructional. If you enjoy jewelry making and socializing with others, register today! Some supplies are available, but participants are encouraged to bring their own.

## **Musical Instruments for 55+**

### **R07115-301**

Ukulele for Beginners **FULL**

12:00pm-1:00pm Thursday

### **R07115-302**

Let's Practice Ukulele! Drop in

1:00pm-2:00pm Thursday

## **Writing**

### **R07058-307**

Memoir Writing for Beginners **FULL**

10:00am-11:30am Wednesday

Whether you are a lifelong writer or a beginner, this class is for you. We will help you jump-start your memories, organize your ideas, and edit your work. Bring a notebook or laptop to each class. We use the book Writing the Memoir, by Judith Barrington.

## **Dance**

### **R07011-302**

Social Line Dance **FULL**

10:05am-10:55am Monday

This program introduces participants to the basic patterns and steps for line dancing.

### **R07012-301**

Superpower Dance Circle **FULL**

11:00am-12:00pm Monday & Wednesday

This class is for the young at heart! A variety of popular music, incorporating various dance styles including, hip-hop, jazz, Latin, line and scarf dance. The class culminates with cool-down stretches, deep breathing techniques and guided meditation.

### **R07012-306**

55+ Ballet **FULL**

2:15pm-3:15pm Wednesday

Get ready to move like a dancer! No experience required. These exercises promote balance while improving muscle tone and posture. Have fun and get fit while learning the vocabulary of ballet.

### **R07012-307**

55+ Ballet **FULL**

1:30pm-2:30pm Tuesday

Get ready to move like a dancer! No experience required. These exercises promote balance while improving muscle tone and posture. Have fun and get fit while learning the vocabulary of ballet.

### **R07070-301**

Zumba **FULL**

11:00am-12:00pm Tuesday

This class will provide participants with choreographed Latin influenced and international dance instruction including a variety of exercise styles and dance routines.

### **R07070-302**

Zumba **FULL**

2:00pm-3:00pm Thursday

This class will provide participants with choreographed Latin influenced and international dance instruction including a variety of exercise styles and dance routines.

### **R07070-306**

Zumba Drop in

9:45am-10:45am Friday

This class will provide participants with choreographed Latin influenced and international dance instruction including a variety of exercise styles and dance routines.

### **R07011-303**

Ballroom/Line Dance Drop in

1:00pm-2:00pm Wednesday

This class uses motions from Country, Ballroom, and Latin dance. Each lesson is taught step-by-step at your own pace.

### **R07011-305**

Ballroom/Line Dance Drop in

1:00pm-2:00pm Thursday

This class uses motions from Country, Ballroom, and Latin dance. Each lesson is taught step-by-step at your own pace.

### **R07012-308**

Chinese Folk Dance Drop in

1:00pm-2:00pm Monday

### **R07012-311**

Chinese Dance & Fitness Drop in

10:00am-11:00am Wednesday

### **R07012-312**

Superpower Dance Circle Drop in

1:30pm-2:30pm Friday

This class is for the young at heart! A variety of popular music, incorporating various dance styles including, hip-hop, jazz, Latin, line and scarf dance. The class culminates with cool-down stretches, deep breathing techniques and guided meditation.

### **R07070-309**

Zumba Gold **FULL**

1:30pm-2:30pm Monday

Latin Influenced exercise styles and dance routines for 55+.

### **R07012-310**

55+ Hip Hop & Afro Beats **FULL**

10:00am-11:00am Tuesdays

Choreographed Hip Hop dance instruction.