

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Board games 11:00 Chair Yoga	4 10:00 Board games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Sole Mates (Walking Group)	5 10:00 Board games 12:45 Wellspan EMS Discuss 911 and EMS system, Ems subscriptions and billing 1:30 Penn Needlework	6 10:00 Board games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Sole Mates (Walking Group)	7 10:00 Board games 1:00 Sole Mates (Walking Group)
10 10:00 Board games 11:00 Chair Yoga 1:00 Bingo	11 Center is closed	12 10:00 Board games Snow Cones!	13 10:00 Board games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Sole Mates (Walking Group)	14 Fourth Annual Kid's Day!! At the Mont Alto Playground (Spruce St) 10:00 – 2:30
17 10:00 Board games 11:00 Chair Yoga 12:45 Activity W/ Jason Nunnlee	18 10:00 Board games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Sole Mates (Walking Group)	19 10:00 Board games 1:30 Penn Needlework Grp	20 10:00 Board games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Sole Mates (Walking Group)	21 10:00 Board games 1:45 Bowling \$ (to be determined) 1:00 Sole Mates (Walking Group)
24 10:00 Board games 11:00 Chair Yoga 1:00 Bingo	25 10:00 Board games 11:00 Sit & Get Fit (in person or Virtual) 1:00 Sole Mates (Walking Group)	26 10:00 Board games 12:45 Conversation UNO Birthdays!	27 10:00 Board games 11:00 Sit & Get Fit (in person or Virtual) 12:45 Painting w/ Elaine 1:00 Sole Mates (Walking Group)	28 10:00 Board games 1:00 Sole Mates (Walking Group)

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31 10:00 Board games 11:00 Chair Yoga	Coming in September....	Group Study returning on Wednesday @ 11:00 And, Swimming at the YMCA	*Come a bit early and enjoy a snack, coffee, tea and great company! *Treadmill, laptops, and Wi-Fi available for use. Small collection of books for borrowing	Please call by 1:30 the day before you plan to attend to reserve a lunch
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