

Liberal Senior Center

Friendship Meals

- Monday, Feb. 25 – Baked pork chop, American fried potatoes, winter mix vegetables, whole wheat roll, fruit mix and milk
- Tuesday, Feb. 26 – Chicken paprika, parsleyed bowties, crump top brussel sprouts, whole wheat bread, baked peach slices and milk
- Wednesday, Feb. 27 – Lasagna, Italian vegetables, tossed salad with dressing, garlic bread, pineapple and milk
- Thursday, Feb. 28 – Garlic pepper pork loin with gravy, baked sweet potato, spinach, whole wheat roll, baked apple slices and milk
- Friday, March 1 – Ham and beans, stewed tomatoes, corn bread, pineapple upside down cake and milk

Activities

- Monday, Feb. 25

Liberal Senior Center meals and activities for week of Feb. 25 – March 2

Saturday, 23 February 2013 10:09

- 8:30 a.m. – Aerobics

- 9 a.m. – Strong bodies

- 1:30 p.m. – Buck bingo

- 1:30 p.m. – Chicken scratch

Tuesday, Feb. 26

- 9 a.m. – Ladies snooker

- 9 a.m. – SCCC painting class

- 9:45 a.m. – Bible study

- 1 p.m. – Train

- 7 p.m. – Bridge

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

Wednesday, Feb. 27

- 8:30 a.m. – Aerobics
- 9 a.m. – Strong bodies
- 11:55 a.m. – Birthday cake
- 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. 28

- 9 a.m. – SCCC painting class
- 1 p.m. – Hand and foot
- 1:30 – Card work day
- 9 a.m. to noon and 1 to 4:30 p.m. – Rides

Friday, March 1

- 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 Oklahoma Cowboy and Texas Lady
- 9 a.m. to noon and 1 to 4:30 p.m. – Rides

Saturday, March 2

- Open from 1 to 5 p.m.