Wheaton Fifty Fit (55+) March 2025 -Spring Session Dates/Times/Locations of 55+ programs may be subject to change without prior notice. Monday Tuesday Wednesday Thursday Friday 7 9:05am Dance with Me! 9:05am Full Body Workout **UMD Nursing Program-Starts at 9am UMD Nursing Program-Starts at 9am** 9:45am Zumba 10am 55+ Yoga 10am Intermediate Spanish 9am Chinese Dance & Fitness 11am Zumba 10am Conversational Spanish 10am Beginners Spanish 10:15am Volunteer Fair at N Potomac CRC 9:30am Wheaton Walks 12pm Lunch 10:45am Tai Chi 12pm Lunch 11am Zumba 9:45am Yogalates 1pm Ballroom/Line Dance 11am Painting Club 11am Self Defense 1pm-4pm Mahjongg 12pm Lunch 10am Memoir Writing 1pm Let's Practice Ukulele! Club 1pm Chinese Folk Dance 1:30pm 55+ Beginners Ballet 1pm Jewelry Club 12pm Lunch 11:05am 55+ Superpower Dance Circle 1pm-3pm Neeles & Yarn 1pm-3pm Needles & Yarn 12pm Lunch 3pm 55+ Yoga 1pm Qigong 1:30pm Zumba Gold 3pm 55+ Chair Yoga 1pm-4pm Mahjongg 1:30pm Muscle UP! 2:30pm Yuan Chi Dance 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+ 11 12 13 14 9:05am Dance with Me! 9:05am Full Body Workout UMD Nursing Program-Starts at 9am **UMD Nursing Program-Starts at 9am** 9:45am Zumba 10am 55+ Yoga 10am Intermediate Spanish 9am Chinese Dance & Fitness 11am Zumba 10am Conversational Spanish 10am Beginners Spanish 11am Zumba 9:30am Wheaton Walks 12pm Lunch 10:45am Tai Chi 1pm Ballroom/Line Dance 12pm Lunch 12pm Lunch 9:45am Yogalates 11am Painting Club 1:30pm 55+ Beginners Ballet 10am Memoir Writing 1pm Let's Practice Ukulele! Club 11am Self Defense 1pm-4pm Mahjongg 1pm Chinese Folk Dance 1pm-3pm Needles & Yarn 11:05am 55+ Superpower Dance Circle 12pm Lunch 1pm Jewelry Club 12pm Lunch 1:15pm Harry Belafonte...Always in Focus 1pm Qigong 1pm-3pm Neeles & Yarn 3pm 55+ Chair Yoga 1:30pm Zumba Gold 1pm-4pm Mahjongg Presentation 1:30pm Muscle UP! 1pm Ballroom/Line Dance 2:30pm Yuan Chi Dance 3pm 55+ Yoga 2:15pm Ballet I for 55+ *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 Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com alejandro.alcon@montgomerycountymd.gov 240-773-4833 (Leave detailed message)





| Wheaton Fifty Fit (55+) March 2025 - Spring Session Dates/Times/Locations of 55+ programs may be subject to change without prior notice. | | | | |
|---|---|---|---|---|
| | | | | |
| 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 | UMD Nursing Program-Starts at 9am 9am Chinese 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+ | | 9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting Club 11am Self Defense 12pm Lunch 1pm Qigong 1:30pm Muscle UP! |
| 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 | UMD Nursing Program-Starts at 9am 9am Chinese 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+ | UMD Nursing Program-Starts at 9am 11am Zumba 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 3pm 55+ Yoga | 9:45am Zumba 10am Conversational Spanish 10:45am Tai Chi 11am Painting Club 11am Self Defense 12pm Lunch 1pm Qigong 1:30pm Muscle UP! |
| 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 | | | | Afternoon Tea Honoring Women's History Month Saturday, March 1, 2025 R07089-301 Space is limited! |