

## Liberal Senior Center

### Friendship Meals

Monday, June 10 – Baked pork chop, American fried potatoes, winter mix vegetables, whole wheat roll, fruit mix and milk

Tuesday, June 11 – Chicken paprikas, parsleyed bowties, crumb top brussels sprouts, whole wheat bread, baked peach slices and milk

Wednesday, June 12 – Lasagna, Italian vegetables, tossed salad, garlic bread, pineapple and milk

Thursday, June 13 – Garlic pepper pork loin with gravy, baked sweet potato, spinach, whole wheat roll, baked apple slices and milk

Friday, June 14 – Ham and beans, stewed tomatoes, cornbread, pineapple upside down cake and milk

### Activities

- Monday, June 10

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – SCCC art class

1:30 p.m. – Buck bingo

1:30 p.m. – Chicken scratch

• Tuesday, June 11

9 a.m. – Ladies snooker

9 a.m. – SCCC painting class

9 a.m. – Blood pressure and sugar check

9:45 a.m. – Bible study

1:30 p.m. – Train

7 p.m. – Bridge

• Wednesday, June 12

8 a.m. – Goddard trip if enough signed up all day trip

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pitch

• Thursday, June 13

9 a.m. – SCCC painting class

1 p.m. – Hand and Foot

4:30 p.m. – Dinner and a movie

• Friday, June 14

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 Butch and Pat

- Saturday, June 15

Snooker open from 1 to 5 p.m.