March 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

Monday	Tuesday	Wednesday	Thursday	Friday
JFF Pool League 9 Zumba 9:15am Osteo Exercise 9:45am Chair Yoga 11am Bingo 12:30pm Texas Hold'em 12:30pm ***Senior Swim 4-6pm*** Roberson Folk Dancers 7pm Osteo Exercise 7pm	Knitting 9am Shuffle Board 9am CHOW Market 10:30am Prog. Pinochle 12:30pm Texas Hold'em 12:30pm Tai Chi for Arthritis 1:30pm (Until March 28th)	Chorus 9:30am Ceramics 9am Board Games 10am Osteo Exercise 10am	Sewing 9am Chair Exercise 10am Int. Mah-Jongg 12:30pm Shuffle Board 12:30pm ***Senior Swim 4-6pm*** Tai Chi for Arthritis 1:30pm (Until March 28th)	Ceramics 9am Zumba 9:30am Osteo Exercise 10am Texas Hold'em 12:30pm Dominoes 12:30pm
				Salisbury Steak or 1 **Beer Battered Fish**
Breakfast for Lunch 4	**Stuffed Shells w/** 5 **Alfredo Sauce** **OFA Nutrition: Quick &** **Healthy Meals 11am**	**Beef Burgundy or** 6 **Fish Florentine** ***Social Club 1pm*** ***Diabetes Self Management*** ***1-3:30 (advanced reg. required)***	**Turkey w/Gravy** 7 ***Executive Board 9am*** **AARP Driver Safety 9-12pm**	**Sausage Link or** 8 **Citrus Herb Pollack** **AARP Driver Safety 9-12pm**
Breakfast for Lunch 11 *Ham & Cheese Breakfast Bake* ***Chop & Chat 1pm*** Scarlet Bonnets 1pm	**Chicken & Biscuits** 12 ***Liberty Mutual 12:15pm***	**Halupki or** 13 **Roast Turkey** ***Legal Aid 9am*** ***Evening Meal 5pm*** ***w/Ryan Wilson***	**Classic Meat Lasagna** 14	**Fish Florentine or** 15 **Corned Beef** ***St. Patrick's Day*** ***Luncheon*** ***Irish Dancers 1pm***
Breakfast for Lunch 18	**Liver w/Onions or** 19 **Chicken Marengo**	**Sliced Pork w/Gravy or** 20 **Salmon Patty w/Dill**	21 ***Philly Cheese Steak*** ***With Orange Blossom*** ***Special 12:15pm***	**Grandma's Meatloaf** 22 **or Herb Rubbed Pollack**
Breakfast for Lunch 25 ***Chop & Chat 1pm***	**Roast Chicken** 26 ***Pasta Dinner*** ***Fundraiser*** ***3-6pm***	**Pub Burger or** 27 **Tuna Salad Sandwich**	**Roast Beef w/Gravy** 28	**Beer Battered Fish** 29 **Or Italian Chicken Filet**