

May 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> 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	<u>Tuesday</u> Knitting 9am Shuffle Board 9am CHOW Market 10:15am Prog. Pinochle 12:30pm Texas Hold'em 12:30pm	<u>Wednesday</u> Chorus 9:30am Ceramics 9am Board Games 10am Osteo Exercise 10am	<u>Thursday</u> Sewing 9am Chair Exercise 10am Int. Mah-Jongg 12:30pm Craft Class 1pm Shuffle Board 12:30pm Senior Swim 4-6pm	<u>Friday</u> Ceramics 9am Zumba 9:30am Hand Foot & Elbow 9:45am Osteo Exercise 10am Texas Hold'em 12:30pm Dominoes 12:30pm
	Roast Beef w/Gravy 1	Manicotti 2 <i>Social Club 1pm</i>	Sweet & Sour Pork or 3 Vegetarian Chili over Brown Rice <i>Executive Board Mtg. 9:30</i>	Beer Battered Fish or 4 BBQ Chicken Breast <i>SUNY Nurses 9-12</i>
Breakfast for Lunch 7	Pierogies w/Onions 8	Roast Turkey 9 <i>Legal Aid 9am</i> <i>Mother's Day Evening Meal w/Rich Wilson 5pm</i>	Sausage Link or 10 Breaded Fish <i>Executive Board Mtg. 9:30</i>	Fish Florentine or 11 Ham Loaf
Breakfast for Lunch 14 <i>PB&J Stuffed French Toast</i> <i>Scarlet Bonnets 12:30pm</i>	Tuna Salad or 15 Pub Burger	Rotisserie Chicken 16 BBQ Luncheon w/Senior Moments at 12:15pm	Philly Cheese Steak 17 With musical guest Orange Blossom Special @ 12:15pm	Salmon w/Dill Sauce or 18 Chicken w/Orange Sauce
Breakfast for Lunch 21	Chicken Alfredo over 22 Pasta MHAST-Sunrise Wellness Presentation 12:15pm	Roast Pork w/Gravy or 23 Halupki	Chicken w/BBQ Sauce 24 Or Western Omelet Spring Chorus Concert 6pm	Beer Battered Fish or 25 Salisbury Steak
 Center MEMORIAL DAY Closed 28	Macaroni & Cheese 29	Liver w/Onions or 30 Chicken w/Cranberry	Grandma's Meatloaf 31	