

**Mont Alto Senior Activity Center (717) 749-7294**  
**July 2024**

Activity Classes are **RED**  
 Exercise classes are **BLUE**  
 Health & Wellness are **PURPLE**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1 9:00 Rummikub & Games 11:00 Chair Yoga	2 9:00 Rummikub & Games  11:15 Sit & Get Fit (in person or Virtual)	3 9:00 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Group	4 Center Closed	5 9:00 Rummikub & Games
8 9:00 Rummikub 11:00 Chair Yoga 1:00 Bingo	9 9:00 Rummikub & Games 11:15 Sit & Get Fit (in person or Virtual)	10 9:00 Rummikub & Games 11:00 Group Study	11 9:00 Rummikub & Games 11:15 Sit & Get Fit (in person or Virtual)	12 9:00 Rummikub & Games 11:15 Dehydration & Hydrating Foods w/ Nurse Martha 1:30 Bowling @ Sunshine Lanes
15 9:00 Rummikub & Games 11:00 Chair Yoga	16 9:00 Rummikub & Games 11:15 Sit & Get Fit (in person or Virtual)	17 9:00 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Group	18 9:00 Rummikub 11:15 Sit & Get Fit 11:00- 12:00 Information & Referral (Aging office)	19 9:00 Rummikub & Games
22 9:00 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo	23 9:00 Rummikub & Games 11:15 Sit & Get Fit (in person or Virtual) 12:45 Keystone - Dehydration	24 9:00 Rummikub & Games 11:00 Group Study Birthdays!	25 9:00 Rummikub 11:15 Sit & Get Fit (in person or Virtual) 1:00 Painting w/ Elaine	26 9:00 Rummikub & Games 10:30 Blood Pressure Check w/ Nurse Donna Bus Trip (TBD) Jim Thorpe

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29 9:00 Rummikub & Games 11:00 Chair Yoga	30 9:00 Rummikub & Games 11:15 Sit & Get Fit (in person or Virtual)	31 9:00 Rummikub & Games 11:00 Group Study	
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