


Ambler Activities January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monday-Friday 9am-12pm Coffee, Tea & Conversation</p>	<p>Monday-Friday 9am-2pm Billiards</p>	<p>1 CLOSED Happy New Years</p>	<p>2 10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30-1:30 Afternoon Walk 12:30 New Years Resolutions</p>	<p>3 10-11:30 BINGO 10-12 Open Faith Talk 10-11 Chair Yoga 11-12 Chair Aerobics 12:45-1:15 Chair Volleyball</p>
<p>6 10-11:30 BINGO 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 Wheel of Fortune</p>	<p>7 10-11 Drums Away 11-12 Zumba Gold 12:30 Art w/ Germantown Academy Students</p>	<p>8 10-11:30 BINGO 11-12 Silver Sneakers 12:30-1:30 Physical Therapy w/ Arcadia Students 12-2 Quilting</p>	<p>9 10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30-1:30 Afternoon Walk</p>	<p>10 10-11:30 BINGO 10-12 Open Faith Talk 10-11 Chair Yoga 11-12 Chair Aerobics 12:30 Birthday Celebration</p>
<p>13 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30-1:30 Richard Lockhart Fire Prevention</p>	<p>14 10-11 Art with Jenny 10-11 Drums Away 11-12 Zumba Gold 12-12:30 Hot Dog Lunch 12:30 Jenny's Afternoon Art</p>	<p>15 10-11:30 BINGO 11-12 Silver Sneakers 12-2 Quilting 12:30-1:30 Art w/ Germantown Academy Students</p>	<p>16 10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30-1:30 Afternoon Walk</p>	<p>17 10-11:30 BINGO 10-12 Open Faith Talk 10-11 Chair Yoga 11-12 Chair Aerobics 12:30-1:30 AI Writers Studio</p>
<p>20 CLOSED Martin Luther King Day of Service</p>	<p>21 10-11 Art with Jenny 10-11 Drums Away 11-12 Zumba Gold 12:30 Jenny's Afternoon Art</p>	<p>22 10-11:30 BINGO 10-12 MOVIE 11-12 Silver Sneakers 12-2 Quilting 12:30 Montco SAAC Policy Review</p>	<p>23 10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30 Montco SAAC Policy Review 6:30pm-8pm GenX Preparing for Financial Retirement</p>	<p>24 10-11:30 BINGO 10-12 Open Faith Talk 10-11 Chair Yoga 11-12 Chair Aerobics</p>
<p>27 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 Game Show w/ Home Watchers</p>	<p>28 10-11 Art with Jenny 10-11 Drums Away 11-12 Zumba Gold 12:30 Jenny's Afternoon Art</p>	<p>29 10-11:30 BINGO 10-12 Android Tech Class 11-12 Silver Sneakers 11-1 Senator Collett's Rep. 12-2 Quilting</p>	<p>30 10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30-1:30 Afternoon Walk</p>	<p>31 10-11:30 BINGO 10-12 Open Faith Talk 10-12 Law Clinic 10-11 Chair Yoga 11-12 Chair Aerobics</p>

Ambler Menu January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED Happy New Years	2 Beef Stroganoff w/Egg Noodles Mixed Veggies Peach Crumble	3 Meatloaf w/ Gravy Mashed Potatoes Mixed Veggies
6 Pasta w/Meatballs Peas Poached Pear	7 Chicken Burger w/Roasted peppers/Provolone Wild & Brown Pilaf Steamed Broccoli	8 Beef Stew Roasted Potatoes Peach Crumble	9 Mexican Stew (Pork Pozole) Rice Capri Veggies	10 General Tso's Chicken Fried Rice Broccoli
13 Meatloaf w/Gravy Mashed Potatoes Mixed Veggies	14 Special Lunch 	15 Paprika Chicken Wild & Brown Pilaf Peas & Carrots Poached Pear	16 Turkey w/Gravy Glazed Sweet Potatoes Green Beans	17 Sweet Italian Sausage Roasted Potatoes Steamed Peas
20 CLOSED Martin Luther King Day of Service	21 Korean Beef Bulgogi White Rice Spinach	22 Swedish Meatballs w/Egg Noodles Peas Poached Pear	23 Philly Roast Pork Sandwich Spinach Peach Crumble	24 Chicken Pot Pie Cauliflower Apple Crumble
27 BBQ Pulled Pork Sandwich Sweet Potatoes Cauliflower	28 Baked Mac & Cheese Roasted Peppers Steamed Green Beans	29 Beef Stroganoff w/Egg Noodles Mixed Veggies Peach Crumble	30 Flounder w/Dirty Rice Steamed Carrots Steamed Broccoli	31 White Chicken Chili Brown Rice Roasted Zucchini & Stewed Tomatoes