

# September 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>
JFF Pool League 9am Zumba 9:30am Osteo Exercise 9:45am Chair Yoga 11am Bingo 12:30pm Texas Hold'em 12:30pm Roberson Folk Dancers 7pm <i>Senior Swim 4-6pm</i>	Knitting 9am Shuffle Board 9am CHOW Market 10:30am Prog. Pinochle 12:30pm Texas Hold'em 12:30pm	Chorus 9:30am Ceramics 9am Board Games 10am Osteo Exercise 10am	Sewing 9am Chair Exercise 10am Yoga 10am Int. Mah-Jongg 12:30pm Shuffle Board 12:30pm <i>Senior Swim 4-6pm</i>	Ceramics 9am Zumba 9:30am Osteo Exercise 10am Texas Hold'em 12:30pm
<b>Closed</b> <b>In Observance of</b> <b>Labor Day</b>	Breaded Fish Sand. or Breaded Chicken Sand.	Liver w/Onions or Rotisserie Chicken w/ Marengo Sauce  <i>Social Club 1pm</i>	Pierogies w/Kielbasa & Onions  <i>AARP Driver Safety 9-12pm</i> <i>Executive Board 9:30am</i>	Broiled Fish w/Lemon Or Sliced Roast Beef  <i>AARP Driver Safety 9-12pm</i>
Breakfast for Lunch 9  <i>Senior Swim resumes 4-6pm</i>	Sweet & Sour Pork over Brown Rice Pilaf 10	Chicken Salad on a Croissant 11  <b>Evening Meal</b> <b>w/Ryan Wilson 5pm</b>  <i>Legal Aid 9am</i>	Beef Stew over a Biscuit 12	Italian Chicken or Parm. Crusted Broiled Fish 13
Breakfast for Lunch 16 <i>Waffles w/ Spiced Apples</i>  <i>JFF Pool Resume 9am</i> <i>Scarlet Bonnets 12:30PM</i> <i>Chop &amp; Chat 1pm</i>	Breaded Pollack or Halupki 17	Roast Turkey w/Dressing 18  <b>Applefest Luncheon</b> Apple/Autumn Trivia 12:15pm <i>Chorus Resumes 9:30am</i>	<b>Philly Cheese Steak</b> 19  w/ Orange Blossom Special at 12:15pm	Beef Burgundy or Spinach Parm. Pollack 20
Breakfast for Lunch 23	Salisbury Steak w/Gravy 24	Citrus Herb Pollack or Herb Crusted Pork Loin 25	Cubed Chicken Spiedies Or Sausage w/Pepper & Onions 26	Basil Chicken or Salmon Patty w/Dill 27
Breakfast for Lunch 30  <i>Chop &amp; Chat 1pm</i>				