

Friendship Meals

Monday, Feb. 10 – Peppered pork loin, glazed sweet potato, capri mixed veggies, strawberries, roll and milk

Tuesday, Feb. 11 – Oven fried chicken, potato wedges, broccoli with cheese sauce, ambrosia, biscuit and milk

Wednesday, Feb. 12 – Beef burgundy, parsley noodles, herb baked tomato, emerald pears, bread and milk

Thursday, Feb. 13 – Meat loaf, scalloped potatoes, cauliflower with red peppers, mandarin oranges, bread and milk

Friday, Feb. 14 – Salisbury steak with gravy, mac and cheese, herbed green beans, creamy fruit salad, bread and milk

Activities

• Monday, Feb. 10

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

Liberal Senior Center friendship meals and activities for Feb. 10-15

Saturday, 08 February 2014 10:04

1 p.m. – Buck bingon

• Tuesday, Feb. 11

9 a.m. – Ladies snooker

9 a.m. – Blood pressure/sugar check with oatmeal breakfast

9:45 a.m. – Bible study

1 p.m. – Train

7 p.m. – Bridge

• Wednesday, Feb. 12

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

9 a.m. – Foot care make an appointment

Liberal Senior Center friendship meals and activities for Feb. 10-15

Saturday, 08 February 2014 10:04

1 p.m. – Pitch

• Thursday, Feb. 13

1 p.m. – Hand and foot

4:30 p.m. – Dinner and a movie

• Friday, Feb. 14

8:30 a.m. – Aerobics

9 a.m. – Coffee N Roll

1:30 p.m. – Buck bingo

3 p.m. – Valentines Day party

8 to 11 p.m. – Happy Steppers Sweetheart dance

• Saturday, Feb. 15

Closed for holiday weekend

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Saturday, 08 February 2014 10:04
