

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please call by 1:30 the day before you plan to attend for lunch	Come in before lunch and enjoy snacks, coffee, tea and great company	<i>Coming in September...</i> "Stop the Bleed" Presented By: Sunny Goodyear MSN,RN,CCRN Penn State Health Holy Spirit Medical Center – Need at least 10 to have the presentation!		1 9:30 Rummikub & Games
4 9:30 Rummikub & Games 11:00 Chair Yoga	5 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	6 9:30 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Grp	7 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	8 9:30 Rummikub 10:00 Am. Heart Assoc. Life's Essential 8 12:45 Pottery Project \$5.00
11 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo!	12 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	13 9:30 Rummikub 11:00 Group Study	14 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	15 9:30 Rummikub & Game 1:45 Bowling - \$8.00 (Sunshine Lanes)
18 9:30 Rummikub 10:30- 2:00 "Kids Are Awesome Day!" Bring kids of any age for activities, lunch, and peek at the fire trucks! (Sign up by the 14 th) 11:00 Chair Yoga	19 9:30 Rummikub 11:00 Sit & Get Fit (in person or Virtual) PA Health & Wellness Bingo! Cholesterol Awareness	20 9:30 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Grp	21 9:30 Rummikub 11:00 Sit & Get Fit (in person or Virtual) Painting Class - TBD	22 9:30 Rummikub & Games 1:00 Movie & Popcorn " Blue Hawaii "

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25 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo!	26 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	27 9:30 Rummikub & Games 11:00 Group Study Birthdays!	28 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	29 9:30 Rummikub & Games
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