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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Board Games 11:00 Chair Yoga	**3** 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual)	**4** 9:30 Board Games 11:00 Group Study 12:45 Sole Mates 1:30 Penn Needlework Grp	**5** 9:30 Board Games 11:00 Sit & Get Fit 3:00 Senior Swim Day	**6** 9:30 Board Games 12:45 Sole Mates 12:30 Event Planning Meeting
9 9:30 Board Games 11:00 Chair Yoga 1:00 Bingo	**10** 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual)	**11** 9:30 Board Games 11:00 Group Study 12:45 Sole Mates	**12** 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual) 3:00 Senior Swim Day	**13** 9:30 Board Games 12:45 Sole Mates
16 9:30 Board Games 11:00 Chair Yoga 12:45 Activity W/ Jason	**17** 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual)	**18** 9:30 Board Games 11:00 Group Study 12:45 Sole Mates 1:30 Penn Needlework Grp	**19** 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual) Thanksgiving Meal 12:45 Painting 3:00 Senior Swim Day	**20** 9:30 Board Games 12:45 Sole Mates
23 9:30 Board Games 11:00 Chair Yoga 1:00 Bingo	**24** 9:30 Board Games 11:00 Sit & Get Fit (in person or Virtual) Birthdays!	**25** **Center Closed**	**26** **Happy Thanksgiving!** **Senior Center Closed**	**27** **Center Closed**

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30 9:30 Board Games 11:00 Chair Yoga 12:30 Crafts – We'll use up some of our supplies and see how creative we can get!	Please call by **1:30 pm** the day before you plan to have lunch. Before lunch, enjoy a snack, coffee, tea, and great company!	Laptops with Wi-Fi available Small lending library		