



May 2023 Ambler

Monday	Tuesday	Wednesday	Thursday	Friday
1 10-11:30 BINGO 10-11 Art Viewing 10-11 Full Body Chair Pump 11-12 Tai Chi	2 10-11 Art Making 11-12 Zumba Gold	3 10-11:30 BINGO 11-12 Silver Sneakers 1-3:30 Quilting	4 10-11 Tai Chi 11-12 Gardens and Habitat	5 10-11:30 BINGO 10:30-11:30 Chair Aerobics
8 10-11:30 BINGO 10-11 Art Viewing 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30-1:30 Beth-Medical Advocate	9 10-11 Art Making 11-12 Zumba Gold	10 10-11 Morning Mediation 10-11:30 BINGO 11-12 Silver Sneakers 1-3:30 Quilting	11 10-11 Tai Chi 11-12 Gardens and Habitat	12 10-11:30 BINGO 10-12 Movie - 80 for Brady 10:30-11:30 Chair Aerobics Birthday Celebration
15 10-11:30 BINGO 10-11 Art Viewing 10-11 Full Body Chair Pump 11-12 Tai Chi	16 10-11 Art Making 11-12 Zumba Gold	17 10-11:30 BINGO 11-12 Silver Sneakers 1-3:30 Quilting 12:30-1:30 Jill from Sunrise	18 10-11 Tai Chi 11-12 Gardens and Habitat	19 10-11:30 BINGO 10:30-11:30 Chair Aerobics 12:45-1:30 Tina from Humana
22 10-12 Blood Pressure 10-11:30 BINGO 10-11 Art Viewing 10-11 Full Body Chair Pump 11-12 Tai Chi	23 10-11 Art Making 11-12 Zumba Gold	24 10-11:30 BINGO 10-12 Representative for Senator Collette 11-12 Silver Sneakers 1-3:30 Quilting	25 10-11 Tai Chi 11-12 Gardens and Habitat	26 10-12 Open Law Clinic 10-11:30 BINGO 10:30-11:30 Chair Aerobics
29 CLOSED 	30 10-11 Art Making 11-12 Zumba Gold	31 10-11 Morning Meditation 10-11:30 BINGO 11-12 Silver Sneakers 1-3:30 Quilting		45 Forest Avenue Ambler, PA 19002 215.619.8863

Mental Health Awareness Month – What mental health needs is more sunlight more candor, and more unashamed conversation

May 2023 Congregate Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHICKEN W/ROASTED PEPPER SAUCE PARMESAEN ORZO ITALIAN VEGGIES	2 PULLED PORK WITH BROWN RICE MIXED VEGGIES FRUIT COBBLER	3 PIZZA DAY FROM MANNA	4 CHICKEN FRIED STEAK MASHED POTATOES MIXED VEGGIES	5 MACARONI & CHEESE STEWED TOMATOES GREEN BEANS
8 CHICKEN MADRAS ORZO PASTA W/PEAS ROASTED SUMMER SQUASH	9 TURKEY RISOTTO STEAMED CARROTS BRUSSEL SPROUTS	10 BEEF STROGANOFF EGG NOODLES PEAS APPLESAUCE	11 CHICKEN ALFREDO FRESH CARROTS PEARS	12 CHARRED PORK SHOULDER OVER RICE PINEAPPLE COMPOTE VEGGIE MEDLEY BIRTHDAY CELEBRATION!!!
15 GENERAL TSO'S CHICKEN BROCCOLI MINI EGGROLLS	16 CHICKEN & MEATBALL PLATTER PESTO PASTA GREEN BEANS	17 SALMON PATTY PARSLEY POTATOES VEGETABLE BLEND	18 VEGETABLE LASAGNA ROASTED POTATOES ITALIAN VEGGIE BLEND	19 THAI BEEF W/RICE VEGGIE DUMPLING PACIFIC BLEND VEGGIES
22 ROAST PORK SAURKRAUT W/APPLES SWEET POTATOES MIXED VEGGIES	23 EGG, CHEESE & TURKEY SAUSAGE ON A BAGEL ROASTED POTATOES APPLE WEDGES	24 CHICKEN TENDERS BAKED BEANS FRUIT COBBLER	25 SALISBURY STEAK MASHED POTATOES STEAMED PEAS	26 OPEN FACED TURKEY BURGER MANGO & CORN SALSA WILD/BROWN RICE BROCCOLI
29 MEMORIAL DAY CENTER CLOSED	30 MANICOTTI W/CRUSHED TOMATOES STEAMED CARROTS BROCCOLI	31 TURKEY CHILI CORN BREAD ROASTED VEGGIES		

Lunch served Monday-Friday 12pm