

## Liberal Senior Center

### Friendship Meals

Monday, Aug. 19 – Salisbury steak, garlic mashed potatoes, peas and pearl onions, tossed salad, cookies, roll and milk

Tuesday, Aug. 20 – Beef tips with gravy, parsleyed noodles, California vegetables, peach slices, bread and milk

Wednesday, Aug. 21 – Sliced turkey with gravy, corn bread dressing, seasoned broccoli, cran. sauce garnish, fruit cobbler, roll and milk

Thursday, Aug. 22 – Roast beef with brown gravy, mashed potatoes, brussel sprouts, fruit cocktail in red gelatin, roll and milk

Friday, Aug. 23 – Goulish, boiled potatoes, salad, bread sticks, green beans, ice cream and milk

### Activities

Monday, Aug. 19

8:30 a.m. – Aerobics

## Liberal Senior Center meals and activities for week of Aug. 19-24

Saturday, 17 August 2013 09:45

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9 a.m. – Strong bodies

1 p.m. – Pancake bridge

1 p.m. – SCCC painting class

1:30 p.m. – Chicken scratch

Tuesday, Aug. 20

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

Wednesday, Aug. 21

**Liberal Senior Center meals and activities for week of Aug. 19-24**

Saturday, 17 August 2013 09:45

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8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – SCCOA board meeting

1 p.m. – Pitch

Thursday, Aug. 22

9 a.m. and 1 p.m. – SCCC art classes

Noon – Guest speaker Janet Kado from Legacy Suites

1 p.m. – Hand and foot

Friday, Aug. 23

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

1:30 p.m. – Buck bingo

**Liberal Senior Center meals and activities for week of Aug. 19-24**

Saturday, 17 August 2013 09:45

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8 p.m. – Happy Steppers dance. The band is Cottonwoods.

Saturday, Aug. 24

Snooker open from 1 to 5 p.m.