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Liberal Senior Center

Friendship Meals

Monday, July 8 – Taco salad, Spanish rice, tortilla chips, salsa, cantaloupe and milk

Tuesday, July 9 – Steak tips with mushroom sauce, buttered bowties, zucchini and tomatoes, cream pie, bread and milk

Wednesday, July 10 – Ham and beans, chopped onion, breaded okra, fruit pie, cornbread and milk

Thursday, July 11 – Hamburger on bun, lettuce, tomatoes, onion, pickles, potato salad, ranch beans, tapioca pudding and milk

Friday, July 12 – Fried fish fillet, oven brown potatoes, calico slw, tarter sauce, watermelon, bread and milk

Activities

- Monday, July 8

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1:30 p.m. – Buck bingo

1:30 p.m. – Chicken scratch

• Tuesday, July 9

9 a.m. – Ladies snooker

9 a.m. – Blood pressure/sugar check

9:45 a.m. – Bible study

1:30 p.m. – Train

7 p.m. – Bridge

• Wednesday, July 10

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pitch

• Thursday, July 11

12:45 p.m. – Danny M. guest speaker

1 p.m. – Hand and Foot

4:30 p.m. – Dinner and a movie

• Friday, July 12

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

1:30 p.m. – Buck bingo

5 to 7 p.m. – Pot luck coconut

• Saturday, July 13

Snooker open from 1 to 5 p.m.

Today I wish speak to you in the form in which it was requisite to come has already been given
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