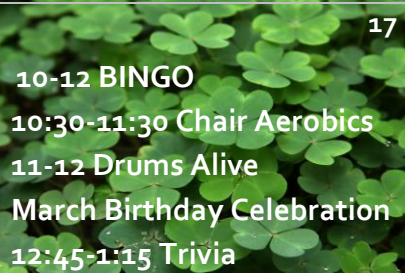



Monday	Tuesday	Wednesday	Thursday	Friday
45 Forest Avenue Ambler, PA 19002 215-619-8863	Lunch 12pm Mon.-Fri	1 10-12 BINGO 11-12 Silver Sneakers 12:30-1:30 Dianne Miller- Hand Therapy 1-3:30 Quilting	2 10-11 Tai Chi 11-12 Gardens and Habitat	3 10-12 BINGO 10:30-11:30 Chair Aerobics 11-12 Drums Alive 12:30-1:15 Dental Students
6 Art-4-Me-Viewing 10-12 BINGO 10-11 Full Body Chair Pump 11-12 Tai Chi	7 10-11 Art-4-Me-Making 11-12 Zumba Gold	8 10-12 BINGO 11-12 Silver Sneakers 12:15-1:30 Shingles Vaccine 1-3:30 Quilting	9 10-11 Tai Chi 11-12 Gardens and Habitat	10 10-12 PRICE IS RIGHT 10:30-11:30 Chair Aerobics
13 10-12 BINGO 10-11 Art-4-Me-Viewing 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30-1:30 Armchair Travel- Moscow Tunnel	14 10-11 Art-4-Me-Making 11-12 Zumba Gold	15 10-12 BINGO 11-12 Silver Sneaker 1-3:30 Quilting 12:45-1:30 Candle Making	16 10-11 Tai Chi 11-12 Gardens and Habitat	17  10-12 BINGO 10:30-11:30 Chair Aerobics 11-12 Drums Alive March Birthday Celebration 12:45-1:15 Trivia
20 10-12 BINGO 10-11 Art-4-Me-Viewing 10-12 Stoogeum Museum Trip 10-11 Full Body Chair Pump 11-12 Tai Chi	21 10-11 Art-4-Me- Making 11-12 Zumba Gold 12:45-1:30 Poetry National Poetry Day	22 10-12 BINGO 10-11 Senator Collette 11-12 Silver Sneakers 12:30-1:30 Jill-Sunrise 1-3:30 Quilting	23 10-11 Tai Chi 11-12 Gardens and Habitat 12:45-1:30 Tina-Humana	24 IN SERVICE DAY CLOSED
27 10-11 BINGO 10-12 Blood Pressure Check 10-11 Art-4-Me-Viewing 10-11 Full Body Chair Pump 11-12 Tai Chi	28 10-11 Art-4-Me-Making 11-12 Zumba Gold	29 10-12 BINGO 11-12 Silver Sneakers 12:30-1:30 Norriton Hearing Center 1-3:30 Quilting	30 10-11 Tai Chi 11-12 Gardens and Habitat	31 10-12 BINGO 10-12 Law Clinic 10:30-11:30 Chair Aerobics 11-12 Drums Alive 12:30-1 Demetra

March 2023 Congregate Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CHICKEN PARMESAN PENNE PASTA CAPRI VEGETABLES	2 BAKED TILAPIA STEAMED CARROTS BROCCOLI	3 SWEDISH MEATBALLS EGG NOODLES PEAS & CARROTS
6 MEATLOAF W/GRAVY MASHED POTATOES GREEN BEANS	7 MANICOTTI W/TOMATOES & BASIL WAX BEANS BROCCOLI	8 BBQ PULLED PORK BROWN RICE MIXED VEGGIES FRUIT COBBLER	9 SALMON PATTY PARSLEY POTATOES VEGETABLE BLEND	10 ROAST PORK WHITE BEANS & SPINACH CAULIFLOWER PEACHES
13 BAKED MAC & CHEESE STEWED TOMATOES GREEN BEANS	14 GENERAL TSO'S CHICKEN BROCCOLI EGGROLL	15 ROAST PORK SAURKRAUT & APPLES SWEET POTATOES MIXED VEGGIES	16 CHICKEN TENDERS BAKED BEANS FRUIT COBBLER	17 CORNED BEEF WITH CABBAGE, CARROTS & POTATOES GREEN PEAS
20 SALISBURY STEAK MASHED POTATOES GREEN PEAS	21 THAI BEEF W/RICE PACIFIC VEGGIES VEGETABLE DUMPLING	22 TURKEY RISOTTO CARROTS BRUSSEL SPROUTS	23 STUFFED SHELLS STEAMED CARROTS ASPARAGUS CONFETTI	24 NO LUNCH SERVICED
27 VEGETABLE LASAGNA ROASTED POTATOES CARROTS	28 POLLOCK FLORENTINE ORZO PASTA CARROTS BRUSSEL SPROUTS	29 SWEET & SOUR TURKEY MEATBALLS BROCCOLI RICE	30 CHICKEN PATTY MANGO & CORN SALSA BROWN RICE BROCCOLI	31 TORTELLINI W/SAUCE WHITE BEANS & PESTO ITALIAN MIXED VEGGIES