

# Ambler September Activities 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>CLOSED</b>	10-12 BINGO 10-11 Art Making 10-11 Drums Away 11-12 Zumba 12:30 Growth Forum	10-12 BINGO 10-11 Silver Sneakers 11-12 Healthy Steps In Motion 12:30 Karaoke 1-3 Quilting	10-12 MOVIE 10:30-12 Gardens & Habitat 12:30-1:30 Afternoon Walk	10-11:30 BINGO 10-11 Knitting & Crocheting 10:30-11:30 Chair Aerobics 12:30 Pep Rally & Mummies
9	10	11	12	13
10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 Chair Volleyball	10-11 Art Making 10-12 BINGO 10-11 Drums Away 11-12 Zumba 12:45 Jenny's Afternoon Art	10-12 BINGO 10-11 Silver Sneakers 11-12 Healthy Steps In Motion 12:30 Danae's Trivia 1-3 Quilting	10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30-1:30 Afternoon Walk	10-11:30 BINGO 10-11 Knitting & Crocheting 10:30-11:30 Chair Aerobics Birthday Celebration
10-11:30 BINGO	16	17	18	19
10-12 Tech Class 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 10-12 BINGO 10-11 Drums Away 11-12 Zumba 12:45 Jenny's Afternoon Art	10-12 BINGO 10-11 Silver Sneakers 11-12 Healthy Steps In Motion 12:30 Nutrition Program 1-3 Quilting	10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30-1:30 Afternoon Walk 1-2 AI Scams and Frauds	10-11:30 BINGO 10-11 Knitting & Crocheting 10:30-11:30 Chair Aerobics 12:30-Norah's Care & Marionette Show
23	24	25	26	27
10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi 12:30 Ice Cream Social- Devoted Health	10-11 Art Making 10-12 BINGO 10-11 Drums Away 11-12 Zumba 12:45 Jenny's Afternoon Art	10-12 BINGO 10-11 Silver Sneakers 11-12 Healthy Steps In Motion 11-1 Senator Collett Rep. 12:30 PA Health & Wellness 1-3 Quilting	10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30-1:30 Afternoon Walk	10-11:30 BINGO 10-11 Knitting & Crocheting 10:30-11:30 Chair Aerobics 12:30 TransNet Safety Mtg
10-12 Blood Pressure	30	National Suicide Prevention Month & Nation Hispanic Heritage Month		
10-11:30 BINGO- Brandywine Estates 10-11 Art-4-Me 10-11 Full Body Chair Pump 11-12 Tai Chi		Coffee Tea & Conversation gam-10am Monday-Friday	Billiards gam-2pm Monday-Friday	

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2 <b>CLOSED</b>	3 Pork w/Sauerkraut & Apples Cauliflower w/Cheddar Sauce Peach Crumble	4 Swedish Meatballs Over Egg Noodles Peas Applesauce	5 Roasted Tilapia w/Lemon Over Rice Capri Veggie Blend Stewed Tomatoes	6 Roasted Chicken Thigh w/Sweet Potatoes Green Beans Blueberry Buckle
9 Baked Mac & Cheese Roasted Peppers Green Beans	10 Gingered Mustard Pork Brussels Sprouts Sweet Potatoes	11 Chicken Curry w/Apples and Raisins Orzo w/Peas Roasted Squash	12 Caribbean Flounder w/Dirty Rice Steamed Carrots Brussels Sprouts	13 Beef Stroganoff w/Egg Noodles Mixed Vegetables Applesauce
16 Korean BBQ Beef Fried Rice Roasted Peppers & Onions	17 Chicken Burger w/Roasted Peppers & Provolone Wild & Brown Rice Pilaf Steamed Broccoli	18 Korean Pulled Pork Fried Rice Capri Vegetables	19 Chicken w/Beans & Sun-Dried Tomatoes Quinoa Pilaf w/Riced Veg Broccoli & Cheese	20 Pasta w/Meatballs Peas Poached Pear
23 Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables	24 Three Bean Chili w/Bulgar Wheat Confetti Vegetables Apple Crumble	25 Turkey w/Gravy Glazed Sweet Potatoes Green Beans	26 Paprika Chicken Wild & Brown Rice Peas & Carrots Poached Pear	27 Sweet Italian Sausage Peppers/Onions/Marinara Roasted Potatoes Steamed Peas
30 Roasted Chicken Thigh w/Sweet Potatoes Green Beans Blueberry Buckle				