

**Mont Alto Senior Center (717)749-7294**  
**February 2024**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Rummikub & board games 11:00 Sit & Get Fit w/ Cindi	2 9:00 Rummikub & board games Wear Red Day
5 9:00 Rummikub & board games 10:30 Art Group 11:00 Chair Yoga	6 9:00 Rummikub & board games 11:00 Sit & Get Fit w/ Cindi	7 9:00 Rummikub & board games 11:00 Group Study 1:30 Penn Needlework Group	8 9:00 Rummikub & board games 11:00 Sit & Get Fit w/ Cindi	9 9:00 Rummikub & board games 12:30 25 Ways to Wellness w/ Kim Lucas Wear your favorite team jersey or colors
12 9:00 Rummikub & Games 10:30 Art Group 11:00 Chair Yoga 12:45 Bingo Center closing @ 2:00	13 9:00 Rummikub & board games 11:00 Sit & Get Fit w/ Cindi	14 9:00 Rummikub & board games 11:00 Group Study Happy Valentine's Day!	15 9:00 Rummikub & board games 11:00 Sit & Get Fit w/ Cindi	16 9:00 Rummikub & board games 10:00 – 2:00 Property Tax/Rent Rebate Assistance w/ IRS Rep.
19 9:00 Rummikub & board games 10:30 Art Group 11:00 Chair Yoga	20 9:00 Rummikub & board games 10:30 Sit & Get Fit w/ Cindi	21 9:00 Rummikub & board games 11:00 Group Study 1:30 Penn Needlework Group	22 9:00 Rummikub & board games 11:00 Sit & Get Fit w/ Cindi	23 9:00 Rummikub & board games 10:00 Coffee with a Cop 10:30 Blood Pressure Check

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<p><b>26</b>          9:00 Rummikub &amp; board games  <b>10:30 Art Group</b>  <b>11:00 Chair Yoga</b>          1:00 Bingo</p>	<p><b>27</b>          9:00 Rummikub &amp; board games  <b>10:30 Sit &amp; Get Fit w/ Cindi</b>  <b>1:00 Heart Health/Cancer Screenings w/ Erin MA &amp; Lynn LPN</b></p>	<p><b>28</b>          9:00 Rummikub &amp; board games  <b>11:00 Group Study</b>          Birthday Celebration</p>	<p><b>29</b>          9:00 Rummikub &amp; board games  <b>11:00 Sit &amp; Get Fit w/ Cindi</b>  <b>1:00 Painting w/ Elaine</b>          Happy Leap Day!</p>	
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**Things to remember via Sheena for publication:**

- Use the assigned colors for activities—everything else should be in black
- No clipart
- The font needs to be Arial
- Spellcheck prior to submission
- If you are a part-time center, please indicate that you are closed on those days (people unfamiliar with your center wouldn't know why if there is nothing in there).