

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Come in before lunch and enjoy snacks, coffee, tea and great company!		Call the day before by 1:30 to reserve your meal for the following day.		1 9:00 Rummikub & Games 11:15 Insomnia – with Nurse Martha Center Closing @ 2:00
4 9:30 Rummikub & Games 11:00 Chair Yoga	5 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	6 9:00 Rummikub & Games 11:00 Group Study	7 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	8 9:00 Rummikub & Games Veterans Recognition Day! Center closing @ 2:00
11 Veteran's Day Center Closed	12 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	13 9:00 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Group	14 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	15 9:00 Rummikub & Games 1:00 Pottery Project
18 9:00 Rummikub & Games 11:00 Chair Yoga 1:00 BINGO	19 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	20 9:00 Rummikub & Games 11:00 Group Study	21 9:00 Rummikub & Games Thanksgiving Meal 11:00 Sit & Get Fit (in person or Virtual) 1:00 Painting w/ Elaine	22 9:00 Rummikub & Games 1:30 Bowling Center Closing @ 3:00

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<p>25 9:00 Rummikub & Games 11:00 Chair Yoga 1:00 BINGO</p>	<p>26 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 12:45 Keystone – Diabetes Edu. & Diets</p>	<p>27 9:00 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Group</p>	<p>28 Happy Thanksgiving! Center Closed</p>	<p>29 Center Closed for Thanksgiving Break</p>
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