




# Ambler Activities December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Body Chair Pump 12:30 Holiday Cards for St. Anthony's Preschool	10-11:30 BINGO 10-11 Art Making 10-11 Drums Away 11-12 Zumba Gold 12:30 Wheel of Fortune 12:45 Jenny's Afternoon Art	10-11:30 BINGO 10-12 COVID Vaccination Clinic 11-12 Silver Sneakers 12-2 Quilting 12:30 Devoted Health-Name That Tune	10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30 Afternoon Walk	10-11:30 BINGO 10-11 Open Faith Talk 10-11 Chair Yoga ** 11-12 Chair Aerobics 12:30 Chair Volleyball
<b>JINGLE ME MON.</b> 9	<b>TWINKLE TUE.</b> 10	<b>ONESIE WED.</b> 11	<b>MERRY MIXER THURS.</b> 12	<b>FUZZY FRI.</b> 13
10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Boday Chair Pump 11-12 Tai Chi 12:30 Group Counseling w/ Katie	10-11:30 BINGO 10-11 Art Making 10-11 Drums Away 11-12 Zumba Gold 12:45 Jenny's Afternoon Art	10-11:30 BINGO 10:15 Holiday Movie 11-12 Silver Sneakers 12-2 Quilting 12:30 Poetry with Lisa	10-11 Tai Chi 10 Hot Chocolate Making 10:30-12 Gardens & Habitat 12:30 Mixing up some holiday cheer	10-11:30 BINGO 10-11 Open Faith Talk 10-11 Chair Yoga 11-12 Chair Aerobics 12:30 Birthday Celebration
16	17	18	19	20
10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Boday Chair Pump 11-12 Tai Chi 12:30 Sweet Treat Exchange	10-11:30 BINGO 10-11 Art Making 10-11 Drums Away 11-12 Zumba Gold 12:30 Germantown Academy	10-11:30 BINGO 11-12 Silver Sneakers 12-2 Quilting 12:30 Pollyanna	10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30 Afternoon Walk 12:30 Holiday Trivia	10-11:30 BINGO 10-12 Open Law Clinic 10-11 Open Faith Talk 10-11 Chair Yoga 11-12 Chair Aerobics 12:30 David Morgan Performing
23	<div style="font-size: 48px; font-weight: bold; color: red; margin-bottom: 20px;">CLOSED</div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Merry Christmas</p> </div> <div style="text-align: center;">  <p>Happy Hannukka</p> </div> </div>		26	27
10-11:30 BINGO 10-12 Blood Pressure Check 10-11 Art-4-Me 10-11 Full Boday Chair Pump 11-12 Tai Chi 12:30 Katie's Holiday Sing-A-Long			10-11 Tai Chi 10:30-12 Gardens & Habitat 12:30 Afternoon Walk <div style="text-align: center; margin-top: 10px;">                         Happy Kwanzaa   </div>	10-11:30 BINGO 10-11 Open Faith Talk 10-11 Chair Yoga 11-12 Chair Aerobics 12:45 Chair Volleyball
30	31			
10-11:30 BINGO 10-11 Art-4-Me 10-11 Full Boday Chair Pump 11-12 Tai Chi 12:30 Science 4 Seniors	10-11:30 BINGO 10-11 Art Making 10-11 Drums Away 11-12 Zumba Gold 12:30 New Years Eve Celebration		Coffee, Tea, & Conversation Monday-Friday 9am-11am	Billiards Monday-Friday 9am-2pm

# Ambler Lunch Menu December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Meatloaf w/Gravy Mashed Potatoes Mixed Veggies	Ginger/Mustard Pork Broccoli Sweet Potatoes	Chicken Curry w/Apples & Raisins Orzo w/Peas Zucchini/Yellow Squash	Caribbean Flounder w/Dirty Rice Cauliflower Brussels Sprouts	Beef Stroganoff w/Egg noodles Mixed Veggies Applesauce
9	10	11	12	13
Chicken Burger w/ Provolone & Roasted Peppers Broccoli & Rice Pilaf	Pasta w/Meatballs Peas Poached Pears	Roasted Chicken w/Beans & Sundried Tomatoes Quinoa Pilaf	Korean Style Beef Fried Rice Mixed Veggies	Sweet Italian Sausage Peppers & Onions w/Marinara Sauce Peas & Roasted
16	17	18	19	20
Meatloaf w/Gravy Mashed Potatoes Mixed Veggies	Three Bean Chili w/Bulgar Wheat Confetti Veggies Apple Crumble	Paprika Chicken Wild & Brown Rice Pilaf Peas & Carrots Poached Pear	Korean Roast Pork Fried Rice Capri Veggies	Turkey w/Gravy Glazed Sweet Potatoes Green Beans
23	<b>CLOSED</b>		26	27
Roast Beef Au Jus w/Mushrooms Scalloped Potatoes Garlic Spinach			Cheese Stuffed Shells Steamed Carrots Mixed Veggies	Roasted Chicken Thighs w/Sweet Potatoes Green Beans
30	31			
Baked Mac & Cheese Roasted Peppers Green Beans	Ginger/Mustard Pork Broccoli Sweet Potatoes			