

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>Please call by 1:30 the day before you plan to attend for lunch.  Treadmill, Laptops and Wi-Fi available to use. Small collection of books for borrowing</p>	<p>Come in before lunch and enjoy a snack, coffee, tea and great company!</p>	<p><b>1</b> 9:30 Boardgames  11:00 Group Study  1:30 Penn Needlework Grp</p>	<p><b>2</b> 9:30 Boardgames  11:00 Sit &amp; Get Fit (in person or Virtual)</p>	<p><b>3</b> <b>Center Closed</b>  <b>For Independence Day</b></p>
<p><b>6</b> 9:30 Boardgames  11:00 Chair Yoga</p>	<p><b>7</b> 9:30 Boardgames  11:00 Sit &amp; Get Fit (in person or Virtual)</p>	<p><b>8</b> 9:30 Boardgames  11:00 Group Study</p>	<p><b>9</b> 9:30 Boardgames  11:00 Sit &amp; Get Fit (in person or Virtual)</p>	<p><b>10</b> 9:30 Board Games  12:45 American Trivia</p>
<p><b>13</b> 9:30 Boardgames  11:00 Chair Yoga  1:00 Bingo</p>	<p><b>14</b> 9:30 Boardgames  11:00 Sit &amp; Get Fit (in person or Virtual)</p>	<p><b>15</b> 9:30 Boardgames  11:00 Group Study  1:30 Penn Needlework Grp</p>	<p><b>16</b> 9:30 Boardgames  11:00 Sit &amp; Get Fit (in person or Virtual)</p>	<p><b>17</b> 9:30 Board Games  1:45 Bowling \$ (to be determined)</p>
<p><b>20</b> 9:30 Boardgames  11:00 Chair Yoga  12:45 Activity W/ Jason Nunnelee</p>	<p><b>21</b> 9:30 Boardgames  11:00 Sit &amp; Get Fit (in person or Virtual)</p>	<p><b>22</b> 9:30 Boardgames  11:00 Group Study</p>	<p><b>23</b> 9:30 Boardgames  11:00 Sit &amp; Get Fit (in person or Virtual)  12:45 Painting w/ Elaine</p>	<p><b>24</b> 12:30 Picnic at Mont Alto State Park Pavilion  Bagged Lunch, Fun &amp; Games!</p>

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<p><b>27</b> 9:30 Boardgames  11:00 Chair Yoga  1:00 Bingo</p>	<p><b>28 Center Closed</b> 8:00AM Bus Trip to Sight &amp; Sound</p>	<p><b>29 Center Closed</b> (Except for Home Delivered Meals)</p>	<p><b>30</b> 9:30 Boardgames  11:00 Sit &amp; Get Fit (in person or Virtual)</p>	<p><b>31</b> 9:30 Boardgames  1:00 Movie Day (popcorn and beverages)</p>
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