

# October 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

<p><b><u>Monday</u></b> JFF Pool League 9 Zumba 9:30am Osteo Exercise 10am Chair Yoga 11am Bingo 12:30pm Texas Hold'em 12:30pm Roberson Folk Dancers 7pm <b>Tai Chi 1:30-2:30pm</b></p>	<p><b><u>Tuesday</u></b> Knitting 9am Shuffle Board 9am CHOW Market 10:30am Prog. Pinochle 12:30pm Texas Hold'em 12:30pm  <b>Tai Chi 1:30-2:30pm</b></p>	<p><b><u>Wednesday</u></b> Chorus 9:30am Ceramics 9am Board Games 10am Osteo Exercise 10am  <b>Tai Chi 1:30-2:30pm</b></p>	<p><b><u>Thursday</u></b> Sewing 9am Chair Exercise 10am Int. Mah-Jongg 12:30pm Shuffle Board 12:30pm  <b>Tai Chi 1:30-2:30pm</b></p>	<p><b><u>Friday</u></b> Ceramics 9am Zumba 9:30am Hand Foot &amp; Elbow 9:45am Osteo Exercise 10am Texas Hold'em 12:30pm Dominoes 12:30pm</p>
<p>Breakfast for Lunch 1 <b>Tai Chi 1:30-2:30pm</b></p>	<p>Spiedie Marinated Chicken 2</p>	<p>Liver w/Onions or Chicken Marengo 3  <i>Social Club 1pm</i></p>	<p>Chicken Fajitas 4  <i>Executive Board 9:30am</i></p>	<p>Salisbury Steak or Salmon w/Dill Sauce 5</p>
<p>8 <b>Center Closed</b> </p>	<p>9 Beef Stroganoff  Membership Meeting: 11:15am Amended Bylaws</p>	<p>10 Fish Florentine or Roast Pork w/Gravy  <i>Legal Aid 9am</i> <b>Oktoberfest Evening Meal</b> <i>(details on back)</i></p>	<p>11 Vegetable Lasagna</p>	<p>12 Chicken w/Herbs or Lemon Pepper Pollack</p>
<p>15 Breakfast for Lunch <i>Pumpkin Pancakes</i>  <i>Scarlet Bonnets 12:30pm</i></p>	<p>16 Roast Beef w/Gravy</p>	<p>17 Manicotti</p>	<p>18 Philly Cheese Steak  <b>Philly Cheese Steak With Orange Blossom Special 12:15pm</b></p>	<p>19 Beer Battered Fish or Halupki</p>
<p>22 Breakfast for Lunch</p>	<p>23 Pierogies w/Onions  <i>AOP-Medicare Updates 2019</i></p>	<p>24 Roast Turkey</p>	<p>25 Sausage Link Beer Battered Fish  <b>Fall Harvest Dinner Dance</b> <i>(details on back)</i></p>	<p>26 Fish Florentine or Ham Loaf w/Honey Mustard</p>
<p>29 Breakfast for Lunch</p>	<p>30 Pub Burger or Chicken Salad  <i>OFA Nutrition Fats &amp; Cholesterol 11am</i></p>	<p>31 Rotisserie Chicken  <b>Halloween Party w/Orange Blossom Special at 12:15pm</b></p>	 	