

Mont Alto Senior Activity Center (717) 749-7294

January 2026 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		1 Happy New Year! Center Closed	2 9:30 Rummikub & Games
5 9:30 Rummikub & Games 11:00 Chair Yoga	6 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	7 9:30 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Grp	8 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	9 9:30 Rummikub & Games
12 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo	13 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	14 9:30 Rummikub & Games 11:00 Group Study	15 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	16 9:30 Rummikub & Games
19 Martin Luther King Jr Day Center Closed	20 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	21 9:30 Rummikub & Games 11:00 Group Study 12:30 Adult Asthma w/ Kim Lucas 1:30 Penn Needlework Grp	22 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Painting Class\$	23 9:30 Board Games 1:45 Bowling -\$8.00 for 2 games at Sunshine Lanes, shoes included

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