

Friendship Meals

Monday, April 1 – Baked pork chops, American fried potatoes, winter mix vegetables, whole wheat roll, fruit mix and milk

Tuesday, April 2 – Chicken paprika, palsied bowties, crumb top brussels sprouts, baked peach slices and milk

Wednesday, April 3 – Lasagna, Italian vegetables, tossed salad, garlic bread, pineapple and milk

Thursday, April 4 – Garlic peppers, pork loin with gravy, baked sweet potatoes, spinach, whole wheat roll, baked apple slices and milk

Friday, April 5 – Ham and beans, stewed tomatoes, corn bread, pineapple upside down cake and milk

Activities

Monday, April 1

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – SCCC art class

1 p.m. – Pancake bridge

1:30 p.m. – Chicken scratch

9 a.m. to noon and 1 to 4:30 p.m. – Rides

Tuesday, April 2

Election Day at the Activity Center

9 a.m. – Ladies snooker

9 a.m. – SCCC painting class

9:45 a.m. – Bible study

1:30 p.m. – Train

7 p.m. – Bridge

Liberal Senior Center meals and activities for week of April 1-6

Saturday, 30 March 2013 10:34

9 a.m. to noon and 1 to 4:30 p.m. – Rides

Wednesday, April 3

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pitch

2:30 p.m. – Bowling at the bowling alley

9 a.m. to noon and 1 to 4:30 p.m. – Rides

Thursday, April 4

9 a.m. – SCCC painting class

1 p.m. – Hand and foot

1:30 p.m. – Farkle

3 p.m. – Tea

Liberal Senior Center meals and activities for week of April 1-6

Saturday, 30 March 2013 10:34

9 a.m. to noon and 1 to 4:30 p.m. – Rides

Friday, April 5

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

1:30 p.m. – Buck bingo

8 to 11 p.m. – Happy Steppers dance. The band is Oklahoma Cowboy and Texas Lady

9 a.m. to noon and 1 to 4:30 p.m. – Rides

Saturday, April 6

Open from 1 to 5 p.m.