

Liberal Senior Center

Friendship Meals

Monday, April 8 – Roast beef, mashed potatoes with gravy, seasoned broccoli, whole wheat roll, lemon cake and milk

Tuesday, April 9 – Bacon wrap chop steak, potatoes lyonnais, California vegetables, whole wheat roll, emerald pears and milk

Wednesday, April 10 – Oven fried chicken, macaroni and cheese, Harvard beets, biscuit, creamy fruit salad and milk

Thursday, April 11 – Pepper steak stir fry, rice, vegetables in stir fry, whole wheat bread, mandarin oranges and milk

Friday, April 12 – Spaghetti with meat sauce, spinach toscana, garlic bread, sliced strawberries and milk

Activities

- Monday, April 8

8:30 a.m. – Aerobics

Liberal Senior Center meals and activities for week of April 8-13

Friday, 05 April 2013 15:30

9 a.m. – Strong bodies

1 p.m. – SCCC art class

1:30 p.m. – Chicken scratch

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3 p.m. – Trip to MAAM to see the Dinosaurs (\$10 fee to get in)

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

• Tuesday, April 9

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

9 a.m. – Ladies snooker

9 a.m. – SCCC painting class

9:45 a.m. – Bible study

Liberal Senior Center meals and activities for week of April 8-13

Friday, 05 April 2013 15:30

1:30 p.m. – Train

7 p.m. – Bridge

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

• Wednesday, April 10

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pitch

1:30 p.m. – Game afternoon

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

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

• Thursday, April 11

9 a.m. – SCCC painting class

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Friday, 05 April 2013 15:30

1 p.m. – Hand and foot

1:30 p.m. – Farkle

4:30 p.m. – Dinner and a movie

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

• Friday, April 12

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 Butch and Pat

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

• Saturday, April 13

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Friday, 05 April 2013 15:30

Open from 1 to 5 p.m.