


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Come in before lunch and enjoy snacks, coffee, tea and great company!	1 Center Closed For Off Site Event 10:00 – 2:00 All Center Fall Fest!	2 9:00 Rummikub & Games 11:00 Group Study 12:00 Lunch 1:30 Penn Needlework Group	3 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 12:00 Lunch Closing at 1:30 for Martins Bread Tour	4 9:00 Rummikub & Games
7 9:30 Rummikub & Games 11:00 Chair Yoga	8 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	9 9:00 Rummikub & Games 11:00 Group Study	10 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 12:00 Lunch Closing at 1:30 for Martins Bread Tour	11 9:00 Rummikub & Games 11:30 Events meeting
14 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 BINGO	15 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	16 9:00 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Group	17 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	18 9:00 Rummikub & Games 1:30 Bowling Wear Pink Day 
21 9:00 Rummikub & Games 11:00 Chair Yoga	22 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 12:45 Keystone – Dental Hygiene and Medications	23 9:00 Rummikub & Games 11:00 Group Study	24 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) NO Painting w/ Elaine 1:00 Small Craft project	25 9:00 Rummikub & Games 10:30 Blood Pressure Check 1:00 Pottery

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<p>28 9:00 Rummikub & Games 11:00 Chair Yoga 1:00 Candy Bingo Come in costume or Halloween attire</p>	<p>29 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)</p>	<p>30 9:00 Rummikub & Games 11:00 Group Study</p>	<p>31 9:00 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) Wear Orange</p>	<p>Call the day before you plan to attend for lunch by 1:30 to reserve your meal.</p>
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