

Wheaton Fifty-Fit 55+  
August 2022  
Program Details

**55+ Programs are cancelled August 15-August 19 due to center cleaning.**

**Computers & Technology**

**1:1 Tech Support— (Monday-Friday by appt.) - 2:30pm-4:30pm R07084-501** Receive one-on-one instruction on how to use your portable devices (smartphone, tablet or laptop). Please bring your device for your appointment. **Free! Pre-register during program hours**

**Fitness**

**55+ Yoga— Monday at 9:05am R07032-501 & Thursday at 3:00pm R07032-502** This gentle yoga class is for all levels that want to remain healthy and active. Focus will be on gentle movements for stretching, increasing the body flexibility, deep breathing techniques, balance and deep relaxation. Yoga offers a relatively safe way to promote joint health, restore balance and improve strength and stamina. **Class is Full (No Class 8/4)**

**Zumba with Amy— (Tuesdays at 11am R07070-502 and Thursdays at 2pm R07070-503)** This class will provide participants with choreographed Latin influenced and international dance instruction including a variety of exercise styles and dance routines that will help contribute to better overall fitness and health. **Class is Full**

**55+ Superpower Dance Circle— Monday & Wednesday at 11am R07012-503** The Senior Superpower Dance Circle is for the young at heart to keep hearts young at any age to 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. Our programs are designed to be engaging, fun, expressive and beneficial experiences for our students. Unleash your superpowers through music, dance, storytelling and guided meditation. Students are encouraged to participate at their own comfort level. **Class is Full**

**Wheaton Walks (Drop in)—Wednesday at 9:30am** Wheaton Walks is a walking program open to walkers of all fitness levels. Each Wednesday morning, participants will meet in person at the Wheaton Community Recreation Center Lobby to participate in a group walk (Approximately 3 miles) in the neighborhood.

**55+ Yogalates— Wednesday at 9:30am R07032-503**

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. **Class is Full**

**Dance**

**Social Line Dance Monday at 10am R07011-503** This program introduces participants to the basic patterns and steps for line dancing. **Class is Full**

**Pre-Ballet with Betty—Tuesday at 1:30pm R07012-506**

Get ready to focus on strengthening your core muscles and increase your flexibility.

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Exercises are done on the floor. All levels are welcome. Bring a mat and wear comfortable clothing. **Class is Full**

**Beginners Ballet with Betty—Wednesday at 2:15pm R07012-505** 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. **Class is Full**

**Line/Ballroom Dance with Amy Wednesday & Thursday R07011-504 at 1pm** Line dance has grown far from its roots in social line dance and developed into a dance sport. It uses motions from Country, Ballroom, and Latin dance. Instructor Amy Chen can put you in touch with today's popular dances to make you a comfortable social dancer or a competitive hobby dancer. Each lesson is taught step-by-step at your own pace.

**Class is Full**

### **Socials & Clubs**

**Wheaton Indoor Track (W.I.T.) Club— Monday-Friday at 1pm-2pm R07035-501** Join the first 55+ Wheaton Indoor Track Club! Drop in to meet other walkers in the Wheaton community to socialize and stay fit!

**Needles & Yarn — Tuesday at 2pm R07003-502** If you crochet or knit- or if you've always wanted to learn-join the peer-led group for a chance to trade techniques and patterns.

**MahJong Drop in — Mondays starting July 18 & Wednesdays 1pm-4pm** Stop in to meet other players in the area. Program will be held in Community Lounge.

### **Upcoming Speakers/Presentations/Events**

### **Language & Arts**

#### **Conversational English Drop in (Tuesdays at 10am)**

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! Remainder of Spring session will be drop-in basis.

**Drawing on the Go Drop In (Tuesdays at 10am)** This class will focus on a different topic each week. Some possible topics will include hands, drawing outside and drawing folds. The first class will discuss basic drawing materials and ways to use them. Supplies needed: 9x12 sketchbook, 4B pencil, and eraser.

#### **Conversational Spanish Drop In (Thursdays at 10am)**

This class is for anybody 55+ interested in learning how to speak Spanish. Topics will be determined by students interests and needs.

**Painting with Kedir Drop in (Thursdays at 10am)** Beginner's painting class

### **Sports**

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**55+ Open Gyms for Volleyball, Basketball, and Badminton**

Drop in and join in the fun. Sign up at the front desk for a Senior Sneaker pass which also includes access to the fitness center and track! Please stop by the front desk for the open gym schedule.

**[Holy Cross Programs/Workshops](#)**

**Senior Fit (Tuesdays & Thursdays 1pm-1:45pm)** Pre-registration required via Holy Cross. Please see front desk for dates and location of class.

**[Community Collaborations](#)**

**Yoga Para Todos (Viernes) 3pm R07032-508**

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. La práctica comprende posturas de Yoga para el equilibrio, posturas de pie, sentados y acostados. Estas posturas pueden ser practicadas por personas de cualquier edad ya que son de fácil ejecución.

**Class is Full**

**Chinese Folk Dance (Mondays at 1pm) R07012-507**

Dance teacher, Ming Shan will teach folk dance. No prior dance experience needed.

**[55+ Fifty Fit Drop-in Programs for August 2022](#)**

55+ participants must sign Recreation waiver form before participating in any drop-in program at Wheaton Senior Center. Drop-in programs are first come first serve basis and will be closed once capacity is reached.

**Monday & Wednesday from 1pm-4pm- MahJong (No MahJong 8/10)**

**Friday at 1:00pm- Qigong** Qigong exercises consist 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.

**Tuesday at 3pm- 55+ Chair Yoga (No Class 8/9)**

**Tuesday at 10am- Conversational English** 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!

**Tuesday at 10am-Drawing on the Go!**

**Wednesday at 10am-Chinese Dance & Fitness**

**Thursday at 10am- Painting with Kedir**

**Thursday at 10am- Conversational Spanish**

**Friday at 9:45am- Tai Chi Chuan**

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**Friday at 1:30pm-Superpower Dance Circle**

**[Nutrition Program Now Available](#)**

Our nutrition program is now available Monday-Friday. If you're 60 or older, you can donate any amount. The cost is \$5.93 per meal for those under 60 years of age. To make a reservation, please call 240-773-4833 or email [wheatonseniors@gmail.com](mailto:wheatonseniors@gmail.com). Reservations are placed every Tuesday at 5pm for the following week.

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| <b>Address</b>                         | 11701 Georgia Ave.<br>Wheaton, MD 20902   |
| <b>Senior Center Hours</b>             | Monday-Friday<br>9 AM – 4 PM  |
| <b>Senior Center Director</b>          | Alejandro "Alex" Alcon<br>Office: 240-773-4829  |
| <b>Wheaton Senior Center</b>           | 240-773-4830  |
| <b>Wheaton Senior Center Nutrition</b> | 240-773-4833 or email<br><a href="mailto:wheatonseniors@gmail.com">wheatonseniors@gmail.com</a> |

**Waiting list for programs/Participation at Wheaton Senior Center**

Participants added to a programs waitlist have the opportunity to participate in the program if space is available. This does not guarantee that you'll be allowed to participate, and staff have right to allow or deny entrance due to capacity. If you have recently been added to a programs waitlist, please bring your receipt. No one will be allowed to participate without filling out a registration form and signing up via Active Montgomery.

**Dates/Times/Locations of 55+ programs may be subject to change.**