

Friendship Meals

Monday, April 15 – Baked beef brisket, baked beans, peas and carrots, whole wheat roll, citrus fruit cup and milk

Tuesday, April 16 – Crispy ranch chicken, cheddar sliced potato, red cabbage, corn bread, butterscotch squares and milk

Wednesday, April 17 – Beef stroganoff, noodles, seasoned broccoli, whole wheat roll, cinnamon pears and milk

Thursday, April 18 – Turkey pot pie, tossed salad, whole wheat bread, peanut butter brownie and milk

Friday, April 19 – Sloppy joe on bun, American fried potatoes, five-way mixed vegetables, whole wheat roll, ambrosia and milk

Activities

- Monday, April 15

8:30 a.m. – Aerobics

Liberal Senior Center meals and activities for week of April 15-19

Saturday, 13 April 2013 09:17

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 16

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

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

• Wednesday, April 17

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pitch

1 p.m. – Council on Aging meeting

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

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

• Thursday, April 18

8:30 a.m. – Breakfast with seniors

9 a.m. – SCCC painting class

10 a.m. – Card work day

Liberal Senior Center meals and activities for week of April 15-19

Saturday, 13 April 2013 09:17

1 p.m. – Hand and foot

1:30 p.m. – Bonco

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

• Friday, April 19

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 Bob Walter

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

• Saturday, April 20

Open from 1 to 5 p.m.

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