

Ambler Activities February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Served Monday-Friday at 12pm	Billiards Monday-Friday 9am-2pm	Coffee, Tea & Conversation Monday-Friday 9am	1 10-11 Tai Chi 10:30-12 Gardens & Habitat 12:45 Afternoon Walk	2 10-11:30 BINGO 10:30-11:30 Chair Aerobics 12:30 Fire Marshall
5 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi	6 10-11:30 BINGO 10-11- Art Making 11-12 Zumba Gold 12:45 Jenny's Afternoon Art	7 10-11:30 BINGO 11-12 Silver Sneakers 12:30 Belief Discussion 1-3 Quilting	8 10-11 Tai Chi 10:30-12 Gardens & Habitat 12:45 Afternoon Walk	9 10-11:30 BINGO 10:30-11:30 Chair Aerobics 12:30 Birthday Celebration Steve Cofield Performing
12 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 Valentine Craft	13 10-11:30 BINGO 10-11- Art Making 11-12 Zumba Gold 12:45 Jenny's Afternoon Art	14 10-11:30 BINGO 11-12 Silver Sneakers 12:30 Valentine's Day Celebration 1-3 Quilting	15 10-11 Tai Chi 10:30-12 Gardens & Habitat 12:45 Self Defense w/ Darrel	16 10:30-11:30 Teri Wassel Granola Bar Making 10:30-11:30 Chair Aerobics
19 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 PA Health & Wellness	20 10-11:30 BINGO 10-11- Art Making 11-12 Zumba Gold 12:45 Jenny's Afternoon Art	21 10-11:30 BINGO 11-12 Silver Sneakers 1-3 Quilting 12:30 Grandparent Prog.	22 10-11 Tai Chi 10:30-12 Gardens & Habitat 12:45 Afternoon Walk	23 10-11:30 BINGO 10-12 Law Clinic 10:30-11:30 Chair Aerobics 12:30 Katie Music Magic
26 10-12 Blood Pressure 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi	27 10-11:30 BINGO 10-11- Art Making 11-12 Zumba Gold 12:45 Jenny's Afternoon Art	28 10-11:30 BINGO 11-12 Silver Sneakers 11-1 Senator Collett's Rep 1-3 Quilting	29 10-11 Tai Chi 10:30-12 Gardens & Habitat 12:45 Afternoon Walk	

Lunch Ambler February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 French Toast Scrambled eggs w/Cheese Peaches w/ Granola	2 Beef Stroganoff Egg Noodles Mixed Veggies Applesauce
5 Pasta W/Meatballs Peas Poached Pears	6 Turkey Patty W/Corn & Mango Wild & Brown Rice Broccoli	7 Korean Style BBQ Beef Fried Rice Roasted Peppers & Onions	8 Calypso Flounder W/ Cabbage Steamed Carrots Brussel Sprouts	9 Western Omelet Breakfast Potatoes Spinach
12 Meatloaf W/ Gravy Mashed Potatoes Mixed Veggies	13 Italian Sausage, peppers & onions w/ Marinara Roasted Potatoes Steamed Peas	14 Paprika chicken Wild & Brown Rice Pease & Carrots Poached Pears	15 Turkey Risotto W/ Thyme Steamed Carrots Broccoli	16 Mini Pancakes Turkey Sausage Links Spinach
19 Chicken w/ Tomato Sauce Cheesy Polenta Broccoli Apple Crumble	20 Gingered Mustard Pork Brussel Sprouts Sweet Potatoes	21 Swedish Meatballs Egg noodles Peas Applesauce	22 Cheese & Veggie omelet Peaches Collard Greens	23 Tilapia w/ Lemon Over Rice Veggie Blend Stewed Tomatoes
26 Baked Mac and Cheese Stewed Tomatoes Green Beans	27 Cheesy Stuffed Shells Steamed Carrots Green Beans	28 Beef Stroganoff Egg Noodles Mixed Veggies Applesauce	29 Korean Roast Pork Fried Rice Capri Veggies Applesauce	