

## Friendship Meals

Monday, April 29 – Chicken parmesan, buttered spaghetti, seasoned broccoli, garlic bread, lemon bar and milk

Tuesday, April 30 – Chili con carne, chuckwagon corn, savory green beans, cornbread, strawberries and milk

Wednesday, May 1 – Tuna and rice casserole, cauliflower with red peppers, whole wheat roll, frosted brownie, ambrosia salad and milk

Thursday, May 2 – Beef tips on noodles, spinach with mushrooms, whole wheat bread, ambrosia salad and milk

Friday, May 3 – Cheese enchilada, Spanish rice, stewed tomatoes, bread in entree, baked apple slices and milk

## Activities

• Monday, April 29

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 30

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

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

**Liberal Senior Center meals and activities for week of April 29-May 4**

Saturday, 27 April 2013 09:24

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• Wednesday, May 1

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

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

1 p.m. – Pitch

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

• Thursday, May 2

9 a.m. – SCCC painting class

1:30 p.m. – Farkle

3 p.m. – Tea at Three

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

• Friday, May 3

## Liberal Senior Center meals and activities for week of April 29-May 4

Saturday, 27 April 2013 09:24

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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, May 4

Open from 1 to 5 p.m.