

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> 9:30 Rummikub & Games 11:00 Chair Yoga	<b>2</b> 9:30 Boardgames 11:00 Sit & Get Fit (in person or Virtual)  Walk with Ease workshop – Week 3	<b>3</b> 9:30 Rummikub & Games  11:00 Group Study 1:30 Penn Needlework	<b>4</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual)  Walk with Ease workshop – Week 3	<b>5</b> 9:30 Rummikub & Games  Walk with Ease workshop – Week 3
<b>8</b> 9:30 Rummikub & Games 11:00 Chair Yoga 1:00 BINGO  Next Bingo – 29 <sup>th</sup>	<b>9</b> 9:30 Boardgames 11:00 Sit & Get Fit (in person or Virtual)  Walk with Ease workshop – Week 4	<b>10</b> 9:30 Rummikub & Games 11:00 Group Study	<b>11</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) Walk with Ease workshop – Week 4	<b>12</b> 9:30 Rummikub & Games  Walk with Ease workshop – Week 4
<b>15</b> 9:30 Rummikub & Games 11:00 Chair Yoga 12:45 Activity with Jason Nunlee	<b>16</b> 9:30 Rummikub 11:00 Sit & Get Fit (in person or Virtual) 12:45 Keystone Health Presentation – Arthritis Walk with Ease workshop – Week 5	<b>17</b> 9:30 Rummikub & Games 11:00 Group Study 1:30 Penn Needlework	<b>18</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) Walk with Ease workshop – Week 5	<b>19</b> 9:30 Rummikub & Games 1:45 Bowling Walk with Ease workshop – Week 5 Payment due for July 28 <sup>th</sup> Bus Trip
<b>22</b> 9:30 Rummikub & Games 11:00 Chair Yoga 12:45 Ticks & Mosquitos With Jason Goetz	<b>23</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) Walk with Ease workshop – Week 6 Final Week!	<b>24</b> 9:30 Rummikub & Games 11:00 Group Study  <b>Birthdays</b>	<b>25</b> 9:30 Rummikub & Games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Painting with Elaine Walk with Ease workshop – Week 6	<b>26</b> 9:30 Rummikub & Games  Walk with Ease workshop – Week 6

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<p><b>29</b> 9:30 Rummikub &amp; Games 11:00 Chair Yoga 1:00 Bingo</p>	<p><b>30</b> 9:30 Rummikub &amp; Games 11:00 Sit &amp; Get Fit (in person or Virtual)</p>	<p>Come in before lunch and enjoy snacks, coffee, tea and great company</p>		<p>Please call by 1:30 the day before you plan to attend for lunch</p>
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