

Mont Alto Senior Activity Center (717) 749-7294
February 2026 Activities

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

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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	Black History Month	
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