


Wheaton Fifty Fit (55+) July 2025-Summer Session				
Dates/Times/Locations of 55+ programs may be subject to change without prior notice.				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:05am Full Body Workout 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga(Cancelled)	9am Chinese Dance & Fitness 9:05-9:40am Cardio Dance Fitness 9:30am Wheaton Walks 9:45am Yogalates(Cancelled) 10am Memoir Writing 11:05am 55+ Superpower Dance Circle 12pm Lunch 1pm-4pm Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+	10am Laughter Yoga 11am Zumba 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club	Wheaton Senior Center Closed Independence Day
7	8	9	10	
9:05am Dance with Me!(Cancelled) 10am 55+ Yoga(Cancelled) 10am Beginners Spanish 12pm Lunch 1pm-4pm Mahjongg 1pm Chinese Folk Dance(Cancelled) 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance(Cancelled)	9:05am Full Body Workout(Cancelled) 10am Intermediate Spanish 11am Zumba(Cancelled) 12pm Lunch 1:30pm 55+ Beginners Ballet(Cancelled) 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga(Cancelled)	9am Chinese Dance & Fitness(Cancelled) 9:05-9:40am Cardio Dance Fitness(Cancelled) 9:30am Wheaton Walks 9:45am Yogalates(Cancelled) 10am Memoir Writing 11:05am 55+ Superpower Dance Circle(Cancelled) 12pm Lunch 1pm-4pm Mahjongg 1pm Ballroom/Line Dance(Cancelled) 2:15pm Ballet I for 55+(Cancelled)	10am Laughter Yoga(Cancelled) 11am Zumba(Cancelled) 12pm Lunch 1pm Ballroom/Line Dance(Cancelled) 1pm Let's Practice Ukulele! Club 1pm Jewelry Club	9:45am Zumba(Cancelled) 10am Conversational Spanish 10:45am Tai Chi 11am Painting Club 11am Beginners English 12pm Lunch 1pm Qigong(Cancelled) 1:30pm Muscle UP!
*Participants must be registered prior to participating in any Wheaton 55+ program.				
Senior Center Director	Meals on Wheels Lunch program		Wheaton Senior Center 240-773-4830  Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com	
	Must register and make reservations prior to participating			
Alex Alcon 240-773-4829 alejandro.alcon@montgomerycountymd.gov	240-773-4833 (Leave detailed message)			
<div><div></div><div>Wheaton Senior Center 11701 Georgia Avenue Silver Spring MD 20902</div><div></div></div>				

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Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
9:05am Dance with Me! 10am 55+ Yoga 10am Beginners Spanish 12pm Lunch 1pm-4pm Mahjongg 1pm Chinese Folk Dance 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance	9:05am Full Body Workout 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1 pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	9am Chinese Dance & Fitness 9:05-9:40am Cardio Dance Fitness 9:30am Wheaton Walks 9:45am Yogalates 10am Memoir Writing 11:05am 55+ Superpower Dance Circle 12pm Lunch 1pm-4pm Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+	10am Laughter Yoga 11am Zumba 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club	9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 10:55am Self Defense 11am Painting Club 11am Beginners English 12pm Lunch 1pm Qigong 1:30pm Muscle UP!
21	22	23	24	25
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28	29	30	31	
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