

# February 2020 First Ward Senior Center

226 Clinton St.  
Binghamton, NY 13905  
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		Ceramics 9am Chorus 9:30am Board Games 10am Osteo Exercise 10am		Sewing 9am Chair Exercise 10am Gentle 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	
									
Breakfast for Lunch	3	Beef Burgundy over Buttered Noodles	4	Halupki or Breaded Chicken Parm	5	Macaroni & Cheese	6	Roast Turkey Or Broiled Fish w/Lemon	7
				<i>Social Club 1pm</i>		<i>Executive Board 9:30am</i>			
Breakfast for Lunch <i>Waffles w/Strawberries</i>	10	Liver w/Onions or Chicken Thigh Marengo	11	Roast Pork or Broiled Fish w/Lemon	12	Chicken Salad Croissant	13	Beef Burgundy or Spinach Parm Pollack <i>Valentine's Day Luncheon w/Greg Neff</i>	14
<i>Scarlet Bonnets 12:30pm Chop &amp; Chat 1:30pm</i>		<i>Elderwood Presentation 12pm</i>		<i>Legal Aid 9am</i>		<i>OFA Nutrition 11am Craft Class 1pm</i>			
<b>Presidents' Day Center Closed</b>	17	Ham w/Cranberry Glaze 18 Or Chicken Thigh w/ Cranberry Glaze	18	Meatloaf w/Gravy 19	19	Philly Cheese Steak 20	20	Breaded Fish Sand. or Spiedie Marinated Chicken Thigh Sand.	21
				<i>Popcorn and a Movie Fried Green Tomatoes 1pm</i>		<i>w/Orange Blossom Special @ 12:15pm</i>			
Breakfast for Lunch	24	Rotisserie Chicken or Citrus Herb Pollack	25	Pub Burger or Tuna Salad Sandwich	26	Pasta & Meatballs	27	Broiled Fish w/Lemon Or Swiss Steak	28