Liberal Senior Center

Friendship Meals

Monday, Feb. 4 – Baked beef brisket, baked beans, peas and carrots, whole wheat roll, citrus fruit cup and milk

Tuesday, Feb. 5 – Crispy ranch chicken, cheddar sliced potatoes, red cabbage, corn bread, butterscotch squares and milk

Wednesday, Feb. 6 – Beef stroganoff, noodles, seasoned broccoli, whole wheat roll, cinnamon pears and milk

Thursday, Feb. 7 – Turkey pot pie, tossed salad with dressing of choice, whole wheat bread, peanut butter brownie and milk

Friday, Feb. 8 – Sloppy joe on bun, American fries, five-way mixed vegetables, whole wheat roll, ambrosia and milk

Activities

• Monday, Feb. 11

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 to 4 p.m. – SCCC painting class

1 p.m. – Buck bingo

1:30 p.m. – Chicken scratch

9 a.m. to noon and 1 to 4:30 p.m. – Rides

• Tuesday, Feb. 12

9 a.m. – Ladies snooker

9 a.m. – SCCC painting class

9 a.m. – Blood pressure/sugar level check with oatmeal breakfast

9:45 a.m. – Bible study

Noon – Public meeting

1 p.m. – Train

1:30 p.m. – Foot care (make your appointment today)

7 p.m. – Bridge

9 a.m. to noon and 1 to 4:30 p.m. – Rides

• Wednesday, Feb. 13

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pitch

2:30 p.m. – Bowling at the bowling alley

9 a.m. to noon and 1 to 4:30 p.m. – Rides

• Thursday, Feb. 14

9 a.m. – SCCC painting class

1:30 p.m. – Valentine Day party

4:30 p.m. – Dinner and a movie

9 a.m. to noon and 1 to 4:30 p.m. – Rides

• Friday, Feb. 15

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

1:30 p.m. – Buck bingo

8 to 11 p.m. – Happy Steppers dance. The band is Bob Walters

9 a.m. to noon and 1 to 4:30 p.m. – Rides

• Saturday, Feb. 16

Open from 1 to 5 p.m.