

# December 2022



# Ambler

**BINGO Every Monday, Wednesday & Friday 10-12**  
**LUNCH Served Daily 12-12:30**

Happy Holidays from Our Family to Yours

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10-11 Tai Chi * 11-1:15 Movie Thursday	2 10:30-11:30 Chair Aerobics 10-12 Gardens & Habitat 12:30-1:15 Demetra the Therapy Dog
5 10-11 Art-4-Me 10-11 DanceFit 12:30-1:15 Holiday Craft	6 10-11 Art-4-Me-painting 10:30-11:30 Drums Alive 12:30-1:15 Growth Forum	7 10-11 Chair Zumba 11-12 Silver Sneakers 12:30-1:15 TRY-County Therapy 1-3:30 Quilting	8 11-1:15 Movie Thursday	9 10:30-11:30 Chair Aerobics 10-12 Gardens & Habitat 12:30-1:15 Meditation
12 10-11 Full Body Chair Pump 10-11 Art-4-Me	13 10-11 Art-4-Me-painting 10:30-11:30 Drums Alive 12:30-1:15 Growth Forum	14 10-11 Chair Zumba 11-12 Silver Sneaker 1-3:30 Quilting	15 10-12 Gardens & Habitat 11-1:15 Movie Thursday	16 10:30-11:30 Chair Aerobics 12:30-1:15 Tina from Humana
19 December Birthday Celebration 10-11 Full Body Chair Pump 10-11 Art-4-Me	20 10-11 Art-4-Me-carving 10:30-11:30 Drums Alive 12:1:15 Kristen's Concert	21 10-11 Chair Zumba 11-12 Silver Sneakers Elf Winner Announced 1-3:30 Quilting	22 11-1:15 Movie Thursday 12:30-1:15 White Elephant	23 <b>CLOSED</b>
26 <b>CLOSED</b>	27 10-11 Art-4-Me 10:30-11:30 Drums Alive 12:30-1:15 Growth Forum	28 10-11 Chair Zumba 11-12 Silver Sneakers 1-3:30 Quilting	29 11-1:15 Movie Thursday	30 10:30-11:30 Chair Aerobics 10-12 Gardens & Habitat 12:30-1:15 New Years Celebration