

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

**February 2026 Activities**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b> 9:30 Rummikub & Games 11:00 Chair Yoga	<b>3</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>4</b> 9:30 Rummikub & Games 11:00 Group Study 12:30 American Heart Assoc. – “FAST” Stroke Awareness 1:30 Penn Needlework Grp	<b>5</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>6</b> 9:30 Rummikub & Games Wear Red for heart month
<b>9</b> 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo	<b>10</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 12:30 Keystone – “Mental Health” Presentation	<b>11</b> 9:30 Rummikub & Games 11:00 Group Study <b>Bring A Friend Day!</b> (See who can bring the most and have them register, )	<b>12</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>13</b> 9:30 Rummikub & Games 12:30 Valentine’s Chocolate Fondu !
<b>16</b> 9:30 Rummikub & Games 11:00 Chair Yoga President's Day	<b>17</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>18</b> 9:30 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework Group	<b>19</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>20</b> 9:30 Rummikub & Games 1:45 Bowling – Sunshine Lanes- \$8.00 includes shoes and 2 games
<b>23</b> 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 Bingo	<b>24</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	<b>25</b> 9:30 Rummikub & Games 11:00 Group Study Birthdays!	<b>26</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Painting Class\$	<b>27</b> 9:30 Rummikub & Board Games <b>Movie Day for Black History Month, It's about the WWII women's battalion, “The Six Triple Eight”</b>

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Come in before lunch and enjoy snacks, coffee, tea and great company	Treadmill available for use	Please call by 1:30 the day before you plan to attend for lunch	<b>Black History Month</b>	
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