

Friendship Meals

Monday, Oct. 14 – Country fried steak, mashed potatoes, seasoned broccoli, whole wheat roll, peach cobbler and milk

Tuesday, Oct. 15 – Baked glazed ham, new potatoes, herbed green beans, whole wheat roll, strawberry shortcake and milk

Wednesday, Oct. 16 – Beef brisket, casserole, baked potato, Italian mixed vegetables, whole wheat bread, fresh oranges and milk

Thursday, Oct. 17 – Beef pork cutlet, macaroni and cheese, California blend vegetables, whole wheat bread, ice cream and milk

Friday, Oct. 18 – Hamburger stroganoff, spiral noodles, seasoned yellow squash, whole wheat roll, creamy fruit salad and milk

Activities

• Monday, Oct. 14

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

Liberal Senior Center meals and activities for Oct. 14-19

Saturday, 12 October 2013 13:29

1:30 p.m. – Buck bingo

• Tuesday, Oct. 15

9 a.m. – Ladies snooker

9:45 a.m. – Bible study

11 a.m. – Trip to Hooker, Okla. to eat

1 p.m. – Train

7 p.m. – Bridge

• Wednesday, Oct. 16

8:30 a.m. – Aerobics

9 a.m. – Strong body

1 p.m. – Pitch

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Saturday, 12 October 2013 13:29

1 p.m. – Seward County Council on Aging board meeting

2 p.m. – Genealogy class \$10 special for the month

• Thursday, Oct. 17

8:30 a.m. – Breakfast with seniors

1 p.m. – Hand and foot

• Friday, Oct. 18

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 Bob Walters.

• Saturday, Oct. 19

Snooker open from 1 to 5 p.m.

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