

## Friendship Meals

Monday, March 25 – Chicken breast parmesan, buttered spaghetti, seasoned zucchini, garlic bread, lemon bar and milk

Tuesday, March 26 – Chili con carne, chuckwagon corn, savory green beans, corn bread and milk

Wednesday, March 27 – Tuna and rice casserole, cauliflower with red peppers, dinner roll, frosted brownie and milk

Thursday, March 28 – Sherry beef tips, noodles, spinach with mushrooms, bread, poached pears and milk

Friday, March 29 – Oven fried fish, tarter sauce, crispy cube potatoes, savory carrots, hushpuppies, chocolate marshmallow square and milk

## Activities

Monday, March 25

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

**Liberal Senior Center meals and activities for week of March 25-30**

Saturday, 23 March 2013 09:14

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1 p.m. – SCCC art class

1:30 p.m. – Buck bingo

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

Tuesday, March 26

9 a.m. – Ladies snooker

9 a.m. – SCCC painting class

9 a.m. – Foot care (make your appointment today)

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

**Liberal Senior Center meals and activities for week of March 25-30**

Saturday, 23 March 2013 09:14

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Wednesday, March 27

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

11:55 a.m. – Birthday party

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, March 28

9 a.m. – SCCC painting class

1 p.m. – Hand and foot

1:30 p.m. – Farkle

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

## Liberal Senior Center meals and activities for week of March 25-30

Saturday, 23 March 2013 09:14

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Friday, March 29

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 Cottonwoods

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

Saturday, March 30

Open from 1 to 5 p.m.