

**Mont Alto Senior Activity Center (717) 749-7294**  
**January 2026 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	Come in before lunch and enjoy snacks, coffee, tea and great company		<b>1</b> <b>Happy New Year!</b> <b>Center Closed</b>	<b>2</b> 9:30 Rummikub & Games
<b>5</b> 9:30 Rummikub & Games 11:00 Chair Yoga	<b>6</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>7</b> 9:30 9:30 Rummikub & Games 11:00 Group Study  1:30 Penn Needlework Grp	<b>8</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>9</b> 9:30 Rummikub & Games
<b>12</b> 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo	<b>13</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>14</b> 9:30 Rummikub & Games  11:00 Group Study	<b>15</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>16</b> 9:30 Rummikub & Games
<b>19 Martin Luther King Jr Day</b>  <b>Center Closed</b>	<b>20</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>21</b> 9:30 Rummikub & Games 11:00 Group Study 12:30 Adult Asthma w/ Kim Lucas 1:30 Penn Needlework Grp	<b>22</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)  1:00 Painting Class\$	<b>23</b> 9:30 Board Games  1:45 Bowling -\$8.00 for 2 games at Sunshine Lanes, shoes included

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<b>26</b> 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo	<b>27</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>28</b> 9:30 Board Games 11:00 Group Study  <b>Birthdays</b>	<b>29</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>30</b> <b>Center Closed</b>
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