

## Liberal Senior Center

### Friendship Meals

Monday, June 3 – Chicken parmesan, buttered broccoli, garlic bread, lemon bar and milk

Tuesday, June 4 – Chili con carne, chuckwagon corn, savory green beans, cornbread, strawberries and milk

Wednesday, June 5 – Tuna and rice casserole, cauliflower with red peppers, whole wheat roll, frosted brownie and milk

Thursday, June 6 – Beef tips on noodles, spinach with mushrooms, whole wheat bread, ambrosia salad and milk

Friday, June 7 – Cheese enchilada, Spanish rice, stewed tomatoes, bread in entree, baked apple slices and milk

### Activities

- Monday, June 3

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pancake bridge

1 p.m. – SCCC art class

1:30 p.m. – Chicken scratch

• Tuesday, June 4

9 a.m. – Ladies snooker

9 a.m. – SCCC painting class

9:45 a.m. – Bible study

11 a.m. – Trip to Hooker to eat at Soda Fountain and Grill

1:30 p.m. – Train

7 p.m. – Bridge

## Liberal Senior Center meals and activities for week of June 3-8

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- Wednesday, June 5

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pitch

- Thursday, June 6

9 a.m. – SCCC painting class

3 p.m. – ☐ Tea at Three

Bring a picture from your wedding please

- Friday, June 7

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

• Saturday, June 8

Snooker open from 1 to 5 p.m.