

Friendship Meals

Monday, Jan. 27 – Peppered pork loin, glazed sweet potatoes, capri mixed vegetables, strawberries, roll and milk

Tuesday, Jan. 28 – Oven fried chicken, potato wedges, broccoli with cheese sauce, ambrosia deluxe, bread and milk

Wednesday, Jan. 29 – Beef burgundy, parsley noodles, herb baked tomato, emerald pears, bread and milk

Thursday, Jan. 30 – Pork and vegetable stir fry, rice, chow mein noodles, mandarin oranges, bread and milk

Friday, Jan. 31 – Salisbury steak with gravy, macaroni and cheese, herbed green beans, creamy fruit salad, bread and milk

Activities

• Monday, Jan. 20

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

Liberal Senior Center Friendship meals and activities for Jan. 27-Feb. 1

Saturday, 25 January 2014 10:04

9 a.m. – Radio

1 p.m. – Pancake bridge

1:30 p.m. – Chicken scratch

• Tuesday, Jan. 28

9 a.m. – Ladies snooker

9:45 a.m. – Bible study

1 p.m. – Train

7 p.m. – Bridge

• Wednesday, Jan. 29

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

Liberal Senior Center Friendship meals and activities for Jan. 27-Feb. 1

Saturday, 25 January 2014 10:04

11:55 a.m. – Birthday cake

1 p.m. – Pitch

• Thursday, Jan. 30

1 p.m. – Hand and foot

• Friday, Jan. 31

8:30 a.m. – Aerobics

9 a.m. – Coffee N Roll

1:30 p.m. – Buck bingo

• Saturday, Feb. 1

Open 1 to 5 p.m.