
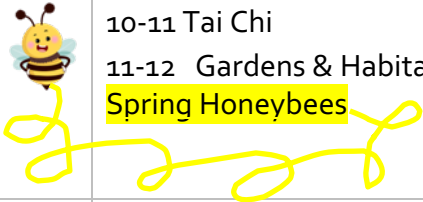


June 2023 Ambler

Monday	Tuesday	Wednesday	Thursday	Friday
<p>45 Forest Avenue Ambler, PA 19002 215.619.8863 www.montcosaac.org</p>			<p>10-11 Tai Chi 11-12 Gardens & Habitat Spring Honeybees</p>	<p>10-11:30 BINGO 10:30-11:30 Chair Aerobics 12:30-1:30 Grandparent Program</p>
<p>10-11:30 BINGO 10-11 Art Viewing 10-11 Full Body Chair Pump 11-12 Tai Chi 12:45-1:15 Self Defense</p>	<p>10-11 Art Making 10-11 Katie Music Therapy 11-12 Zumba Gold</p>	<p>10-11:30 BINGO 11-12 Silver Sneakers 1-3:30 Quilting</p>	<p>10-11- Tai Chi 11-12 Gardens & Habitat</p>	<p>10-11:30 BINGO 10:30-11:30 Chair Aerobics 12:45-1:30 Pinochle</p>
<p>10-11:30 BINGO 10-11 Art Viewing 10-11 Full Body Chair Pump 11-12 Tai Chi</p>	<p>10-11 Art Making 11-12 Zumba Gold 12:30-1:30 Summer Wreath Making</p>	<p>10-11:30 BINGO 11-12 Silver Sneakers 1:3:30 Quilting</p>	<p>10-11 Tai Chi 11-12 Gardens & Habitat</p>	<p>10-11:30 BINGO 10:30-11:30 Chair Aerobics Birthday Celebration 12:30-1:30 Singer-Michael McNickol</p>
<p>CLOSED JUNETEENTH Celebrate Freedom JUNE 19</p>	<p>10-11 Art Making 10-11 Katie Music Therapy 11-12 Zumba Gold</p>	<p>10-11:30 BINGO 11-12 Silver Sneaker 12:30-1:30 Michael Rex WSFS Banking 1-3:30 Quilting</p>	<p>10-11 Tai Chi 11-12 Gardens & Habitat</p>	<p>10-11:30 BINGO 10:30-11:30 Chair Aerobics 12:45-1:30 Trivia with Danielle</p>
<p>10-11:30 BINGO 10-11 Art Viewing 10-11 Full Body Chair Pump 11-12 Tai Chi</p>	<p>10-11 Art Making 11-12 Zumba Gold</p>	<p>10-11:30 BINGO 11-12 Silver Sneakers 1-3:30 Quilting</p>	<p>10-11 Tai Chi 11-12 Gardens & Habitat 12:45-1:15 Self Defense</p>	<p>10:30-11:30 Chair Aerobics SENIOR PROM – Vincent Romano Performing Tina from Humana</p>

Lunch Served Monday-Friday 12pm

June Congregate Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			1 VEAL PARMESEAN TORTELLINI ITALIAN GREEN BEANS	2 MACARONI & CHEESE STEWED TOMATOES GREEN BEANS
5 CHICKEN MADRAS ORZO PASTA W/PEAS ROASTED SUMMER SQUASH	6 TURKEY RISOTTO STEAMED CARROTS BRUSSEL SPROUTS	7 SWEDISH MEATBALLS EGG NOODLES PEAS APPLESAUCE	8 CHICKEN ALFREDO FRESH CARROTS PEARS	9 SWEET ITALIAN SAUSAGE W/ONIONS ROSEMARY POTATOES PEAS
12 GENERAL TSO'S CHICKEN BROCCOLI MINI EGGROLLS	13 MEATLOAF & GRAVY MASHED POTATOES GREEN BEANS	14 SALMON PATTY PARSLEY POTATOES VEGETABLE BLEND	15 VEGETABLE LASAGNA ROASTED POTATOES ITALIAN VEGGIE BLEND	16 THAI BEEF W/RICE VEGGIE DUMPLING PACIFIC BLEND VEGGIES BIRTHDAY CELEBRATION!!!
19 CENTER CLOSED JUNETEENTH HOLIDAY	20 EGG, CHEESE & TURKEY SAUSAGE ON A BAGEL ROASTED POTATOES APPLE WEDGES	21 CHICKEN MARSALA WILD & BROWN RICE BROCCOLI	22 SALISBURY STEAK MASHED POTATOES STEAMED PEAS	23 OPEN FACED TURKEY BURGER MANGO & CORN SALSA WILD/BROWN RICE BROCCOLI
26 MANICOTTI STEAMED CARROTS BROCCOLI	27 BEEF STROGANOFF EGG NOODLES PEAS APPLESAUCE	28 CHICKEN CUTLET W/LEMON SAUCE ORZO W/PEAS SUMMER SQUASH	29 CRAB PASTA PRIMAVERA STEAMED CARROTS APPLE CRUMBLE	30 ROAST PORK AU JUS SPINACH & WHITE BEAN CAULIFLOWER PEACH COBBLER