



Ambler Activities July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10-11:30 BINGO 1</p> <p>10-11 Art-4-Me</p> <p>10-11 Full Body Chair Pump</p> <p>11-12 Tai Chi</p> <p>12:30 LGBTQ+ Talk with Main Line Health</p>	<p>10-11:30 BINGO 2</p> <p>10-11 Art Making</p> <p>11-12 Zumba</p> <p>11:30 Fear in a Hat Forum</p> <p>12:30 Jenny's Afternoon Art</p>	<p>10-11:30 BINGO 3</p> <p>11-12 Silver Sneakers</p> <p>12:30 Name that Tune</p> <p>1-3 Quilting</p>	<p>CLOSED 4</p> 	<p>10-11:30 BINGO 5</p> <p>10:30-11:30 Chair Aerobics</p> <p>12:30 Pinochle & Uno</p>
<p>10-11:30 BINGO 8</p> <p>10-11 Art-4-Me</p> <p>10-11 Full Body Chair Pump</p> <p>11-12 Tai Chi</p> <p>12:30 Safeguarding Your \$\$</p>	<p>10-11:30 BINGO 9</p> <p>10-11 Art Making</p> <p>11-12 Zumba</p> <p>11:30 Growth Forum</p> <p>12:30 Jenny's Afternoon Art</p>	<p>10-11:30 BINGO 10</p> <p>11-12 Silver Sneakers</p> <p>12:30 Commonwealth Senior Living</p> <p>1-3 Quilting</p>	<p>10-11 Tai Chi 11</p> <p>10:30-12 Gardens & Habitat</p> <p>12:30 Afternoon Walk</p>	<p>10-11:30 BINGO 12</p> <p>10:30-11:30 Chair Aerobics</p> <p>BIRTHDAY CELEBRATION</p>
<p>10-11:30 BINGO 15</p> <p>10-11 Art-4-Me</p> <p>10-11 Full Body Chair Pump</p> <p>11-12 Tai Chi</p> <p>12:30: Senior Real Estate Specialist-Jen Gallagher</p>	<p>10-11:30 BINGO 16</p> <p>10-11 Art Making</p> <p>11-12 Zumba</p> <p>11:30 Fear in a Hat Forum</p> <p>12:30 Jenny's Afternoon Art</p>	<p>10-11:30 BINGO 17</p> <p>11-12 Silver Sneaker</p> <p>12:30 Paul Big Bear Performing</p> <p>1-3 Quilting</p>	<p>10-11 Tai Chi 18</p> <p>10:30-12 Gardens & Habitat</p> <p>12:30 Afternoon Walk</p>	<p>10-11:30 BINGO 19</p> <p>10:30-11:30 Chair Aerobics</p> <p>12:30 Nutz About Popcorn Food Truck</p>
<p>10-11:30 BINGO 22</p> <p>10-11 Art-4-Me</p> <p>10-11 Full Body Chair Pump</p> <p>11-12 Tai Chi</p>	<p>10-11:30 BINGO 23</p> <p>10-11 Art Making</p> <p>11-12 Zumba</p> <p>11:30 Growth Forum</p> <p>12:30 Jenny's Afternoon Art</p>	<p>10-11:30 BINGO 24</p> <p>11-12 Silver Sneakers</p> <p>12:30 Alzheimer's Association</p> <p>1-3 Quilting</p>	<p>10-11 Tai Chi 25</p> <p>10:30-12 Gardens & Habitat</p> <p>12:30 Afternoon Walk</p>	<p>10-11:30 BINGO 26</p> <p>10:30-11:30 Chair Aerobics</p> <p>12:30 Home Helpers Trivia</p>
<p>10-11:30 BINGO 29</p> <p>10-11 Art-4-Me</p> <p>10-11 Full Body Chair Pump</p> <p>11-12 Tai Chi</p>	<p>10-11:30 BINGO 30</p> <p>10-11 Art Making</p> <p>11-12 Zumba</p> <p>11:30 Fear in a Hat Forum</p> <p>12:30 Jenny's Afternoon Art</p>	<p>10-11:30 BINGO 31</p> <p>11-12 Silver Sneakers</p> <p>12:30 Macreme Making w/ IBX</p> <p>1-3 Quilting</p>		

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatloaf w/Gravy Mashed Potatoes Mixed Veggies	2 Three Bean Chili w/Bulgur Wheat Peas & Confetti Veggies Apple Crumble	3 Paprika Chicken Wild & Brown Rice Peas & Carrots Poached Pear	4 CLOSED 	5 Sweet Italian Sausage Peppers & Onions Marinara Sauce Roasted Potatoes Peas
8 Roasted Chicken Thigh w/Sweet Potatoes Green Beans Blueberry Buckle	9 Cheesy Stuffed Shells w/Crushed Tomato Sauce Steamed Carrots Mixed Veggies	10 Pork & Sauerkraut w/Apples Cauliflower & Cheese Peach Crumble	11 Tilapia w/Lemon Over Rice Capri Veggies Stewed Tomatoes	12 Swedish Meatballs Over Egg Noodles Peas Applesauce
15 Baked Mac & Cheese Roasted Peppers Green Beans	16 Ginger Mustard Pork Brussels Sprouts Sweet Potatoes	17 Chicken Curry w/Apples and Raisins Orzo w/Peas Roasted Zucchini & Yellow Squash	18 Caribbean Flounder w/Dirty Rice Steamed Carrots Brussels sprouts	19 Beef Stroganoff w/Egg Noodles Mixed Veggies Applesauce
22 Chicken Patty w/Roasted Peppers & Provolone Wild & Brown Rice Pilaf Steamed Broccoli	23 Pasta w/Meatballs Peas Poached Pears	24 Roasted Chicken w/Beans & Sun-dried Tomatoes Quinoa Pilaf w/Riced Veggies Broccoli & Cheese Sauce	25 Korean Roast Pork Fried Rice Capri Veggies	26 Korean BBQ Beef Fried Rice Roasted Peppers & Onions
29 Meatloaf w/Gravy Mashed Potatoes Mixed Veggies	30 Three Bean Chili w/Bulgur Wheat Peas & Carrots Apple Crumble	31 Paprika Chicken Wild & Brown Rice Peas & Carrots Poached Pear		