


February 2018 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+ \$3.25 Under 60 \$4.25

<p><u>Monday</u> JFF Pool 9am Zumba 9:30am Osteo Exercise 10am Chair Yoga 11am Bingo 12:30pm Texas Hold'em 12:30pm Senior Swim 4-6pm Roberson Folk Dancers 7pm Ceramics & Osteo 7pm</p>	<p><u>Tuesday</u> Knitting 9am Shuffle Board 9am CHOW Market 10:15am Prog. Pinochle 12:30pm Texas Hold'em 12:30pm</p>	<p><u>Wednesday</u> Chorus 9:30am Ceramics 9am Board Games 10am Osteo Exercise 10am</p>	<p><u>Thursday</u> Sewing 9am Chair Exercise 10am Int. Mah-Jongg 12:30pm Craft Class 1pm Shuffle Board 12:30pm Senior Swim 4-6pm</p>	<p><u>Friday</u> Ceramics 9am Zumba 9:30am Hand Foot & Elbow 9:45am Osteo Exercise 10am Texas Hold'em 12:30pm Dominoes 12:30pm</p>
			<p>Chicken w/BBQ Sc. 1 Or Western Omelet</p> <p><i>Executive Board Mtg. 9:30 Tai Chi for Arthritis w/RSVP 1:30-2:30pm</i></p>	<p>Beer Battered Fish or 2 Salisbury Steak</p>
<p>Breakfast for Lunch 5</p>	<p>Liver w/Onions or 6 Chicken w/Cranberry</p> <p><i>United Health Care Info Table 10:30am Brenda Cave James 12:15pm Tai Chi for Arthritis w/RSVP 1:30-2:30pm</i></p>	<p>Ham w/Raisin Sc. 7</p> <p><i>STAR Tax 12:15pm Social Club 1pm</i></p>	<p>Grandma's Meatloaf 8</p> <p><i>Tai Chi for Arthritis w/RSVP 1:30-2:30pm</i></p>	<p>Fish Florentine or 9 Chinese Pepper Steak</p>
<p>Breakfast for Lunch 12 <i>Belgium Waffles w/Strawberry Topping</i></p>	<p>Halupki or 13 Chicken w/Honey Mustard</p> <p><i>Tai Chi for Arthritis w/RSVP 1:30-2:30pm</i></p>	<p>Roast Turkey or 14 Beer Battered Fish Valentine's Day Luncheon W/Wayne Beddoe At 12:15pm <i>Legal Aid 9am</i></p>	<p>Philly Cheese Steak 15</p> <p>With musical guest Orange Blossom Special @ 12:15pm</p>	<p>Salisbury Steak or 16 Broiled Fish w/Lemon</p>
<p>Center Closed 19</p> 	<p>Vegetable Lasagna 20</p> <p><i>STAR Tax 12:15pm Tai Chi for Arthritis w/RSVP 1:30-2:30pm</i></p>	<p>Liver w/Onions or 21 Chicken Marengo</p> <p>Presidential Luncheon</p>	<p>Chicken Soft Tacos 22</p> <p><i>Tai Chi for Arthritis w/RSVP 1:30-2:30pm</i></p>	<p>Salmon w/Dill Sauce 23 Or Roast Beef w/Gravy</p>
<p>Breakfast for Lunch 26</p>	<p>Spiedie Marinated 27 Chicken</p> <p><i>Tai Chi for Arthritis w/RSVP 1:30-2:30pm</i></p>	<p>Roast Pork w/Gravy 28 Or Breaded Fish</p>	