

Keeners Seniors Program

Join the East Syracuse Parks & Recreation Dept and Peace Incorporated for **Lunch** on Monday & Wednesdays at Heman Street Apts. Where else can you enjoy a nice meal for a suggested price of \$2.75 . Program is open to adults 60+ . Lunch is served at noon. Sample menu is listed below. Call 952 - 0038 to reserve a meal.

Tender Pork Chops
mashed potatoes
Cauliflower, pears,
coffee, milk



Meatloaf, baked
potato, spinach,
peaches, roll, milk
coffee

Transportation will be provided to Heman Street Apts. for residents of Bennett Manor Apartments . Call 952 - 0038 to set up your ride

Recreation Activities will be offered before & after Lunch on Monday & Wednesdays at Heman Street Apts. Doors open at 9:30 am. A monthly schedule is available at the Heman Street Apts.

Bingo

Is played on Mon & Wed
at conclusion of lunch.

Cost is free.

Prizes provided by the Village
of East Syracuse



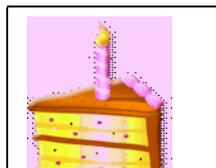
Cards

Enjoy Pitch, 31 & Pinochle before
lunch starting at 10:00 am

Tournaments for Pitch & 31 are
held several times per month
beginning at 10:00

Birthday Celebrations

Celebrate your Birthday with cake
& Ice Cream. Parties are offered
the Last Wednesday of the Month



Free Blood Pressure Screening

EAVES will take Blood
pressure every
Wednesday 11:00 -11:30

Monthly visits From East
Syracuse Elementary
Students . Students sing
songs, make crafts and
interact with the senior
group. Call 463 – 6714