

## Friendship meals

Monday, April 22 – Veal with gravy, baked potato, Scandanavian vegetables, whole wheat bread, orange slices and milk

Tuesday, April 23 – Spaghetti and meat sauce, green beans, toss salad, garlic sticks, red velvet cake and milk

Wednesday, April 24 – Glazed baked ham, scalloped potatoes, Italian vegetables, whole wheat roll, strawberries with topping and milk

Thursday, April 25 – Peppered steak, steamed rice, palsied carrots, whole wheat bread, ambrosia deluxe and milk

Friday, April 26 – Oven fried chicken, white beans, zucchini, whole wheat roll, creamy fruit salad and milk

## Activities

• Monday, April 22

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

1:30 p.m. – Buck bingo

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

• Tuesday, April 23

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 21-27

Friday, 19 April 2013 16:23

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

• Wednesday, April 24

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

9 a.m. – Foot care (make your appointment)

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 25

9 a.m. – SCCC painting class

1 p.m. – Hand and foot

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Friday, 19 April 2013 16:23

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

• Friday, April 26

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

1 p.m. – Legal aid (call and make an appointment)

1:30 p.m. – Buck bingo

8 to 11 p.m. – Happy Steppers dance. The band is Cottonwoods

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

• Saturday, April 27

Open from 1 to 5 p.m.