


# Ambler Activities May 2024

## Asian Heritage Month

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tea, Coffee &amp; Conversation</b> <b>Monday-Friday gam</b>	<b>Billiards</b> <b>Monday-Friday 9-2</b>	1 10-11:30 BINGO 11-12 Silver Sneakers 1-3 Quilting	2 9:30-10:30 Tai Chi 10:30-12 Gardens & Habitat 12:30 Afternoon Walk	3 9:30 Knitting Crocheting 10-11:30 BINGO 10:30-11:30 Chair Aerobics <b>12:30 Quality of Life</b>
6 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi <b>12:30 Music Magic Fiesta</b>	7 10-11:30 BINGO 11-12 Zumba Gold 11:30 Fear in a Hat Forum	8 10-11:30 BINGO 11-12 Silver Sneakers <b>12:30 Pa Health &amp; Wellness</b> 1-3 Quilting	9 9:30-10:30 Tai Chi 10:30-12 Gardens & Habitat 12:30 Afternoon Walk	10 9:30 Knitting Crocheting 10-11:30 BINGO <b>11:00-12:00 DRUMS ALIVE</b> <b>12:30 Birthday Celebration</b>
13 10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi <b>12:30 Knee Pain Education</b>	14 10-11:30 BINGO 10-11 Art Making 11-12 Zumba Gold 11:30 Growth Forum 12:30 Jenny's Afternoon Art	15 10-11:30 BINGO-Tina 11-12 Silver Sneakers <b>12:30 Visiting Angels</b> 1-3 Quilting	16 9:30-10:30 Tai Chi 10:30-12 Gardens & Habitat 12:30 Afternoon Walk	17 9:30 Knitting Crocheting 10-11:30 BINGO 10:30-11:30 Chair Aerobic <b>12:30 Board Games</b>
20 10-11 Full Body Chair Pump <b>10-11 Blood Pressure</b> 10-11 Art-4-Me <b>10:30-11:30 Game Show</b> 11-12 Tai Chi <b>12:30 Spirited Home Care</b>	21 10-11:30 BINGO 10-11 Art Making 11-12 Zumba Gold 11:30 Fear in a Hat <b>12:30 Jenny's Lei Making</b>	22 10-11:30 BINGO <b>10:30-12 Community Health Focus Group</b> 11-12 Silver Sneakers <b>11-1 Senator Collett's Rep</b> <b>12:30 Chair Volleyball</b> 1-3 Quilting	23 9:30-10:30 Tai Chi 10:30-12 Gardens & Habitat 12:30 Afternoon Walk	24 9:30 Knitting Crocheting 10-11:30 BINGO 10:30-11:30 Chair Aerobics <b>12:30 Food Truck</b> <b>Nutz About Popcorn</b>
27 <b>CLOSED</b> 	28 10-11:30 BINGO 10-11 Art Making 11-12 Zumba Gold 12:30 Jenny's Afternoon Art	29 10-11:30 BINGO 11-12 Silver Sneakers <b>12:30 Chair Volleyball</b> 1-3 Quilting	30 9:30-10:30 Tai Chi 10:30-12 Gardens & Habitat 12:30 Afternoon Walk	31 9:30 Knitting Crocheting <b>10-12 Law Clinic</b> 10-11:30 BINGO 10:30-11:30 Chair Aerobics

# Ambler Lunch May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Korean BBQ Beef Fried Rice Mixed Veggies	2 Flounder w/ Cabbage Steamed Carrots Brussel Sprouts	3 Chicken w/Beans & sundried Tomatoes Broccoli with cheese Quinoa pilaf
6 Sweet Italian Sausage w/ Peppers/onions & marinara Potatoes Peas	7 Meatloaf W/Gravy Mashed Potatoes Mixed Veggies	8 Paprika Chicken Wild/brown rice Peas & Carrots Poached Pear	9 Mini Pancakes Turkey Sausage Spinach	10 Turkey Thyme Risotto Steamed Carrots Broccoli <b>Birthday Celebration</b>
13 Chicken with Tomato/Basil Parmesan Polenta Broccoli Apple Crumble	14 Gingered Mustard Pork Brussel Sprouts Sweet Potatoes	15 Swedish Meatballs Egg Noodles Peas Applesauce	16 Roast Pork w/Au Jus White beans/spinach Cauliflower W/ Cheese Peach Crumble	17 Tilapia w/ Lemon over rice Capri Veggie Blend Stewed Tomatoes
20 Baked Mac & Cheese Stewed Tomatoes Green Beans	21 Cheese Stuffed Shells Steamed Carrots Steamed Green Beans	22 Beef Stroganoff Egg Noodles Mixed Veggies Applesauce	23 Korean Roast Pork Fried Rice Capri Veggies	24 Chicken Curry Roasted Zucchini & squash Orzo w/Peas
27 Memorial Day	28 French Toast Scrambled Eggs w/Cheese Peaches W/ Granola	29 Chicken W/ Beans & sundried tomatoes Quinoa pilaf Broccoli w/ cheese	30 Western Frittata Breakfast Potatoes Spinach	31 Korean BBQ Beef Fried Rice Mixed Veggies