

Wheaton Fifty-Fit 55+  
May 2022  
Program Details

### **Computers & Technology**

**1:1 Tech Support— (Monday-Friday by appt.) - 2:30pm-4:30pm R07084-301** 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** (No class 5/30)

**Active Montgomery Online Registration Q & A- Thursday, May 12 from 10am-12pm** Staff will help participants walkthrough the online registration process. Participants will have the opportunity to ask questions and have a better understanding of registering online. Program held in Computer Lab on 2<sup>nd</sup> floor.

**55+ Wheaton Program Roster Verification- Thursday, May 26 from 10am-12pm** Stop in to verify that you registered for all your favorite summer classes. Staff will also be available to help with registration.

### **Fitness**

**Shape and Tone—Friday at 9:30am R07041-301** This class is designed to tone, firm and strengthen by targeting every major and minor muscle group in the body. The format will vary each class to increase the challenge to the muscles and allow for maximum results. A chair for support will be used for lower body exercises. The use of hand weights and resistance bands provides a means to safely improve muscle strength and endurance, range of motion, and flexibility. A warmup to raise the core body temperature and prepare muscles. The cool down stretch is to relax muscles and increase flexibility. Participants are encouraged to bring a resistance band; exercise mat and a pair of light hand weights Wear comfortable attire. **Class is Full**

**55+ Yoga— Thursday at 3:00pm R07032-301** 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**

**Zumba with Amy— (Tuesdays at 11am R07070-301 and Thursdays at 2pm R07070-302)** 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 R07012-301** 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** (No class 5/30)

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**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.

**Functional Fitness—Wednesday at 3:15pm R07041-302** This class focuses on developing a wide variety of skills, including strength, balance, and flexibility. Exercises and activities will be aimed at not just fitness but helping participants with skills that are used in everyday activities. This class will use multiple modalities. Exercises will incorporate the use of mats, resistance tubing, and weights. No equipment provided.

**Class is Full**

**55+ Yogalates— Wednesday at 9:30am R07032-303**

Yogalates is a practice of exercises based on Yoga and Pilates. This is designed for seniors who want 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 R07011-302** This program introduces participants to the basic patterns and steps for line dancing. **Class is Full** (No class 5/30)

**Pre-Ballet with Betty—Tuesday at 1:30pm R07012-307**

Get ready to focus on strengthening your core muscles and increase your flexibility. 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 R07012-306** 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 R07011-303 & Thursday R07011-305 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.

**Socials & Clubs**

**Wheaton Indoor Track (W.I.T.) Club— Monday, Wednesday & Friday at 1pm-2pm R07035-301** Join the first 55+ Wheaton Indoor Track Club! Drop in to meet other walkers in the Wheaton community to socialize and stay fit! (No meet 5/30)

**Needles & Yarn — Tuesday at 2pm R07003-304** 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 — Wednesdays from 1pm-4pm (Starting May 25)** Stop in to meet other players in the area. Program will be held in Community Lounge.

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**Upcoming Speakers/Presentations/Events**

**AMAZING THEATRE COMPANY, INC presents**

**Harriet Tubman: Defender**

**Written & Directed By: Percy W. Thomas**

A powerful presentation of Harriet Tubman's life & journey on the underground railroad; told in narrative and song as never heard before. This one woman show depicts Harriet Tubman as the defender of her people, and her selfless desire to help others to free themselves from the horrible institution of slavery. Harriet will be portrayed by: Eunice Seagraves.

Act I - Monday, May 16, 2022, 1:00 p.m.

Act II—Wednesday, May 18, 2022, 1:00 p.m.

**Mother's Day Brunch-Thursday, May 5 from 11am-12:30pm R07089-306**

Join us to celebrate our mothers at Wheaton! Pre-registration required.

**Older Americans Month Ice Cream Social Celebration-Thursday, May 19 from 11am-1:00pm** Drop in between 11am-1pm to enjoy some Ice Cream and socialize with other 55+ participants.

**Language & Arts**

**Conversational English (Tuesdays at 10:30am)**

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.

**Intro to Drawing (Tuesdays at 9:45am) R07095-302**

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

**Intro to Drawing 2 (Tuesdays at 11am) R07095-303**

This intermediate class is a continuation of Intro to Drawing that will work on skills learned in previous class.

**Experiments in Painting (Fridays at 11am) R07095-301**

Explore different styles through different projects using acrylic paint. **Class is Full**

**Sports**

**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! Please stop by front desk for dates and times of 55+ open gym.

**Holy Cross Programs/Workshops**

**Senior Fit (Tuesdays & Thursdays 1pm-1:45pm)** Pre-registration required via Holy Cross. **Class is Full**

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**Community Collaborations**

**Yoga Para Todos (Viernes) 3pm R07032-302**

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) R07012-308**

Dance teacher, Ming Shan will teach folk dance. No prior dance experience needed. (No class 5/30)

**Drop-in Programs for April 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 at 9:15am- 55+ Yoga** (No class 5/30)

**Tuesday at 3pm- 55+ Yoga**

**Tuesday at 10:30am- 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!

**Wednesday at 10am-Chinese Dance & Fitness** (No class 5/11)

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

Tai Chi Chuan is a member of the ancient family of Chinese martial arts. While most martial arts emphasize "external force" in self-defense and offense, Tai Chi is said to be an "internal martial art" emphasizing mindfulness, health and flexibility of the individuals practicing it. Our group will learn and practice primarily the Yang style, which is arguably the most popular style practiced today all over the world.

This class will be divided into two groups; a beginner's group for those with no experience and those with some experience but who are not yet comfortable with at least the basic simplified (Beijing) 24 form. The group leader will also lead the group in the popular 32 sword and 42 sword forms and/or Tai Chi fan routines.

**Friday at 1pm- 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.

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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.

**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. **(Lunch on 5/5 will be served in Art Room and/or Community Lounge)** (No lunch 5/30)

<b>Address</b>	11701 Georgia Ave. Wheaton, MD 20902
<b>Senior Center Hours</b>	Monday-Friday 9 AM – 4 PM
<b>Senior Center Director</b>	Alejandro "Alex" Alcon Office: 240-773-4829
<b>Wheaton Senior Center</b>	240-773-4830
<b>Wheaton Senior Center Nutrition</b>	240-773-4833 or email <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.**