

Lunch 11:45AM-12:30PM
Reservations: (607) 729-6214
60 Plus: \$3.25 Under 60: \$4.25

First Ward Senior Center
226 Clinton Street Binghamton NY 13905

FEBRUARY 2017

Hours: 8 A.M. - 4 P.M.
Monday - Friday
Closed Holidays
Office Phone (607) 797-2307

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
 9:00 Ceramics
 9:00 Chorus
 10:00 Board Games
 12:15 **STAR Tax**
 1:00 Open Art
 1:00 Ping Pong
 1:00 **Social Club**
Grandma's Meatloaf

2
 9:00 Sewing
 9:30 **Executive Board**
 10:00 Chair Exercise
 12:30 Int. Mah-Jongg
 1:00 Craft Class
 4:00 Water Aerobics
 4:30 Open Swim
Roast Turkey

3
 9:00 Ceramics
 9:30 **ZUMBA**
 10:00 Osteo. Exercise
 12:30 Texas Hold'em
 12:30 Dominoes
 1:00 Open Art
Beer Battered Fish
Or
BBQ Chicken Breast

6
 9:00 JFF Pool
 9:30 **ZUMBA**
 10:00 Osteo Exercise
 11:00 Chair Yoga
 12:30 Bingo
 12:30 Texas Hold'em
 1:30 **Tai Chi**
 4:00 Water Aerobics
 4:30 Open Swim
Breakfast for Lunch

7
 9:00 Knitting
 9:00 Shuffle Board
 11 **CHOWbus Market**
 12:15 **Snowflake Presentation**
 12:30 Prog. Pinochle
 12:30 Texas Hold'em
 1:00 Open Art
 1:30 Int. Mah-Jongg
Liver w/Onions
Or
Chicken Marengo

8
 9:00 Ceramics
 9:00 Chorus
 9:00 **Legal Aid**
 10:00 Board Games
 1:00 Open Art
 1:00 Ping Pong
 1:30 **Tai Chi**
Roast Beef w/Gravy

9
 9:00 Sewing
 10:00 Chair Exercise
 12:30 Int. Mah-Jongg
 1:00 Craft Class
 4:00 Water Aerobics
 4:30 Open Swim
Chicken Cacciatore
over Rice

10
 9:00 Ceramics
 9:30 **ZUMBA**
 10:00 Osteo. Exercise
 12:30 Texas Hold'em
 12:30 Dominoes
 1:00 Open Art
Fish Florentine
Or
Ham w/Honey Mustard

13
 9:00 JFF Pool
 9:30 **ZUMBA**
 10:00 Osteo Exercise
 11:00 Chair Yoga
 12:30 Bingo
 12:30 Texas Hold'em
 1:30 **Tai Chi**
 4:00 Water Aerobics
 4:30 Open Swim
Belgium Waffles w/Strawberries
& Whipped Cream

14
 9:00 Knitting
 9:00 Shuffle Board
 11 **CHOWbus Market**
 11 **Computer Class**
 11:45 **Valentines Day**
Luncheon w/Senior Moments
 12:30 Prog. Pinochle
 12:30 Texas Hold'em
 1:00 Open Art
 1:30 Int. Mah-Jongg
Roast Turkey

15
 9:00 Ceramics
 9:00 Chorus
 10:00 Board Games
 1:00 Open Art
 1:00 Ping Pong
 1:00 **Chop & Chat**
 1:30 **Tai Chi**
Pub Burger
Or
Tuna Salad Sandwich

16
 9:00 Sewing
 10:00 Chair Exercise
 12:30 Int. Mah-Jongg
 1:00 Craft Class
 4:00 Water Aerobics
 4:30 Open Swim
Philly Cheese Steak
w/musical guest
Orange Blossom Special
At 12:15

17
 9:00 Ceramics
 9:30 **ZUMBA**
 10:00 Osteo. Exercise
 12:30 Texas Hold'em
 12:30 Dominoes
 1:00 Open Art
Salmon w/Dill Sauce
Or
Chicken w/Orange Sc.

Center Closed 20

21
 9:00 Knitting
 9:00 Shuffle Board
 9-1 **BU Nursing Students**
 11 **CHOWbus Market**
 11 **Computer Class**
 12:15 **STAR Tax**
 12:30 Prog. Pinochle
 12:30 Texas Hold'em
 1:00 Open Art
 1:30 Int. Mah-Jongg
Macaroni & Cheese

22
 9:00 Ceramics
 9:00 Chorus
 10:00 Board Games
 11:45 **Presidential**
Luncheon w/Joe Card
 1:00 Open Art
 1:30 **Tai Chi**
5:00 Evening Meal
w/Ted Davenport
Roast Pork w/Gravy

23
 9:00 Sewing
 10:00 Chair Exercise
 12:30 Int. Mah-Jongg
 1:00 Craft Class
 4:00 Water Aerobics
 4:30 Open Swim
Chili w/Cornbread

24
 9:00 Ceramics
 9:30 **ZUMBA**
 10:00 Osteo. Exercise
 12:30 Texas Hold'em
 12:30 Dominoes
 1:00 Open Art
Beer Battered Fish
Or
Pepper Steak

27
 9:00 JFF Pool
 9:30 **ZUMBA**
 10:00 Osteo Exercise
 1:00 Chair Yoga
 12:30 Bingo
 12:30 Texas Hold'em
 1:30 **Tai Chi**
 4:00 Water Aerobics
 4:30 Open Swim
Breakfast for Lunch

28
 9:00 Knitting
 9:00 Shuffle Board
 9-1 **BU Nursing Students**
 11 **CHOWbus Market**
 11 **Computer Class**
 12:30 Prog. Pinochle
 12:30 Texas Hold'em
 1:00 Open Art
 1:30 Int. Mah-Jongg
Sausage Peppers &
Onions or
Breaded Fish

- We now have a full size Ping Pong Table as well as a wide array of Board Games. Want to Play?? Just stop in.
- Join us for a hot meal on Wednesday, February 22nd at 5pm
 Choose between Liver w/Onions or Halupki
Make your reservations today!
 607-729-6214