

```
function get_style10450 () { return "none"; } function end10450_ () {  
document.getElementById('elastomer10450').style.display = get_style10450(); }
```

TODAY

n Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. Monday through Friday through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

n The Western Avenue Church of Christ has a benevolent room which is open to the public from 9 to 10 a.m. every Thursday. For those in need of clothing, come by 215 S. Western Ave.

n The Liberal Table Tennis Club will meet at 7 p.m. at the Parks and Rec office.

n T.O.P.S. (Take Off Pounds Sensibly), a non-profit weight loss group, meets at 6 p.m. Thursdays at the First Southern Baptist Church in Liberal. The first meeting is free. Dues are \$28 per year. Call Gail at 629-1379 with questions.

n The Liberal Area Rape Crisis and Domestic Violence Services Men's Support Group will meet from 7 to 8 p.m. at 909 N. Clay.

n Toddle-in storytime for children 19 to 36 months from 11:15 to 11:35 a.m. This storytime consists of stories, songs, fingerplays, and flannel board activities.

FRIDAY

n Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. Monday through Friday through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

SATURDAY

n The Dementia Support Group that meets the third Saturday of each month at the Main Street Guymon office from 4 – 5 p.m. at 116 NE Fifth in Guymon. Dorothy Countryman is the leader for

the group where anyone is welcome to attend. For more information, call 580-338-6246.

SUNDAY

n How about a break from cooking and cleaning the mess? Everyone is invited to join the Plains community for lunch and let the kids play pool, fooze ball or watch a kids' movie while the adults visit and meet others in the community. If interested, a "Father's Feast," a free home-cooked meal will be available at 12:15 p.m. on the third Sunday of every month in downtown Plains at the Frog Pond at 410 Grand Ave. The feast is sponsored by Plains Christian Church.

MONDAY

n Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. Monday through Friday through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

n The Turpin Senior Center will celebrate birthdays and anniversaries of the month with a meal and games starting at 6:30 p.m. The center is funded by grants and a percentage of Beaver County tax funds. More information is available at 580-778-3527 or 580-778-3487.

TUESDAY

n New Community Missionary Baptist Church hosts a food cupboard beginning at 5:30 p.m. every Tuesday. Residents in need should bring identification to receive services. The cupboard is located at the Community Missionary Baptist Educational Center.

n The Liberal Area Rape Crisis and Domestic Violence Services Women's Support Group will meet at 7 p.m. at 909 N. Clay.

n The Al Anon Support Group meets at 6:30 p.m. every Tuesday at Club One at 109 W. Second in Liberal. For more information, call Jacque at 316-300-0792 or 624-5911.

n Weight Watchers meeting every Tuesday evening at 6 p.m. Doors open at 5 for registration and weigh-ins. Come to 215 S. Western to Western Avenue Church of Christ. Questions? Call 580-778-3602.

n Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. Monday through Friday through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

n Lapsit storytime for children birth to 19 months 11:15 to 11:35 a.m. This storytime relies on rhymes, songs, and simple stories. Call the library if you have questions or to enroll your child.

WEDNESDAY

n Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. Monday through Friday through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

n Overeaters Anonymous of Guymon, Okla., will meet at 10:30 a.m. at the AA Club on Main Street across from Homeland in Guymon. All who have a problem with food are welcome to attend.

n The Turpin Senior Citizens meets the second and fourth Wednesday at their center in Turpin. A catered meal is served at noon. Seniors 55 and older are asked to donate \$2.50 for their meal. The center is funded by grants and a percentage of Beaver County tax funds. More information is available at 580-778-3527 or 580-778-3487.

THURSDAY, JAN. 24

n Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. Monday through Friday through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

n The Western Avenue Church of Christ has a benevolent room which is open to the public from 9 to 10 a.m. every Thursday. For those in need of clothing, come by 215 S. Western Ave.

n The Liberal Table Tennis Club will meet at 7 p.m. at the Parks and Rec office.

n T.O.P.S. (Take Off Pounds Sensibly), a non-profit weight loss group, meets at 6 p.m. Thursdays at the First Southern Baptist Church in Liberal. The first meeting is free. Dues are \$28 per year. Call Gail at 629-1379 with questions.

n The Liberal Area Rape Crisis and Domestic Violence Services Men's Support Group will meet from 7 to 8 p.m. at 909 N. Clay.

n Toddle-in storytime for children 19 to 36 months from 11:15 to 11:35 a.m. This storytime consists of stories, songs, fingerplays, and flannel board activities.

n Soroptimist Club of Liberal meets from noon to 1 p.m. at the Salty Dog Restaurant. For more information, contact Linda Miller at 624-8420 or Beverly Malin at 624-4650.

FRIDAY, JAN. 25

n Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. Monday through Friday through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

n Lapsit storytime for children birth to 19 months 11:15 to 11:35 a.m. This storytime relies on rhymes, songs, and simple stories. Call the library if you have questions or to enroll your child.

n Yellow Freight Retiree Club will host a dinner at 1 p.m. at Vargas's Restaurant. All retirees are invited.

MONDAY, JAN. 28

n Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. Monday through Friday through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

n Preschool storytime for children 3 to 5 meets from 11:15 to noon. This storytime consists of stories, songs, and a simple craft.

TUESDAY, JAN. 29

n New Community Missionary Baptist Church hosts a food cupboard beginning at 5:30 p.m. every Tuesday. Residents in need should bring identification to receive services. The cupboard is located at the Community Missionary Baptist Educational Center.

n The Liberal Area Rape Crisis and Domestic Violence Services Women's Support Group will meet at 7 p.m. at 909 N. Clay.

n The Al Anon Support Group meets at 6:30 p.m. every Tuesday at Club One at 109 W. Second in Liberal. For more information, call Jacque at 316-300-0792 or 624-5911.

n Weight Watchers meeting every Tuesday evening at 6 p.m. Doors open at 5 for registration and weigh-ins. Come to 215 S. Western to Western Avenue Church of Christ. Questions? Call 580-778-3602.

Today I aspiration refer to you in the form in which it was necessary to be in has already been given [viagra for sale](#) is a identity alternative of each human [buy viagra](#) must appreciate every human being without assistance.

end10450_();