

# May 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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Zumba 9:30am Osteo Exercise 9:45am Chair Yoga 11am Bingo 12:30pm Texas Hold'em 12:30pm Roberson Folk Dancers 7pm <b>Senior Swim 4-6pm</b>	Knitting 9am Shuffle Board 9am CHOW Market 10:30am Prog. Pinochle 12:30pm Texas Hold'em 12:30pm	Ceramics 9am Board Games 10am Osteo Exercise 10am	Sewing 9am Chair Exercise 10am Int. Mah-Jongg 12:30pm Shuffle Board 12:30pm <b>Senior Swim 4-6pm</b>  Mission Melt Away 1-2pm (6 week Class)	Ceramics 9am Zumba 9:30am Osteo Exercise 10am Texas Hold'em 12:30pm
		Italian Chicken or 1 Braised Mexican Pork	Cheese Baked Penne 2 Casserole  Mission Melt Away 1-2pm (advanced reg. req'd w/OFA)  Executive Board 9am	Beef Burgundy or 3 Spinach Parmesan Pollack
Breakfast for Lunch 6  <i>Scarlet Bonnets 12:30PM</i> <b>Chop &amp; Chat 1pm</b> (last session)	Cranberry Dijon Chicken 7  Computer Class 12-1pm (last session until the fall)	Citrus Herbed Pollack or 8 Herb Crusted Pork Loin  <i>Legal Aid 9am</i> <b>Evening Meal 5pm</b> (details on back)	Hot Dog or 9 Chicken Spiedies on a Roll  <i>AARP Driver Safety 9-12pm</i>	Basil Chicken or 10 Salmon Patty w/Dill <b>Mother's Day Luncheon</b> w/Wayne Beddoe at 12:15pm <i>AARP Driver Safety 9-12pm</i>
Breakfast for Lunch 13 <i>Pancakes w/Blueberry Compote</i>	Honey Ginger Chicken 14	Liver w/Onions or 15 Sliced Turkey w/Gravy	16  <b>Philly Cheese Steak With Orange Blossom Special 12:15pm</b>	Meatloaf w/Gravy or 17 Spinach Parmesan Pollack
Beakfast for Lunch 20	Egg Salad Sandwich or 21 Breaded Fish Sandwich	Rotisserie Chicken 22  <i>Chorus Concert 6pm</i>	Pierogies w/Kielbasa & 23 Onions	Sliced Roast Beef or 24 Broiled Fish w/Lemon
27 <b>Center Closed In Observance of Memorial Day</b>	Sweet & Sour Pork 28 Over Brown Rice Pilaf	Chicken Salad Croissant 29	Beef Stew over Biscuit 30	Italian Chicken or 31 Parm Crusted Broiled Fish <b>PROM</b> (details on back)