

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b> 9:30 Rummikub & Games 11:00 Chair Yoga	4 9:30 Rummikub 11:00 Sit & Get Fit (in person or Virtual) 1:00 Bingocize! <b>Fat Tuesday</b>	5 9:30 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Grp	6 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Bingocize! (Registration is closed)	7 9:30 Rummikub & Games  Monopoly invented this day in 1933
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) 1:00 Bingocize! (Registration is closed)	12 Rummikub & Games 11:00 Group Study	13 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 12:45 Bingo & Health Info w/ PA Health & Wellness	14 9:30 Rummikub & Games 1:00 Make up day for Bingocize! (Registration is closed)
17 9:30 Rummikub & Games 11:00 Chair Yoga Green Day Happy St. Patrick's Day	18 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Bingocize! (Registration is closed)	19 9:30 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Grp	20 9:30 Rummikub 11:00 Sit & Get Fit (in person or Virtual) 1:00 Bingocize! (Registration is closed) <b>Welcome Spring!</b>	21 9:30 Rummikub 12:30 Nurse Martha – Brain Health 1:45 Bowling @ Sunshine Lanes
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 – Home Safety 1:00 Bingocize! (Registration is closed)	26 9:30 Rummikub 11:00 Group Study Wear Purple for Epilepsy Day	27 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Painting w/ Elaine	28 9:30 Rummikub & Games 1:00 Make up day for Bingocize! (Registration is closed)

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31 9:30 Rummikub & Games 11:00 Chair Yoga	Nat'l Women's History month MS Awareness month Colorectal Cancer month Nat'l Nutrition month Nat'l Craft month	Birthstone: Aquamarine and Bloodstone Flower: Daffodil	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
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