

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> <b>LABOR DAY</b> <b>Senior Center is Closed</b>	<b>2</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>3</b> <b>Senior Center Closed</b>	<b>4</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) <b>Center is Closing at 1:00</b>	<b>5</b> 9:30 Rummikub & Games
<b>8</b> 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo	<b>9</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Keystone Health-RSV/ Vaccine Info	<b>10</b> 10:00 – 2:00 Senior Center Month, Picnic at Greencastle Senior Center. Sign up deadline is the 9 <sup>th</sup> .	<b>11</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>12</b> 9:30 Rummikub & Games
<b>15</b> 9:30 Rummikub & Games 11:00 Chair Yoga 12:45 Jason Nunnlee – Community Relations Director, Altira Health	<b>16</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>17</b> 9:30 Rummikub 10:00 BP Check and Falls Prevention Presentation w/ Nurse Lisa 11:00 Group Study 1:30 Penn Needlework Grp	<b>18</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>19</b> 9:30 Rummikub & Game 1:45 Bowling - \$8.00 (Sunshine Lanes)
<b>22</b> 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo	<b>23</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>24</b> 9:30 Board Games 11:00 Group Study 12:45 American Heart Assoc. Life's Essential 8 (8 Categories for Healthy living) <b>Birthdays</b>	<b>25</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) Painting Class - TBD	<b>26</b> 9:30 Rummikub & Games

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<b>29</b> 9:30 Rummikub & Games 11:00 Chair Yoga	<b>30</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)		Come in before lunch and enjoy snacks, coffee, tea and great company	Please call by 1:30 the day before you plan to attend for lunch
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