

Mont Alto Senior Activity Center (717) 749-7294
MARCH 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 1:30 Penn Needlework Grp	5 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 3-4 Senior Swim Waynesboro YMCA \$	6 9:30 Rummikub & Games
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) 12:45 Sonny & Magali Music and Comedy	11 9:30 9:30 Rummikub & Games 11:00 Group Study	12 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 3-4 Senior Swim Waynesboro YMCA \$	13 9:30 Rummikub & Games
16 9:30 Rummikub & Games 11:00 Chair Yoga 12:30 Activity w/ Jason	17 9:30 Rummikub 11:00 Sit & Get Fit (in person or Virtual) Wear Green for St Patrick's Day!	18 9:30 Rummikub 11:00 Group Study 12:30 American Heart Assoc. – "FAST" Stroke Awareness 1:30 Penn Needlework Grp	19 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 3-4 Senior Swim Waynesboro YMCA \$	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 12:30 Hearing Health Presentation w/ Vince 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 1:00 Painting Class\$ 3-4 Senior Swim Waynesboro YMCA \$	27 9:30 Rummikub & Board Games

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<p>30 9:30 Rummikub & Games 11:00 Chair Yoga</p>	<p>31 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)</p>	<p>Please call by 1:30 the day before you plan to attend for lunch</p>	<p>Come in before lunch and enjoy snacks, coffee, tea, and great company</p>	<p>Treadmill available for use Laptops and Wi-Fi Available</p>
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