

Liberal Senior Center

Friendship Meals

Monday, Aug. 26 – Meatloaf, potato wedges, brussels sprouts, cake with icing, roll and milk

Tuesday, Aug. 27 – Chicken noodles, mashed potatoes, green bean casserole, cantaloupe, bread and milk

Wednesday, Aug. 28 – Spaghetti with meat sauce, bread stick, corn with peppers, tossed salad, ice cream and milk

Thursday, Aug. 29 – Turkey pot pie, mashed potatoes, buttered beets, peach halves, bread and milk

Friday, Aug. 30 – Baked pork steak, new potatoes, seasoned carrots, watermelon, bread and milk

Activities

- Monday, Aug. 26

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Buck bingo

1 p.m. – SCCC painting class

1:30 p.m. – Chicken scratch

• Tuesday, Aug. 27

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. 28

Liberal Senior Center meals and activities for week of Aug. 26-31

Saturday, 24 August 2013 09:09

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pitch

• Thursday, Aug. 29

1 p.m. – Hand and foot

• Friday, Aug. 30

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

1:30 p.m. – Buck bingo

8 p.m. – Happy Steppers dance. The band is Craig Stevens.

• Saturday, Aug. 31

Snooker open from 1 to 5 p.m.

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Saturday, 24 August 2013 09:09
