

# September 2017 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 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 &amp; Osteo 7pm</p>	<p><b><u>Tuesday</u></b> Knitting 9am Shuffle Board 9am CHOW Market 11:30am Prog. Pinochle 12:30pm Texas Hold'em 12:30pm Open Art 1pm</p>	<p><b><u>Wednesday</u></b> Chorus 9am Ceramics 9am Board Games 10am Osteo Exercise 10am Open Art 1pm</p>	<p><b><u>Thursday</u></b> Sewing 9am Chair Exercise 10am Int. Mah-Jongg 12:30pm Craft Class 1pm <b>Senior Swim 4-6pm</b></p>	<p><b><u>Friday</u></b> Ceramics 9am Zumba 9:30am Hand Foot &amp; Elbow 9:45 Osteo Exercise 10am Texas Hold'em 12:30pm Dominoes 12:30pm Ping Pong 1pm Open Art 1pm</p>	
<p>Did you Senior Center today? OFA would like to know. Starting September 1st, every time you check in for lunch be sure to fill out an entry form. By doing this, you will be entered to win one of two \$25 cash awards! <b>GOOD LUCK</b></p> <p>A special thanks to Patricia Grant for representing the FW Senior Center in the First Annual Lip Sync Challenge. Congrats on placing 3rd!!</p>				<p><b>Broiled Fish w/Lemon or 1 Salisbury Steak</b></p>	
<p><b>CLOSED</b> <b>LABOR</b> <b>DAY</b></p>	<p>4 <b>Macaroni &amp; Cheese</b> 5  <i>Low Impact Aerobics 10am</i></p>	<p>6 <b>Roast Pork w/Gravy or Fish Florentine</b>  <i>Social Club 1pm</i></p>	<p>7 <b>Chicken Soft Taco</b>  <i>Executive Board 9:30am</i></p>	<p>8 <b>Breaded Fish or Halupki</b></p>	
<p>11 <b>Breakfast for Lunch</b>  <i>Welcome Back JFF Pool League! 9am</i>  <i>Scarlett Bonnets 1pm</i></p>	<p>12 <b>Classic Meat Lasagna</b>  <i>Low Impact Aerobics 10am Brookdale Presentation 12:15pm</i></p>	<p>13 <b>Rotisserie Chicken</b>  <i>Legal Aid 9am Flu Shots 10-11:30am</i></p>	<p>14 <b>Beef Stroganoff Over Noodles</b>  <i>Evening Meal 5pm Musical Guest: Ryan Wilson at 5:15pm</i></p>	<p>15 <b>Lemon Pepper Pollack Or Chicken w/Herbs</b></p>	
<p>18 <b>Breakfast for Lunch</b> <i>Sausage, Biscuits &amp; Gravy</i>  <i>Steering Committee 1:30pm</i></p>	<p>19 <b>Egg Salad or Pub Burger</b>  <i>Low Impact Aerobics 10am</i></p>	<p>20 <b>Manicotti</b>  <i>Welcome Back FW Chorus! 9am</i></p>	<p>21 <b>Philly Cheese Steak</b>  <i>Musical Guest Orange Blossom Special At 12:15</i></p>	<p>22 <b>Chicken w/BBQ Sauce Or Beer Battered Fish</b></p>	
<p>25 <b>Breakfast for Lunch</b></p>	<p>26 <b>Liver w/Onions or Chicken Marengo</b>  <i>Low Impact Aerobics 10am</i></p>	<p>27 <b>Roast Turkey w/Gravy</b>  <i>Apple Fest &amp; Retired Teacher's Luncheon Special Guest: Author Jack Shay</i></p>	<p>28 <b>Breaded Fish or Sausage w/Peppers &amp; Onions</b>  <i>Chop &amp; Chat 10am</i></p>	<p>29 <b>Fish Florentine or Ham Loaf</b></p>	