



# Ambler November Activities 2023

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| Lunch Served<br>Monday-Friday 12PM   |  | 1<br>10-12-BINGO<br>11-12-Silver Sneaker<br>12:45-1:15-UNO<br>1-3-Quilting   | 2<br>10-11-Tai Chi<br>10:30-12-Gardens & Habitat  | 3<br>10-12-BINGO<br>10-12-Medicare Open Enrollment<br>10-12-Law Clinic<br>10:30-11:30-Chair Aerobics |
| 6<br>10-12-BINGO<br>10-11-Art Viewing<br>10-11-Full Body Chair Pump<br>11-12-Tai Chi   | 7<br>10-11-Art Making<br>11-12-Zumba Gold   | 8<br>10AM-BINGO<br>11-12-Silver Sneakers<br>11:30-1:30-Veteran Community Room<br>12:45-1:15-Gun Safety<br>1-3-Quilting | 9<br>10-11-Tai Chi<br>10:30-12-Gardens & Habitat  | 10<br>10-12-BINGO<br>10:30-11:30-Chair Aerobics<br>12:30-Greg Albert-Performing Birthday Celebration |
| 13<br>10-12-BINGO<br>10-11-Art Viewing<br>10-11-Full Body Chair Pump<br>11-12-Tai Chi<br>12:30-Q&A-Senator Collett Rep   | 14<br>10-11-Art Making<br>11-12-Zumba Gold  | 15<br>10-12-BINGO<br>11-12-Silver Sneakers<br>12:30-Palliative Care<br>1-3-Quilting                                    | 16<br>10-11-Tai Chi<br>10:30-12-Gardens & Habitat   | 17<br>10-12-BINGO<br>10:30-11:30-Chair Aerobics<br>12:30-David Morgan Performing                     |
| 20<br>10-12-Senator Collett Rep<br>10-12-BINGO<br>10-11-Art Viewing<br>10-12-Blood Pressure<br>10-11-Full Body Chair Pump<br>11-12-Tai Chi<br>12:30-1:30-Science 4 Seniors | 21<br>10-11-Art Making<br>11-12-Zumba Gold  | 22<br>10-12-BINGO<br>11-12-Silver Sneaker<br>12:45-1:15-Centerpiece Art<br>1-3-Quilting                                | 23<br><b>Closed</b><br><br><b>Happy Thanksgiving</b> | 24   |
| 27<br>10-12-BINGO<br>10-11-Art Viewing<br>10-11-Full Body Chair Pump<br>11-12-Tai Chi<br>12:30-Ryan Slepian-Marionette   | 28<br>10-11-Art Making<br>11-12-Zumba Gold  | 29<br>10-12-BINGO<br>11-12-Silver Sneaker<br>12:45-1:15-UNO<br>1-3-Quilting  | 30<br>10-11-Tai Chi<br>10:30-12-Gardens & Habitat   | 45 Forest Avenue<br>Ambler, PA 19002<br>(215)619-8863<br>www.montcosaac.org                          |

# November Congregate Lunch 2023

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
|  |  | 1 <b>VEGETABLE LASAGNA</b><br><b>ROASTED POTATOES</b><br><b>PESTO CAULIFLOWER</b>                              | 2 <b>CHINESE ROAST PORK</b><br><b>FRIED RICE</b><br><b>CAPRI VEGETABLES</b>                              | 3 <b>CALYPSO FLOUNDER</b><br><b>JAMAICAN CABBAGE</b><br><b>STEAMED CARROTS</b><br><b>BRUSSEL SPROUTS</b>   |
| 6 <b>MEATLOAF</b><br><b>MASHED POTATOES</b><br><b>VEGETABLE BLEND</b>  | 7 <b>ROASTED CHICKEN</b><br><b>BEAN CASSEROLE</b><br><b>QUINOA PILAF</b><br><b>BROCCOLI W/CHEESE</b><br><b>SAUCE</b> | 8 <b>ITALIAN SAUSAGE</b><br><b>ROASTED POTATOES</b><br><b>STEAMED PEARS</b>                                    | 9 <b>EGGPLANT PARM</b><br><b>GREEN BEAN &amp; CARROTS</b><br><b>CINNAMON PEACHES</b>                     | 10 <b>ITALIAN MEATBALL</b><br><b>&amp; CHICKEN PLATTER</b><br><b>PENNE W/OLIVE OIL</b><br><b>PESTO CAULIFLOWER</b><br><b>BIRTHDAY</b><br><b>CELEBRATION!!!</b> |
| 13 <b>HERB CHICKEN</b><br><b>POLENTA W/TOMATO</b><br><b>BROCCOLI</b><br><b>POACHED PEARS</b>                 | 14 <b>TURKY RISOTTO</b><br><b>STEAMED CARROTS</b><br><b>BROCCOLI</b>   | 15 <b>SWEDISH MEATBALLS</b><br><b>EGG NOODLES</b><br><b>PEAS</b><br><b>APPLESAUCE</b>                          | 16 <b>STUFFED SHELLS</b><br><b>W/CHEESE &amp; TOMATO</b><br><b>STEAMED CARROTS</b><br><b>GREEN BEANS</b> | 17 <b>PAPRIKA CHICKEN</b><br><b>RICE PILAF</b><br><b>PEAS &amp; CARROTS</b><br><b>POACHED PEARS</b>  |
| 20 <b>ROASTED TILAPIA</b><br><b>LEMON RICE</b><br><b>CAPRI VEGGIES</b><br><b>APPLE COBBLER</b>               | 21 <b>BAKED MAC &amp;</b><br><b>CHEESE</b><br><b>STEWED TOMATOES</b><br><b>GREEN BEANS</b>                           | 22 <b>TURKEY &amp; STUFFING</b><br><b>MASHED POTATOES</b><br><b>GREEN BEAN CASSEROLE</b><br><b>HOLIDAY PIE</b> | 23 <b>HAPPY</b><br><b>THANKSGIVING!!!</b><br><b>CENTER CLOSED</b>  | 24 <b>HAPPY DAY AFTER</b><br><b>THANKSGIVING!!</b><br><b>CENTER CLOSED</b>   |
| 27 <b>OPEN-FACED TURKEY</b><br><b>BURGER W/CORN SALSA</b><br><b>WILD &amp; BROWN RICE</b><br><b>BROCCOLI</b> | 28 <b>CHICKEN MADRAS</b><br><b>ORZO &amp; PEAS</b><br><b>ZUCCHINI &amp; TOMATOES</b>                                 | 29 <b>VEGETABLE LASAGNA</b><br><b>ROASTED POTATOES</b><br><b>PESTO CAULIFLOWER</b>                             | 30 <b>CHICKEN PARMESAN</b><br><b>TORTELLI W/RED SAUCE</b><br><b>ITALIAN VEGHIES</b>                      |  |