

# Ambler April Activities 2025

	<p>1 8:30-2:30 AARP Taxes 10-11 Drums Away 11-12 Zumba Gold <b>12:30 Get to know your friends</b></p>	<p>2 10-11:30 BINGO 10:45-11:45 Fit &amp; Free 12-2 Quilting <b>12:15 Making the Connection Workshop</b> 12:45 Open Discussion</p>	<p>3 10-11 Tai Chi <b>10:30-12 Gardens &amp; Habitat Audubon Bird Society</b> 12:30 Afternoon Walk 12:45 Katie's Calming Session</p>	<p>4 <b>10-12 SCAM JAM w/ Senator Collett</b> 10-11 Morning Yoga 10-12 Open Faith Talk 11-12 Chair Aerobics 12:30 BINGO</p>
<p>7 <b>10-12 QPR Training-Suicide Prevention</b> 10-11:30 BINGO 10-11 Full Body Chair Pump 11-12 Tai Chi <b>12:30 Chair Volleyball</b></p>	<p>8 8:30-2:30 AARP Taxes <b>10-11 Brain Power Hour</b> 10-11 Drums Away 11-12 Zumba Gold <b>12:30 Wheel of Fortune</b></p>	<p>9 10-11:30 BINGO 10:45-11:45 Fit &amp; Free 12-2 Quilting <b>12:15 Making the Connection Workshop</b> 12:45 Open Discussion</p>	<p>10 10-11 Tai Chi 10:30-12 Gardens &amp; Habitat 12:30 Afternoon Walk 12:45 Katie's Calming Session</p>	<p>11 10-11:30 BINGO 10-11 Morning Yoga 10-12 Open Faith Talk 11-12 Chair Aerobics <b>12:30 Birthday Celebration</b></p>
<p>14 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi <b>12:30 Memory Care w/ Lee from Arden Courts</b></p>	<p>15 8:30-2:30 AARP Taxes 10-11 Art w/ Jenny 10-11 Drums Away 11-12 Zumba Gold 12:30 Jenny's Afternoon Art</p>	<p>16 <b>10:30 Teri Wassal-Nutritionist</b> 11-12 Silver Sneakers <b>12:15 Making the Connection Workshop</b> 12:30-1:15 BINGO</p>	<p>17 10-11 Tai Chi 10:30-12 Gardens &amp; Habitat 12:30 Afternoon Walk <b>12:30 Emergency Kit PA Health and Wellness</b></p>	<p>18 10-11:30 BINGO 10-11 Morning Yoga 10-12 Open Faith Talk 11-12 Chair Aerobics <b>12:30 Name that Tune w/ Better Life Home Care</b></p>
<p>21 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi <b>12:30 Bankers Life- Understanding the changes in Medicare 2025</b></p>	<p>22 8:30-2:30 AARP Taxes 10-11 Art w/ Jenny 10-11 Drums Away 11-12 Zumba Gold <b>12:30 Tea with Pat</b></p>	<p>23 10-11:30 BINGO <b>10-11 Changes &amp; Challenges</b> 11-12 Silver Sneakers 12-2 Quilting <b>12:15 Making the Connection Workshop</b> 12:45 Open Discussion</p>	<p>24 10-11 Tai Chi 10:30-12 Gardens &amp; Habitat 12:30 Afternoon Walk 12:45 Katie's Calming Session</p>	<p>25 10-11:30 BINGO 10-11 Morning Yoga 10-12 Open Faith Talk 11-12 Chair Aerobics <b>12:30 Keystone Home Care w/ Vlad</b></p>
<p>28 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi <b>12 Lunch &amp; Learn w/ Help at Home</b></p>	<p>29 8:30-2:30 AARP Taxes 10-11 Art w/ Jenny 10-11 Drums Away 11-12 Zumba Gold 12:30 Jenny's Afternoon Art</p>	<p>30 10-11:30 BINGO <b>10-11 Brain Power Hour</b> 11-12 Silver Sneakers 12-2 Quilting <b>12:15 Making the Connection Workshop Final Day</b> 12:45 Open Discussion</p>	<p style="text-align: center;"><b>Billiards Monday-Friday 9AM-2PM</b></p>	<p style="text-align: center;"><b>Coffee, Tea, &amp; Conversation Monday-Friday 9AM-12PM</b></p>

The schedule is subject to change