

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
3	4	5	6	7
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 10:15am Volunteer Fair at N Potomac CRC 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	<u>UMD Nursing Program-Starts at 9am</u> 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+	<u>UMD Nursing Program-Starts at 9am</u> 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!
10	11	12	13	14
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*\*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)	



Wheaton Senior Center  
11701 Georgia Avenue Silver Spring MD 20902



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Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
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	<u>UMD Nursing Program-Starts at 9am</u> 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+	<u>UMD Nursing Program-Starts at 9am</u> 11am Zumba 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club 1pm Chat w/ Senior Center Director 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!
24	25	26	27	28
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31				
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