


June 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><u>Monday</u> Zumba 9:30am Osteo Exercise 10am Chair Yoga 11am Bingo 12:30pm Texas Hold'em 12:30pm Senior Swim 4-6pm Roberson Folk Dancers 7pm Ceramics & Osteo 7pm</p> | <p><u>Tuesday</u> Knitting 9am Shuffle Board 9am CHOW Market 10:15am Prog. Pinochle 12:30pm Texas Hold'em 12:30pm</p> | <p><u>Wednesday</u> Ceramics 9am Board Games 10am Osteo Exercise 10am</p> | <p><u>Thursday</u> Sewing 9am Chair Exercise 10am Int. Mah-Jongg 12:30pm Craft Class 1pm Shuffle Board 12:30pm Senior Swim 4-6pm</p> | <p><u>Friday</u> Ceramics 9am Zumba 9:30am Hand Foot & Elbow 9:45am Osteo Exercise 10am Texas Hold'em 12:30pm Dominoes 12:30pm</p> |
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|  | | | | <p>Fish Florentine or Chinese Pepper Steak 1</p> |
| <p>Breakfast for Lunch 4</p> | <p>Vegetable Lasagna 5</p> | <p>Ham w/Raisin Sauce 6 <i>Social Club 1pm</i></p> | <p>Breaded Fish or Chicken Breast w/Honey Mustard 7 <i>AARP Driver Safety 9-12 Executive Board 9:30</i></p> | <p>Salisbury Steak or Broiled Fish w/Lemon 8 <i>AARP Driver Safety 9-12</i></p> |
| <p>Breakfast for Lunch 11 <i>Scarlet Bonnets 12:30pm</i></p> | <p>Spiedie Marinated Chicken 12</p> | <p>Fathers Day Luncheon 13 Beer Battered Fish or Roast Beef <i>Legal Aid 9am Evening Meal 5pm</i></p> | <p>Chicken Soft Taco 14</p> | <p>Grandma's Meatloaf or Salmon w/Dill Sauce 15</p> |
| <p>Breakfast for Lunch 18 <i>Waffles w/Blueberry Topping</i></p> | <p>Pub Burger or Egg Salad Sandwich 19 <i>Fidelis Care Info Table 11-12:30</i></p> | <p>20 <u>Senior Picnic At BCC Center Closed</u></p> | <p>Philly Cheese Steak 21 <i>With musical guest Orange Blossom Special @ 12:15pm</i></p> | <p>Chicken w/Herbs or Lemon Pepper Pollack 22</p> |
| <p>Breakfast for Lunch 25 <i>Senior Swim 9-11am</i></p> | <p>Roast Pork w/Gravy Or Halupki 26 <i>Susquehanna Nursing Home Info Presentation 12:15</i></p> | <p>Manicotti 27</p> | <p>Liver w/Onions or Chicken Marengo 28 Senior Swim 9-11am <i>United Health Care Info Table 11-12:15</i></p> | <p>Beer Battered Fish or Chicken w/Cranberry 29</p> |