

Ambler Activities November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Coffee, Tea, & Conversation Monday-Friday gam- 10:30am	Billiards Monday-Friday gam-2pm			10-11:30 BINGO 10-11 Bible Talk 10:30-11:30 Chair Aerobics 12:30 Home Watch Care Givers
4	5	6	7	8
10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 Ornament Making-State Capital Christmas Tree	10-11 Art Making 10-11:30 BINGO 10-11 Drums Away 11-12 Zumba Gold 12:45 Jenny's Afternoon Art	10-11:30 BINGO 11-12 Silver Sneakers 12-2 Quilting 12:30 Devoted Health Trivia	10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30 Afternoon Walk	10-11:30 BINGO 10-11 Bible Talk 10:30-11:30 Chair Aerobics 12:30 Birthday Celebration Greg Albert Performing
11	12	13	14	15
10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:45 Group Counseling	10-11 Art Making 10-11:30 BINGO 10-11 Drums Away 11-12 Zumba Gold 12:45 Jenny's Afternoon Art	10-11:30 BINGO 11-12 Silver Sneakers 12-2 Quilting 12:30 Alzheimer's Association	10-11 Tai Chi 10:30-12 Gardens & Habitat 12:45 Afternoon Walk 12:30 Wheel of Fortune	10-11:30 BINGO 10-11 Bible Talk 10:30-11:30 Chair Aerobics 12:30 Chair Volleyball
18	19	20	21	22
10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 Audubon Birding Society	10-11 Art Making 10-11:30 BINGO 10-11 Drums Away 11-12 Zumba Gold 12:45 Jenny's Afternoon Art	10-11:30 BINGO 11-12 Silver Sneakers 12-2 Quilting 12 PA Health & Wellness	10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30 Afternoon Walk	10-11:30 BINGO 10-11 Bible Talk 10-12 Law Clinic 10:30-11:30 Chair Aerobics 12:15 Pampering Home
25	26	27	28	29
10-11:30 BINGO 10-12 Blood Pressure Check 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 Katie's Music Magic	10-11 Art Making 10-11:30 BINGO 10-11 Drums Away 11-12 Zumba Gold 12:45 Jenny's Afternoon Art	10-11:30 BINGO 11-12 Silver Sneakers 12-1 Quilting	CLOSED	

Ambler Lunch November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Tilapia w/Lemon Over Rice Capri Veggie Blend Stewed Tomatoes
4	5	6	7	8
Baked Mac & Cheese Green Beans Roasted Peppers	Gingered Mustard Pork Broccoli Sweet Potatoes	Chicken Curry w/Apples & Raisins Orzo w/Peas Roasted Zucchini & Squash	Caribbean Flounder w/Dirty Rice Cauliflower Brussel Sprouts	Beef Stroganoff w/ Egg Noodles Mixed Veggies Applesauce
11	12	13	14	15
Chicken Burger w/Provolone/ roast peppers Green beans Wild & Brown Rice Pilaf	Pasta w/Meatballs Peas Poached Pear	Chicken w/Beans & Sundried Tomatoes Quinoa Pilaf W/Veggies Broccoli & Cheese	Korean Style Beef Fried Rice Mixed Vegetables	Italian Sausage, Peppers & onions w/Marinara Roasted Potatoes Peas
18	19	20	21	22
Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables	Three Bean Chili W/Bulgar Wheat Confetti Veggies Apple Crumble	Paprika Chicken Wild & Brown Rice Pilaf Peas & carrots Poached Pears	Korean Pulled Pork Fried Rice Capri Vegetables	Roasted Chicken w/Sweet Potatoes Green Beans Blueberry Buckle
25	26	27	28	29
Pork & Sauerkraut w/Apples Cauliflower w/Cheese Peach Crumble	Cheese Stuffed Shells Steamed Carrots Mixed Vegetables	Turkey w/Gravy Glazed Sweet Potatoes Green Beans	CLOSED	