

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1 9:30 Board Games 11:00 Group Study 1:30 Penn Needlework Grp	2 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	3 10:00 – 2:00 All Center Fall Fest  All 8 county Senior Centers are closed
6 9:30 Rummikub & Games 11:00 Chair Yoga	7 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	8 9:30 Board Games 11:00 Group Study	9 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	10 9:30 Rummikub & Games
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 & Board Games 10:00 BP Check and w/ Nurse Lisa 11:00 Group Study 1:30 Penn Needlework Grp	16 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	17 9:30 Rummikub & Games 1:45 Bowling -\$8.00 for 2 games at Sunshine Lanes, shoes included
20 9:30 Rummikub & Games 11:00 Chair Yoga 12:45 Jason Nunnlee, Altira Health - Bingo	21 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	22 9:30 Board Games 11:00 Group Study 1:45 \$ Mini Golf @ Cluggy's – on your own, we meet there. Sign up with Danielle before 1:00	23 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Painting with Elaine	24 9:30 Board Games  SENIOR CENTER CLOSING AT 2PM FOR STAFF MEETING

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<b>27</b> 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo	<b>28</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>29</b> 9:30 Board Games 11:00 Group Study  <b>Birthdays</b>	<b>30</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>31 10:30 – 2:00 Fall</b> Party with costumes, candy Bingo and pumpkin painting. <b>Sign up by the 25th</b>
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