


January 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

<p>Monday 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 <i>Senior Swim 4-6pm</i></p>	<p>Tuesday Knitting 9am Shuffle Board 9am CHOW Market 10:30am Prog. Pinochle 12:30pm Texas Hold'em 12:30pm Tai Chi Practice Group 1pm</p>	<p>Wednesday Chorus 9:30am Ceramics 9am Board Games 10am Osteo Exercise 10am</p>	<p>Thursday Sewing 9am Chair Exercise 10am Int. Mah-Jongg 12:30pm Shuffle Board 12:30pm <i>Senior Swim 4-6pm</i></p>	<p>Friday Ceramics 9am Zumba 9:30am Osteo Exercise 10am Texas Hold'em 12:30pm Dominoes 12:30pm</p>
	<p>1 Center Closed Happy New Year</p>	<p>2 Meatball Parmesan Sub <i>Social Club 1pm</i></p>	<p>3 Western Omelet or Chicken w/BBQ Sauce <i>Executive Board 9am</i></p>	<p>4 Ham Loaf or Beer Battered Fish</p>
<p>7 Breakfast for Lunch</p>	<p>8 Liver w/Onions or Italian Chicken</p>	<p>9 Herbed Pork Loin or Rotisserie Chicken <i>Legal Aid 9am</i></p>	<p>10 Pasta & Meatballs <i>Paper Flower Class 1pm</i></p>	<p>11 Fish Florentine or Chinese Pepper Steak</p>
<p>14 Breakfast for Lunch</p>	<p>15 Pub Burger or Chicken Salad</p>	<p>16 Roast Turkey</p>	<p>17 Philly Cheese Steak Philly Cheese Steak With Orange Blossom Special 12:15pm</p>	<p>18 Salisbury Steak or Broiled Fish w/Lemon</p>
<p>21 Center Closed <i>MLK Jr. Day</i></p>	<p>22 Roast Beef</p>	<p>23 Liver w/Onions or Herb Roasted Chicken</p>	<p>24 Chicken w/Honey Mustard <i>Paper Flower Class 1pm</i></p>	<p>25 Beer Battered Fish or Grandma's Meatloaf</p>
<p>28 Breakfast for Lunch <i>Banana Pecan Pancakes w/ Whipped Topping</i> Chop & Chat 1pm</p>	<p>29 Classic Meat Lasagna</p>	<p>30 Beef Burgundy Over Noodles</p>	<p>31 Roast Turkey</p>	