

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Group	2 9:00 Rummikub & Games 11:15 Sit & Get Fit (in person or Virtual)	3 9:00 Rummikub & Games 1:30 Bowling @ Sunshine Lanes
6 9:00 Rummikub & Games 10:30 Art Group (on inclement weather days) 11:00 Chair Yoga	7 9:00 Rummikub & Games	8 9:00 Rummikub & Games 11:00 Group Study	9 9:00 Rummikub & Games 11:15 Sit & Get Fit (in person or Virtual)	10 9:00 Rummikub & Games Last day to sign up for Picnic on the 24th
13 9:00 Rummikub & Games 10:30 Art Group (on inclement weather days) 11:00 Chair Yoga 1:00 BINGO Mother's Day Treat	14 9:00 Rummikub & Games Center closing at 2:00	15 9:00 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Group	16 9:00 Rummikub & Games 11:15 Sit & Get Fit (in person or Virtual) 11:00- 12:00 Information & Referral (Aging Office)	17 9:00 Rummikub & Games 12:30 PA Highway Safety Presentation w/ Mathew Frampton
20 9:00 Rummikub & Games 10:30 Art Group (on inclement weather days) 11:00 Chair Yoga	21 9:00 Rummikub & Games	22 9:00 Rummikub & Games 11:00 Group Study	23 9:00 Rummikub & Games 11:15 Sit & Get Fit (in person or Virtual) 1:00 Painting w/ Elaine	24 Center Closed Picnic @ Mont Alto Carnival Grounds - Celebration for Older Americans Month

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<p>27 9:00 Rummikub & Games 10:30 Art Group (on inclement weather days) 11:00 Chair Yoga 1:00 Bingo</p>	<p>28 9:00 Rummikub & Games 12:45 Keystone Health-Sleep Health/Emergency Information</p>	<p>29 9:00 Rummikub & Games 11:00 Group Study</p>	<p>30 9:00 Rummikub & Games 11:15 Sit & Get Fit (in person or Virtual) 12:30 Medication Safety w/ Kim Lucas</p>	
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