

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Rummikub & Games 10:30 Art Group 11:00 Chair Yoga Start Tracking miles for walk across PA	2 9:00 Rummikub & Games Center Closing @ 12:30	3 9:00 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Group	4 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	5 9:00 Rummikub & Games
8 9:00 Rummikub & Games 10:30 Art Group 11:00 Chair Yoga 1:00 BINGO View the Solar Eclipse after Bingo	9 9:00 Rummikub & Games Center Closing @ 12:30	10 9:00 Rummikub & Games 11:00 Group Study 1:30 Bowling @ Sunshine Lanes \$8 includes 2 games and shoes	11 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	12 9:00 Rummikub & Games
15 9:00 Rummikub & Games 10:30 Art Group 11:00 Chair Yoga	16 9:00 Rummikub & Games Wear PJs to (work) the center day!	17 9:00 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Group	18 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 11:00- 12:00 Information & Referral (Aging Office)	19 9:00 Rummikub & Games 10:00 Coffee w/ a Cop 10:30 Blood Pressure Check
22 9:00 Rummikub & Games 10:30 Art Group 10:00 Hearing Health w/ Vinnie 11:00 Chair Yoga 1:00 BINGO	23 9:00 Rummikub & Games 12:45 Keystone- Foot Health; make foot scrub	24 9:00 Rummikub & Games 9:00 Rummikub & Games 11:00 Group Study	25 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Painting w/ Elaine	26 Volunteer Banquet Center Closed

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29 9:00 Rummikub & Games 10:30 Art Group 11:00 Chair Yoga	30 9:00 Rummikub & Games 2:00-4:30 Open House- Refreshments, door prizes and resources			
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