

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Rummikub & Games 10:30 Art Group (on inclement weather days) 11:00 Chair Yoga	4 9:00 Rummikub & Games	5 9:00 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Group	6 9:00 Rummikub & Games 11:15 Sit & Get Fit (in person or Virtual)	7 9:00 Rummikub & Games
10 9:00 Rummikub & Games 10:30 Art Group (on inclement weather days) 11:00 Chair Yoga 1:00 Bingo	11 9:00 Rummikub & Games 12:45 The Invasive Spotted Lanternfly (Mind Matters video presentation)	12 9:00 Rummikub & Games 11:00 Group Study	13 9:00 Rummikub & Games 11:15 Sit & Get Fit (in person or Virtual)	14 9:00 Rummikub & Games 1:30 Bowling @ Sunshine Lanes
17 9:00 Rummikub & Games 10:30 Art Group (on inclement weather days) 11:00 Chair Yoga Father's Day Treat	18 9:00 Rummikub & Games	19 9:00 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Group	20 9:00 Rummikub & Games 11:15 Sit & Get Fit 11:00- 12:00 Information & Referral (Aging office) 12:30 PA Hwy Safety presentation	21 9:00 Rummikub & Games 12:45 Citi Presentation About Scams and Fraud
24 9:00 Rummikub & Games 10:30 Art Group (on inclement weather days) 11:00 Chair Yoga 1:00 Bingo	25 9:00 Rummikub & Games 12:45 Erin w/ Keystone Brain Awareness	26 9:00 Rummikub & Games 11:00 Group Study	27 9:00 Rummikub & Games 11:00-12:00 Blood Pressure Check 11:15 Sit & Get Fit (in person or Virtual) 1:00 Painting w/ Elaine	28 9:00 Rummikub & Games