

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30 Board Games 11:00 Sit & Get Fit 3:00 Senior Swim Day Coffee Bar! International Coffee Day	2 9:30 Board Games 12:45 Sole Mates Wear Pink
5 9:30 Board Games 11:00 Chair Yoga	6 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual)	7 9:30 Board Games 11:00 Group Study 12:45 Sole Mates 1:30 Penn Needlework Grp	8 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual) 11:45 Nutrition Edu. 3:00 Senior Swim Day	9 9:30 Board Games 12:00 Nutrition Edu. "Choosing Healthy Carbs" 12:45 Sole Mates Wear Pink
12 9:30 Board Games 11:00 Chair Yoga 1:00 Bingo	13 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual)	14 9:30 Board Games 11:00 Group Study 12:30 Keystone Health Presentation w/ Nurse Educator (No Sole Mates)	15 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual) 3:00 Senior Swim Day	16 Fall Fest with Waynesboro Center at Mont Alto Carnival Grounds 10:30-2:30 (No Sole Mates)
19 9:30 Board Games 11:00 Chair Yoga 12:45 Activity W/ Jason Nunnelee	20 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual)	21 9:30 Board Games 11:00 Group Study 12:45 Sole Mates 1:30 Penn Needlework Group	22 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual) 12:45 Painting w/ Elaine 3:00 Senior Swim Day	23 9:30 Board Games 12:45 Sole Mates Wear Pink

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

26 9:30 Board Games 11:00 Chair Yoga 1:00 Bingo	27 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual)	28 9:30 Board Games 11:00 Group Study 12:45 Sole Mates Birthdays!	29 9:30 Board Games 11:00 Sit & Get Fit 12:45 Journey Hospice Hospice VS Palliative Care 3:00 Senior Swim Day	30 9:30 Board Games 11:30 Events Meeting (Discuss Holidays) 12:45 Sole Mates Wear Pink
--	---	---	---	---