


February 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

<p>Monday 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 <i>Senior Swim 4-6pm</i></p>	<p>Tuesday Knitting 9am Shuffle Board 9am CHOW Market 10:30am Prog. Pinochle 12:30pm Texas Hold'em 12:30pm Feb. 5th-March 28th Tai Chi for Arthritis 1:30pm</p>	<p>Wednesday Chorus 9:30am Ceramics 9am Board Games 10am Osteo Exercise 10am</p>	<p>Thursday Sewing 9am Chair Exercise 10am Int. Mah-Jongg 12:30pm Shuffle Board 12:30pm <i>Senior Swim 4-6pm</i> Feb. 5th-March 28th Tai Chi for Arthritis 1:30pm</p>	<p>Friday Ceramics 9am Zumba 9:30am Osteo Exercise 10am Texas Hold'em 12:30pm Dominoes 12:30pm</p>
				<p>Chicken w/BBQ Sc. 1 Or Salmon Patty w/Dill</p>
<p>Breakfast for Lunch 4</p>	<p>Grandmas Meatloaf or Fish Florentine 5 OFA Nutrition: Spice up your Life 11am Tai Chi 1:30pm (registration req)</p>	<p>Halupki or Roast Turkey 6 <i>STAR Tax 12:15pm</i> <i>Social Club 1pm</i></p>	<p>Beef Stroganoff Over Noodles 7 <i>Executive Board 9am</i> Tai Chi 1:30pm (registration req)</p>	<p>Sausage Link or Beer Battered Fish 8</p>
<p>Breakfast for Lunch 11 <i>Belgium Waffles w/ Strawberry Topping</i> Chop & Chat 1pm</p>	<p>Italian Chicken Breast 12 <i>Liberty Mutual 12:15pm</i></p>	<p>Herb Pork Loin or Citrus Herb Pollack 13 <i>Legal Aid 9am</i></p>	<p>Chicken Cordon Bleu 14  Valentine's Day Luncheon</p>	<p>Fish Florentine or Ham Loaf w/Honey Mustard 15</p>
<p>Center Closed 18 <i>Presidents Day</i></p>	<p>Pierogies w/Kielbasa & Onions 19 <i>Meet & Greet w/Jason Garnar at 11:30am</i> <i>Citizen Preparedness 12:15pm</i> <i>STAR Tax 12:15pm</i></p>	<p>Liver w/Onions or Chicken Marengo 20 Presidential Luncheon w/John Goodnough 12:15pm</p>	<p>21 Philly Cheese Steak With Orange Blossom Special 12:15pm</p>	<p>Grandma's Meatloaf or Broiled Fish w/Lemon 22</p>
<p>Breakfast for Lunch 25 Chop & Chat 1pm</p>	<p>Sweet & Sour Chicken over Brown Rice 26 <i>BHS Musical Demo: Addams Family 12:15pm</i></p>	<p>Chicken Salad or Pub Burger 27</p>	<p>Roast Beef w/Gravy 28</p>	