

Wheaton Fifty Fit (55+) April 2024 - Spring Session

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:05am 55+ Yoga 10am Muscle UP! 10am Beginners Spanish 10am 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 Intermediate Spanish 11am Zumba 12pm Lunch 12:30pm Drawing & Illustration(Cancelled) 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga 3:45pm-6:15pm 1:1 Tech Support	9am-4pm UMD Nursing Students 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(Cancelled) 1-4pm Mahjongg 2:15pm 55+ Beginners Ballet 3:45pm-6:15pm 1:1 Tech Support	9am-4pm UMD Nursing Students 10am Beginners English 11am Intro to Drawing(Cancelled) 12pm Lunch 1pm Ballroom/Line Dance 12pm Ukulele for Beginners 1pm Let's Practice Ukulele! 1pm Jewelry Club(Cancelled) 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(Cancelled) 12pm Lunch 1pm Qigong 1:30pm 55+ Superpower Dance Circle 3pm Yoga Para Todos 3:45pm-6:15pm 1:1 Tech Support
8	9	10	11	12
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**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 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
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22	23	24	25	26
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29	30			
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