

Mont Alto Senior Activity Center (717) 749-7294
May 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	Treadmill available for use Laptops and Wi-Fi Available	Older Americans Month Picnic Sign-up deadline is May 8 th	1 9:30 Board Games
4 9:30 Boardgames 11:00 Chair Yoga Center Closing at 1:00 for Chronic Disease Self-Management Program at Tuscarora Senior Center	5 9:30 Boardgames 11:00 Sit & Get Fit (in person or Virtual)	6 9:30 Boardgames 11:00 Group Study 1:30 Penn Needlework	7 9:30 Boardgames 11:00 Sit & Get Fit (in person or Virtual) 3:00-4:00 Senior Swim Waynesboro YMCA \$	8 9:30 Board Games
11 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 BINGO	12 9:30 Rummikub 11:00 Sit & Get Fit (in person or Virtual)	13 9:30 Rummikub 11:00 Group Study 12:45 Groovin' W/ June	14 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 3:00-4:00 Senior Swim Waynesboro YMCA \$	15 CENTER CLOSED for 10:00 – 2:00 Older Americans Month Picnic with Waynesboro & Chambersburg
18 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 BINGO	19 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)	20 9:30 Board games 11:00 Group Study 12:45 Center of Balance-A	21 9:30 Rummikub & Games 11:00 Sit & Get Fit	22 9:30 Board Games Memorial Day Recognition

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		<p>Presentation of Holistic techniques and medicine</p> <p>1:30 Penn Needlework Grp</p>	<p>3:00-4:00 Senior Swim Waynesboro YMCA \$</p>	<p>Remembering center members who passed away last year</p>
<p>25 Center Closed for Memorial Day</p>	<p>26 9:30 Boardgames</p> <p>11:00 Sit & Get Fit (in person or Virtual)</p>	<p>27 9:30 Boardgames</p> <p>11:00 Group Study</p> <p>12:45 Groovin' W/ June Birthdays</p>	<p>28 9:30 Boardgames</p> <p>11:00 Sit & Get Fit (in person or Virtual)</p> <p>12:45 Painting Class \$</p> <p>3-4 Senior Swim Waynesboro YMCA \$</p>	<p>29 9:30 Board Games</p>