

Ambler Activities April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi	2 10-11:30 BINGO 11:30 Fear in a Hat Forum 11-12 Zumba Gold	3 10-11:30 BINGO 11-12 Silver Sneaker 11:30 Potluck Lunch 1-3 Quilting	4 10-11 Tai Chi 10:30-12 Gardens and Habitat 12:45 Afternoon Walk	5 9:30 Knitting & Crocheting 10-11:30 BINGO 10:30-12 MOVIE 10:30-11:30 Chair Aerobics
8 10-11:30 BINGO 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 Music Magic	9 10-11:30 BINGO 10-11 Art Making 11:30 Growth Forum 11-12 Zumba Gold	10 10-11:30 BINGO 11-12 Silver Sneaker 12:30 Jefferson Health Fall Prevention 1-3 Quilting	11 10-11 Tai Chi 10:30-12 Gardens and Habitat 12:45 Afternoon Walk	12 9:30 Knitting & Crocheting 10-11:30 BINGO 10:30-11:30 Chair Aerobics 12:30 Birthday Celebration George Sinkler Performing
15 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 PA Health & Wellness	16 10-11 Art Making 10-11:30 BINGO 11:30 Fear in a Hat Forum 11-12 Zumba Gold 12:45 Jenny's Afternoon Art	17 10-11:30 BINGO 11-12 Silver Sneaker 12:30 Name That Tune 1-3 Quilting	18 10-11 Tai Chi 10:30-12 Gardens and Habitat 12:45 Afternoon Walk	19 9:30 Knitting & Crocheting 10-11:30 BINGO 10:30-11:30 Chair Aerobics 12:30 Science 4 Seniors Gardens Theme
22 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 Healing Through Nature	23 10-11 Art Making 10-11:30 BINGO 11:30 Growth Forum 11-12 Zumba Gold 12:45 Jenny's Afternoon Art	24 10-11:30 BINGO 11-12 Silver Sneaker 12:30 Chair Volleyball 1-3 Quilting	25 10-11 Tai Chi 10:30-12 Gardens and Habitat 12:45 Afternoon Walk	26 9:30 Knitting & Crocheting 10-12 ScamJAM 10:30-11:30 Chair Aerobics
29 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 Chair Volleyball	30 10-11 Art Making 10-11:30 BINGO 11:30 Fear in a Hat Forum 11-12 Zumba Gold 12:45 Jenny's Afternoon Art	10-11:30 BINGO 11-12 Silver Sneaker 12:30 Karaoke 1-3 Quilting	Monday-Friday Tea, Coffee, and Conversation Monday-Friday 9-2 Billiards	<u>April</u> April is a rainbow month, Of sudden springtime showers. Bright with golden daffodils And lots of pretty flowers.

Ambler Lunch April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Ham Potatoes au Gratin Brussel sprouts	2 Pasta W/ Meatballs Peas Poached Pears	3 Chicken w/ beans & sundried tomatoes Broccoli with Cheese Quinoa Pilaf	4 Calypso Flounder Cabbage Carrots Brussel sprouts	5 Beef- Korean style Fried rice Peppers & Onions
8 Meatloaf w/Gravy Mashed Potatoes Mixed Veggies	9 Italian Sausage, Peppers & onions with sauce Roasted Potatoes Peas	10 Turkey Risotto Carrots Brussel Sprouts	11 Mini Pancakes Turkey Sausage Spinach	12 Paprika Chicken Wild & Brown Rice Peas & Carrots Poached Pears
15 Chicken w/ Marinara Creamy Polenta Broccoli Apple Crumble	16 Ginger & Mustard Pork Brussel sprouts Sweet Potatoes	17 Swedish Meatballs Egg Noodles Peas Applesauce	18 Pork w/Beans & spinach Cauliflower & Cheese Peach crumble	19 Lunch Served at 11:30 Tilapia w/lemon Over Rice Veggie Blend Stewed Tomatoes
22 Baked Mac & Cheese Stewed tomatoes Green Beans	23 Cheese stuffed shells w/ marinara sauce carrots green beans	24 Chicken Curry Roasted squash Orzo with peas	25 Korean Roast Pork Fried Rice Diced Veggies	26 Beef Stroganoff Egg Noodles Mixed Veggies Applesauce
29 Pasta W/ Meatballs Peas Poached Pears	30 Turkey Patty Corn & Mango Sauce Wild & Brown Rice		Lunch Served Monday-Friday at 12pm	