

Mont Alto Senior Activity Center (717) 749-7294
February 2025 Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Rummikub & Games 11:00 Chair Yoga Nat'l Day the Music Died	4 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) Thank a mail carrier day	5 9:30 Rummikub 11:00 Group Study 1:30 Penn Needlework Grp	6 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) Center Closes at 2:00p for meeting	7 9:30 Rummikub Nat'l Bubble Gum Day Super Bowl weekend – wear team colors, jerseys or other
10 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo	11 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	12 Rummikub & Games 11:00 Group Study 12:30 Candy Dice Game	13 9:30 Rummikub 11:00 Sit & Get Fit (in person or Virtual) Senior Smarts-Financial Fitness- 1st Ed Credit Union	14 9:30 Rummikub & Games 1:00 Pottery project Happy Valentine's Day!
17 9:30 Rummikub & Games 11:00 Chair Yoga	18 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	19 9:30 Rummikub 11:00 Group Study 1:30 Penn Needlework Grp	20 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	21 9:30 Rummikub & Games 1:45 Bowling @ Sunshine Lanes Nat'l Sticky Bun day
24 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo	25 9:30 Rummikub 11:00 Sit & Get Fit (in person or Virtual) 12:30 Keystone – Heart Health	26 9:30 Rummikub 11:00 Group Study	27 9:30 Rummikub 11:00 Sit & Get Fit (in person or Virtual) 1:00 Painting w/ Elaine	28 9:30 Rummikub & Games 1:00 Movie Day (TBA)
Come in before lunch and enjoy snacks, coffee, tea and great company!	Please call the day before by 1:30 when you would like to reserve a lunch	Black History Month Heart Health Month Nat'l Wedding Month February – Least common birth month		