


March 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 <b>Senior Swim 4-6pm</b> 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		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 <b>Senior Swim 4-6pm</b>		Ceramics 9am Zumba 9:30am Hand Foot & Elbow 9:45am Osteo Exercise 10am Texas Hold'em 12:30pm Dominoes 12:30pm	
						<b>Beef Stroganoff Over Noodles</b> 1		<b>Chicken w/Herb or Lemon Pepper Pollack</b> 2	
						<i>Executive Board Mtg. 9:30 Tai Chi for Arthritis w/RSVP 1:30-2:30pm</i>		<i>SUNY Nurses 9-12</i>	
<b>Breakfast for Lunch</b> 5	<b>Roast Turkey w/ Cranberry</b> 6	<b>Manicotti</b> 7	<b>Sweet &amp; Sour Pork or Vegetarian Chili over Brown Rice</b> 8	<b>Fish Florentine or BBQ Chicken Breast</b> 9					
	<i>Tai Chi for Arthritis w/RSVP 1:30-2:30pm</i>	<i>Social Club 1pm</i>	<i>AARP Driver Safety 9-12pm Tai Chi for Arthritis w/RSVP 1:30-2:30pm</i>	<i>AARP Driver Safety 9-12pm</i>					
<b>Breakfast for Lunch</b> 12  Scarlet Bonnets 1pm	<b>Pierogies w/Onions</b> 13	<b>Hot Dog w/Onions</b> 14	<b>Philly Cheese Steak</b> 15	<b>Corned Beef or Beer Battered Fish</b> 16					
		<i>Legal Aid 9am</i>  <b>Evening Meal 5pm w/Ryan Wilson at 5:15</b>	<b>With musical guest Orange Blossom Special @ 12:15pm</b>	<b>St. Patrick's Day Luncheon Irish Dancers 1pm</b>					
<b>Breakfast for Lunch</b> 19 <i>Skillet O'Neill</i>	<b>Tuna Salad or Pub Burger</b> 20	<b>Roast Beef w/Gravy</b> 21	<b>Liver w/Onions or Chicken Marengo</b> 22	<b>Salmon w/Dill Sauce Or Chicken w/Orange Sc.</b> 23					
	<b>Speaker: Janet Ottman Carousel Presentation</b>		<i>OFA Nutrition: Portion Control 11am</i>						
<b>Breakfast for Lunch</b> 26	<b>Chicken Alfredo Over Pasta</b> 27	<b>Roast Pork or Halupki</b> 28	<b>Chicken w/BBQ Sc. Or Western Omelet</b> 29	<b>Center Closed Good Friday</b> 30					