

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Call the day before by 1:30 to reserve your meal for the following day	Come in before lunch and enjoy snacks, coffee, tea and great company!	1 Happy New Year! The Center is closed	2 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	3 9:30 Rummikub & Games
6 9:30 Rummikub & Games 11:00 Chair Yoga	7 9:30 Rummikub 11:00 Sit & Get Fit (in person or Virtual)	8 Rummikub & Games 11:00 Group Study Elvis's Birthday – Enjoy his music playing in the background & Fun Facts	9 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	10 9:30 Rummikub & Games 11:15 Thyroid Health w/ Nurse Martha
13 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 BINGO	14 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	15 9:30 Rummikub 11:00 Group Study 1:30 Penn Needlework Group National Hat Day – Wear your favorite or your goofiest!	16 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) Hot Chocolate Bar	17 9:30 Rummikub & Games 1:45 Bowling 12:00 Nutrition Education w/ Danielle – Vitamin D
20 Martin Luther King Jr Day Tentatively Closed	21 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	22 9:30 Rummikub 11:00 Group Study 1:00 Trivia Fun! Compete as teams Family Feud style!	23 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Painting w/ Elaine	24 Center is closed due to Fire department's preparation day for their annual banquet

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<p>27 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo</p>	<p>28 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 12:30 Keystone Health-Vision</p>	<p>29 9:30 Rummikub 11:00 Group Study</p>	<p>30 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) Birthdays!</p>	<p>31 9:30 Rummikub & Games National Backwards Day! Wear everything backwards.</p>
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