

January 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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</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	Knitting 9am Shuffle Board 9am CHOW Market 10:15am Prog. Pinochle 12:30pm Texas Hold'em 12:30pm Shuffle Board 12:30pm	Chorus 9:30am Ceramics 9am Board Games 10am Osteo Exercise 10am	Sewing 9am Chair Exercise 10am Int. Mah-Jongg 12:30pm Craft Class 1pm Shuffle Board 12:30pm Senior Swim 4-6pm	Ceramics 9am Zumba 9:30am Hand Foot & Elbow 9:45am Osteo Exercise 10am Texas Hold'em 12:30pm Dominoes 12:30pm Ping Pong 1pm
Center Closed Happy New Year!	1 Chicken ala King 2 Over a Biscuit Welcome Shuffle Board Players! 12:30pm Tues & Thurs	3 Roast Pork w/Gravy Or Breaded Fish <i>Social Club 1pm</i>	4 Beef Stroganoff Over Noodles **No Senior Swim** <i>Executive Board Mtg. 9:30</i>	5 Chicken w/Herbs Or Lemon Pepper Pollack
Breakfast for Lunch 8	9 Roast Beef w/Gravy <i>Tai Chi for Arthritis w/RSVP</i> <i>1-2pm</i>	10 Manicotti <i>Legal Aid 9am</i> <i>Free Hearing Tests 9-12pm</i> <i>(appointments required)</i>	11 Sweet & Sour Pork Or Vegetarian Chili over Brown Rice <i>Tai Chi for Arthritis w/RSVP</i> <i>1-2pm</i>	12 Beer Battered Fish or BBQ Chicken Breast
Center Closed MLK Day	15 Pierogies w/Onions 16 <i>Tai Chi for Arthritis w/RSVP</i> <i>1-2pm</i>	17 Hot Dogs w/Onions <i>Brenda Cave James-MLK</i> <i>Presentation at 12:15pm</i>	18 Philly Cheese Steak With musical guest Orange Blossom Special @ 12:15pm	19 Fish Florentine or Ham Loaf
Breakfast for Lunch 22 <i>Banana Pecan Pancakes</i>	23 Tuna Salad or Pub Burger <i>Fabulous Snowflakes</i> <i>12:15pm</i> <i>Tai Chi for Arthritis w/RSVP</i> <i>1-2pm</i>	24 Roast Beef w/Gravy	25 Roast Turkey w/Cranberries <i>Tai Chi for Arthritis w/RSVP</i> <i>1-2pm</i>	26 Salmon w/Dill Sauce Or Chicken w/Orange Sc.
Breakfast for Lunch 29	30 Chicken Alfredo over Fettuccini Noodles <i>Tai Chi for Arthritis w/RSVP</i> <i>1-2pm</i>	31 Roast Pork w/Gravy Or Halupki w/Sauce		