# Wheaton Fifty Fit 55+

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

**Chat with Alex from Wheaton Senior Center**
**April 24 at 1:15pm**
**R07116-202**

**SNP Special Meals**
April 23- Indian Pizza
April 29- Welcome to India

**How to reach SNP Meals Manager regarding Senior Nutrition Program?**

**240-773-4833**

**Please call if you will need to cancel any meal reservation.**

**Attention**
**SNP Participants!**

**Meals are served Monday-Friday in the Social Hall. From 4/26-5/4 and 5/23 & 5/24, meals will be served in another location at Wheaton CRC. Please see our Daily board for the specific location.**

**Thank you!**

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

Our Spring session is from Friday, March 1, 2024- Friday, May 31, 2024. If you have previously participated or are new, you will need to register for each individual class or sign up for our Standby program. You will not be allowed into any classes without registering. You can register online at activemontgomery.org or in person at the front desk at Wheaton Community Recreation Center.

## Important Announcement!

Please check the 55+ Wheaton calendar before heading to the center. We have a higher number of classes cancelled for the month of April.

## Attention Senior Nutrition Meal Program Participants:

**Our meal check in process has changed! From 11:30am-12:10pm, participants can check in at the 2nd floor desk at Wheaton CRC. During this time, participants can receive a meal ticket, donate money, swipe meal card and add your name to the Standby list.**

**Please remember to exit the Social Hall 10 minutes prior to noon to allow for staff and volunteers to set up for our meals program.**

## 1:1 Tech Support via TeenWorks

Monday-Friday
3:45pm-6:15pm
Get your tech related questions answered by TeenWorks staff!
Computer Basics-April 29

## UMD School of Nursing at Wheaton CRC(March-May)

On Wednesdays and Thursdays from 9am-4pm, participants will have the opportunity to get their blood pressure checked and participate in scheduled programs led by the nursing students. Please see the posted schedule when arriving as times may change.

## Cooking Program with MCPD

Wednesday, April 24, 2024
At 1:30pm

Step by step instruction on how to make a healthy meal.

## Arbor Day Celebration: Pine Tree DIY

Friday, April 26, 2024 at 1pm

Join us to plant your own mini-Pine Tree in a pot for Arbor Day. Supplies are limited!

## Holidays in April

April Fool Day- April 1
Ramadan-Beings in the evening of March 22 and ends in the evening of April 21
Passover-Begins in the evening on April 22 and ends in the evening on April 30
Earth Day- April 22
Arbor Day- April 26

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**Currently, our programs are full. You can still participate by registering for the 55+ Fifty Fit Standby program.**

Standby-Dance:R07012-324
Superpower Dance Circle, Social Line Dance, 55+ Ballet, Zumba Gold, Ballroom/Line Dance, Chinese Folk Dance, Chinese Dance & Fitness, Yuan Chi Dance, Zumba

Standby-Fitness: R07012-323
Yoga Para Todos, 55+ Yoga, Yogalates, Muscle UP! Zumba, Wheaton Walks, Full Body Workout, Let's Practice Qigong

Standby-Arts: R07095-323
Painting with Acrylics, Intro to Drawing, Drawing & Illustration

Standby-Social Clubs: R07117-307
Wheaton Mahjongg, Needles & Yarn, Wheaton Jewelry Club

Standby-Spec. Programs: R07114-301
Memoir Writing, Conversational Spanish, Ukulele for Beginners, Beginners Spanish, Let's Practice Ukulele!, Beginners English, Intermediate Spanish

*Register to be added to the Standby list for classes that are already full for Spring 2024. Participants registered will not be called and participants will need to come in person to see if there is space in the class. This does not guarantee you a spot in the class and participants will not be admitted once class is at capacity. Rosters for classes will be printed and updated every Monday at 8:30am. If you register after this time, it's recommended that you begin participating the following week to ensure your name will be on the updated roster.*