

Friendship Meals

Monday, Dec. 9 – Meat loaf, potato wedges, capri mixed vegetables, whole wheat bread, cake with icing and milk

Tuesday, Dec. 10 – Chicken noodles, mashed potatoes, green bean casserole, whole wheat bread, cantalope and milk

Wednesday, Dec. 11 – Spaghetti with meat sauce, corn with peppers, toss salad, bread stick, ice cream and milk

Thursday, Dec. 12 – Turkey pot pie, mashed potatoes, buttered beets, whole wheat bread, tropical fruit and milk

Friday, Dec. 13 – Baked pork steak, new potatoes, winter mix, whole wheat bread, fruit pie and milk

Activities

- Monday, Dec. 9

8:30 a.m. – Aerobics

Liberal Senior Center meals and activities for Dec. 4-9

Saturday, 07 December 2013 10:40

9 a.m. – Strong bodies

1 p.m. – Buck bingo

• Tuesday, Dec. 10

9 a.m. – Ladies snooker

9 a.m. – Blood pressure/sugar checks

9:45 a.m. – Bible study

1 p.m. – Train

7 p.m. – Bridge

• Wednesday, Dec. 11

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

Liberal Senior Center meals and activities for Dec. 4-9

Saturday, 07 December 2013 10:40

1 p.m. – Pitch

• Thursday, Dec. 12

1 p.m. – Hand and foot

4:30 p.m. – Dinner and a movie

• Friday, Dec. 13

8:30 a.m. – Aerobics

9 a.m. – Coffee and rolls

11:30 a.m. – West Middle School singers

1:30 p.m. – Buck bingo

1:30 p.m. – Legal aid (make an appointment)

8 p.m. – Happy Steppers dance

The band is Oklahoma Cowboy and Texas Lady.

Liberal Senior Center meals and activities for Dec. 4-9

Saturday, 07 December 2013 10:40

- Saturday, Dec. 7

Snooker open from 1 to 5 p.m.