


March Ambler Activities 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10-11:30 BINGO 10-11 ART-4-ME 10:30-12 Guided Painting Class 12:30 Aart-4Me Annual Celebrating the Artist	10-11 Art w/ Jenny 10-11 Drums Away 11-12 Zumba Gold 12:30 Jenny's Afternoon Art	10-11:30 BINGO 10:45 Fit & Free Workout 12-2 Quilting 12:15 Making the Connection 12:45 Open Discussion w/ Katie	9:30-10:30 Morning Walk 10:30-12 Gardens & Habitat 12:45 Katies Calming Session	10-11:30 BINGO 10-12 Open Faith Talk 10-11 Chair Yoga 11-12 Chair Aerobics 12:30 Fox Chase Cancer Center Colorectal Cancer Awareness
10	11	12	13	14
9:30 Devoted Health Hot Chocolate Social 10 Movie-6-Triple-8 10-11:30 BINGO 10-11 ART-4-ME 10-12 Chiropractic Screening 12:30 Katie's Calming Session	10-11 Art w/ Jenny 10-11 Drums Away 11-12 Zumba Gold 12:30 Jenny's Afternoon Art	10-11:30 BINGO 10 Brain Power Hour 10:45 Fit & Free Workout 12-2 Quilting 12:15 Making the Connection 12:45 Open Discussion w/ Katie	10-11 Tai Chi 10:30-11:30 Ceramic Flower Frog Making 10:30-12 Gardens & Habitat 12:30 Dental Hygienist Students from Montgomery Community College	10-11:30 BINGO 10-12 Open Faith Talk 10-11 Chair Yoga 11-12 Chair Aerobics 12:30 Birthday Celebration
17	18	19	20	21
10-11:30 BINGO 10-11 ART-4-ME 10 Full Body Chair Pump (zoom class) 11-12 Tai Chi 12:30 Type 2 Diabetes w/ Deborah Jankowski	18 10-11 Art w/ Jenny 10-11 Drums Away 11-12 Zumba Gold 12:30 Jenny's Afternoon Art	10-11:30 BINGO 10:45 Fit & Free Workout 12-2 Quilting 12:15 Making the Connection 12:30 Open Discussion w/ Katie	10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30 Dental Hygienist Students from Montgomery Community College	10-11:30 BINGO 10-12 Open Faith Talk 10 Brain Power Games 11-12 Chair Aerobics 12:45 Bar mitzvah Performance
24	25	26	27	28
10-12 Blood Pressure Check 10-11:30 BINGO 10 Coping with Change 10-11 ART-4-ME 11-12 Tai Chi 12:30 AI Writers Studio	10-11 Art w/ Jenny 10-11 Drums Away 11-12 Zumba Gold 12:30 Jenny's Afternoon Art	10-11:30 BINGO 10 Brain Power Hour 10:45 Fit & Free Workout 11-1 Senator Collett's Rep 12-2 Quilting 12:15 Making the Connection	10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30 WHEEL OF FORTUNE	10-11:30 BINGO 10-12 Open Faith Talk 10-12 Open Law Clinic 10-11 Chair Yoga 11-12 Chair Aerobics 12:30 How to Protect Yourself
31			<p style="text-align: center;">Coffee, Tea, & Conversation Monday-Friday 9am-12pm</p> <p style="text-align: center;">The schedule is subject to</p>	
10-11:30 BINGO 10-11 ART-4-ME 11-12 Tai Chi 12:15 James Moore Performing			<p style="text-align: center;">Billiards Monday-Friday 9am-2pm</p> <p style="text-align: center;">Call 267-469-0104 to make an appointment to get your taxes done by AARP</p>	