

April 2019 First Ward Senior Center

226 Clinton St.
Binghamton, NY 13903
607-797-2307

Open Monday-Friday
8am-4pm
Closed Holidays

Lunch 11:45am-12:30pm
Reservations 607-729-6214
60+ \$3.50 Under 60 \$4.50

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
JFF Pool League 9 Zumba 9:30am Osteo Exercise 9:45am Chair Yoga 11am Bingo 12:30pm Texas Hold'em 12:30pm Roberson Folk Dancers 7pm Senior Swim 4-6pm	Knitting 9am Shuffle Board 9am CHOW Market 10:30am Prog. Pinochle 12:30pm Texas Hold'em 12:30pm Computer Class 12-1pm	Chorus 9:30am Ceramics 9am Board Games 10am Osteo Exercise 10am	Sewing 9am Chair Exercise 10am Int. Mah-Jongg 12:30pm Shuffle Board 12:30pm Senior Swim 4-6pm	Ceramics 9am Zumba 9:30am Osteo Exercise 10am Texas Hold'em 12:30pm Dominoes 12:30pm
Breakfast for Lunch 1 Chocolate Chip Pancakes	Cranberry Dijon Chicken 2 Breast	Citrus Herb Pollack 3 or Herb Crusted Pork Loin	Hot Dog w/Onions 4	Basil Chicken Breast 5 Or Salmon Patty w/Dill
		Social Club 1pm	Executive Board 9am	
Breakfast for Lunch 8	Honey Ginger Chicken 9 Thigh w/Gravy	Beef Stroganoff or 10 Vegetarian Chili over Buttered Noodles	Roast Turkey w/Gravy 11	Meatloaf w/Gravy or 12 Spinach Parmesan Pollack
Scarlet Bonnets 12:30PM Chop & Chat 1pm		Legal Aid 9am Evening Meal 5m (details on back)		Medication Management Mini-Presentation by BU Pharmacy Students 12:15pm
Breakfast for Lunch 15 <i>Belgium Waffles w/Cherries</i>	Pub Burger or 16 Egg Salad Sandwich	Liver w/Onions or 17 Chicken Cacciatore	18	19
	AOP-Save Money w/ Medicare 12:15pm		Philly Cheese Steak With Orange Blossom Special 12:15pm	Center Closed Good Friday
Breakfast for Lunch 22	Sweet & Sour Pork 23	Chicken Salad on a 24 Croissant	Beef Stew over Biscuit 25	Itl. Chicken Breast 26 or Parmesan Crusted Broiled Fish
Chop & Chat 1pm				
Breakfast for Lunch 29	Halupki or 30 Breaded Pollack			
	Volunteer Dinner 5pm			