

## Liberal Senior Center Friendship Meals and Activities for June 24-28

Saturday, 22 June 2013 09:11

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### Liberal Senior Center

#### Friendship Meals

Monday, June 24 – Baked beef brisket, baked beans, peas and carrots, whole wheat roll, citrus fruit cup and milk

Tuesday, June 25 – Crispy ranch chicken, cheddar sliced potatoes, red cabbage, cornbread, butterscotch squares and milk

Wednesday, June 26 – Beef stroganoff noodles, seasoned broccoli, whole wheat roll, cinnamon pears and milk

Thursday, June 27 – Turkey pot pie, tossed salad, whole wheat bread, peanut butter brownie and milk

Friday, June 28 – Sloppy Joe on bun, American F. Potatoes, five-way mixed vegetables, whole wheat roll, ambrosia and milk

#### Activities

##### • Monday, June 24

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1:30 p.m. – Buck Bingo

1 p.m. – Pancake bridge

1 to 4 p.m. – SCCC art class

##### • Tuesday, June 25

9 a.m. – Ladies snooker

9 to 12 a.m. – SCCC painting class

9:45 a.m. – Bible study

1:30 p.m. – Train

7 p.m. – Bridge

##### • Wednesday, June 26

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

11:55 Birthday cake

1 p.m. – Pitch

##### • Thursday, June 27

11:15 – Road trip to Miller Cafe

9 a.m. to 4 p.m – SCCC painting class

1 p.m. – Hand and Foot

##### • Friday, June 28

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

1:30 p.m. – Buck Bingo

1:30 – Legal Aid – by appointment only

8 to 11 p.m.– Happy Steppers Dance Craig Stevens

##### • Saturday, June 29

Snooker open from 1 to 5 p.m.

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