

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Please call by 1:30 the day before you plan to attend for lunch	<b>1</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (In person or Virtual)	<b>2</b> 9:30 Rummikub & Games 11:00 Group Study  1:30 Penn Needlework Group	<b>3</b> 9:30 Rummikub 11:00 Sit & Get Fit (In person or Virtual) 1:30 Meet at Totem Pole <b>Center Closing at 1:00p for off-site trip</b>	<b>Happy Independence Day!!</b>  <b>Center Closed</b>
<b>7</b> 9:30 Rummikub & Games 11:00 Chair Yoga BINGO!	<b>8</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (In person or Virtual)	<b>9</b> 9:30 Rummikub & Games 11:00 Group Study  <b>Center Closing at 2:30p</b>	<b>10</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (In person or Virtual)	<b>11</b> 9:30 Rummikub & Game
<b>14</b> 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Sun Safety with Keystone Health	<b>15</b> 9:30 Rummikub 11:00 Sit & Get Fit (In person or Virtual) 12:45 Learn All About Herbs with/ Master Gardener, Trina Grove	<b>16</b> 9:30 Rummikub & Games 11:00 Group Study  1:30 Penn Needlework Group	<b>17</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (In person or Virtual)  <b>Center Closing at 2:00p for staff meeting</b>	<b>18</b> 9:30 Rummikub & Game 1:00 Bowling - \$8.00 (Sunshine Lanes)
<b>21</b> 9:30 Rummikub & Games 11:00 Chair Yoga	<b>22</b> 9:30 Rummikub 11:00 Sit & Get Fit (In person or Virtual)	<b>23</b> 9:30 Rummikub & Games 11:00 Group Study	<b>24</b> 9:30 Rummikub 11:00 Sit & Get Fit (In person or Virtual) <b>No Painting Class</b>	<b>25</b> 9:30 Rummikub & Games  <b>Center Closing at 2:00p</b>

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

<b>28</b> 9:30 Rummikub & Games 11:00 Chair Yoga BINGO!	<b>29</b> 9:30 Rummikub 11:00 Sit & Get Fit (in person or Virtual)	<b>30</b> 9:30 Rummikub & Games 11:00 Group Study	Come in before lunch and enjoy snacks, coffee, tea and great company	
---	--	--	--	--