

March 2025-Spring

Wheaton Fifty Fit 55+

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



How to reach SNP Meals Manager regarding Senior Nutrition Program?

240-773-4833

Please call and leave a message if you need to cancel any meal reservation.

Interested in volunteering for Wheaton Senior Center?

We are looking for individuals 55+ that are looking to teach, take attendance, share resources to the public or support our meals program. If you're interested, please email Alex
alejandro.alcon@montgomerycountymd.gov

**UMD Nursing Programs
R07094-301**

Wednesdays & Thursdays

March 5-April 24 9am-4pm

Week of March 19-No class

2025 Spring classes that are open for registration at Wheaton Senior Center:

Needles & Yarn: R07003-304

Ballroom/Line Dance: R07011-303 & 305

Dance with Me! : R07011-318

Chinese Folk Dance: R07012-308

Chinese Dance & Fitness: R07012-311

Wheaton Walks: R07035-301

Mahjongg: R07047-306

Conversational Spanish: R07061-302

UMD Nursing Programs: R07094-301

Jewelry Club: R07117-302

Chat with Alex: R07314-301

"Harry Belafonte... Always in Focus"

Date: Thursday, March 13, 2025

Time: 1:15pm

Wheaton CRC

Many people think of Harry Belafonte only for his entertaining ways of connecting with his audiences. However, this Story is titled "Always in Focus" because Harry's legacy for the World is stunning. Belafonte's ability to transcend into such areas as power relationships, authority, Racial Discrimination and more play a monumental part in his lifelong struggle for equality.

New Class starting in April!

Register for

Cardio Dance Fitness

R07012-301

Wednesdays 9:05am-9:40am

in person or online

Wednesday, March 12 at 9am