



September 2023 Ambler

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Served Monday-Friday 12PM	<u>National Suicide Prevention Month</u> National Hotline For Mental Health Crises And Suicide Prevention 1-800-273-TALK(8255)			10:00-BINGO 10:30-Chair Aerobics 12:30-Grandparent Program
4	5	6	7	8
CLOSED Happy Labor Day	10:00-Art-4-Me 10:00-Bridge 11:00-Zumba Gold 12:30-Afternoon Forum	10:00-BINGO 11:00-Silver Sneakers 1:00-Quilting	10:00-Tai Chi 10:30-Garden and Habitat	10:00-BINGO 10:30-Chair Aerobics 12:30- Birthday Celebration Jenny-Lee Stern-Performing
11	12	13	14	15
10:00-BINGO 10:00-Art Viewing 10:00-Bridge 10:00-Full Body Chair Pump 11:00-Tai Chi	10:00-Art-4-Me 10:00-Bridge 11:00-Zumba Gold 12:30-Afternoon Forum	10:00-BINGO 11:00-Silver Sneakers 12:30-Maxwell Shaffer-Medicare 1:00-Quilting	10:00-Tai Chi 10:30-Gardens and Habitat	10:00-BINGO 10:30-Chair Aerobics
.18	19	20	21	22
10:00-BINGO 10:00-Art Viewing 10:00-Bridge 10:00-Full Body Chair Pump 11:00-Tai Chi	10:00-Art-4-Me 10:00-Bridge 11:00-Zumba Gold 12:30-Afternoon Forum	10:00-BINGO 10:30-Grief and Loss 11:00-Silver Sneakers 1:00-Quilting	10:00-Tai Chi 10:30-Gardens and Habitat	10-12 Flu & Covid Clinic 10:00-BINGO 10:30-Chair Aerobics
25	26	27	28	29
10:00-BINGO 10:00-Blood Pressure 10:00-Art Viewing 10:00-Bridge 10:00-Full Body Chair Pump 11:00-Tai Chi	10:00-Art-4-Me 10:00-Bridge 11:00-Zumba Gold 12:30-Afternoon Forum	10:00-BINGO 10:30-Grief and Loss 10:00-Senator Collett Rep. 11:00-Silver Sneakers 1:00-Quilting	9:00-Vet to Vet Café 10:00-Tai Chi 10:30-Gardens and Habitat	10:00-BINGO 10:00-Law Clinic 10:30-Chair Aerobics 12:30-Pep Rally Party with the Mummies   

September Congregate Lunch 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CHICKEN PARMESAN TORTELLINI & SAUCE ITALIAN VEGGIES
4 LABOR DAY - CLOSED 	5 BEEF STROGANOFF EGG NOODLES MIXED VEGGIES APPLESAUCE	6 VEGETABLE LASAGNA ROASTED POTATOES PESTO CAULIFLOWER	7 TORTELLINI PRIMAVERA SALAD GRILLED CHICKEN PEACHES	8 CALYPSO FLOUNDER STEAMED CARROTS BRUSSEL SPROUTS BIRTHDAY CELEBRATION!!!
1 ROASTED CHICKEN BEANS W/SUNDRIED TOMATOES BROCCOLI W/CHEESE SAUCE	12 MEATLOAF MASHED POTATOES VEGETABLE BLEND	13 ITALIAN SAUSAGE ROASTED POTATOES STEAMED PEARS	14 EGGPLANT PARM GREEN BEAN & CARROTS CINNAMON PEACHES	15 MEATBALL & CHICKEN PLATTER PASTA W/OLIVE OIL PESTO CAULIFLOWER
18 TURKEY RISOTTO STEAMED CARROTS BROCCOLI	19 CHICKEN OVER POLENTA W/TOMATO BROCCOLI POACHED PEARS	20 SWEDISH MEATBALLS EGG NOODLES PEAS APPLESAUCE	21 CHEESE STUFFED SHELLS STEAMED CARROTS GREEN BEANS	22 PAPRIKA CHICKEN RICE PILAF PEAS & CARROTS POACHED PEARS
25 ROASTED TILAPIA LEMON RICE CAPRI VEGGIES APPLE COBBLER	26 BAKED MAC & CHEESE STEWED TOMATOES GREEN BEANS	27 CHICKEN SALAD THREE BEAN SALAD TAPIOCA PUDDING	28 BEEF STROGANOFF EGG NOODLES MIXED VEGGIES APPLESAUCE	29 GENERAL TSO'S CHICKEN W/FRIED RICE DUMPLING