

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

Activity Classes are **RED**
Exercise classes are **BLUE**
Health & Wellness are **PURPLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please call by 1:00 the day before you plan to attend for lunch.	1 Senior Center is Closed	2 Senior Center is Closed	3 Senior Center is Closed	4 Senior Center is Closed
7 Happy Labor Day! Center Closed	8 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual) 12:45 Bingo & Medication coverage w/ Joey from CBC	9 9:30 Board Games	10 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual) 3:00 Senior Swim Day	11 9:30 Board Games
14 9:30 Board Games 11:00 Chair Yoga 11:00-12:00 Flu Vaccines w/ Keystone Pharmacy 1:00 Bingo	15 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual)	16 9:30 Board Games 1:30 Penn Needlework Grp	17 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual) 3:00 Senior Swim Day	18 Special Event @ WSAC 9:00 – 2:00 Celebrating Senior Center Month- Board Games, Entertainment, Bingo, Root Beer Floats!
21 9:30 Board Games 11:00 Chair Yoga 12:45 Activity W/ Jason Nunnlee	22 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual)	23 9:30 Board Games	24 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual) 12:45 Painting w/ Elaine 3:00 Senior Swim Day	25 9:30 Board Games 12:45 Event Planning Meeting Discuss having a Fall activity and a Christmas Party

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28 9:30 Board Games 11:00 Chair Yoga 1:00 Bingo	29 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual) 12:30 Family Feud w/ Doug Harmon	30 9:30 Board Games	Come in before lunch and enjoy a snack, coffee, tea, and great company!	Treadmill, laptops, and Wi- Fi available to use. Small collection of books for borrowing
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