

## Liberal Senior Center

### Friendship Meals

Monday, July 15 – Salisbury steak, garlic mashed potatoes, peas and pearl onions, tossed salad/dressing, cookies, rolls, butter and milk

Tuesday, July 16 – Beef tips with gravy, parsleyed noodles, California vegetables, peach slices, bread and milk

Wednesday, July 17 – Sliced turkey with gravy, cornbread dressing, seasoned broccoli, cranberry sauce garnish, fruit cobbler, roll and milk

Thursday, July 18 – Roast beef with brown gravy, mashed potatoes, brussels sprouts, fruit cocktail in red gelatin, roll and milk

Friday, July 19 – Galosh, tossed salad, green beans, ice cream and milk

### Activities

- Monday, July 15

8:30 a.m. – Aerobics

## Liberal Senior Center meals and activities for week of July 15-20

Saturday, 13 July 2013 09:12

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9 a.m. – Strong bodies

1:30 p.m. – Pancake bridge

1:30 p.m. – Chicken scratch

• Tuesday, July 16

9 a.m. – Ladies snooker

9:45 a.m. – Bible study

1 p.m. – Pitch

7 p.m. – Bridge

• Wednesday, July 10

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

## Liberal Senior Center meals and activities for week of July 15-20

Saturday, 13 July 2013 09:12

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1 p.m. – Pitch

1 p.m. – Seward County Council on Aging board meeting

• Thursday, July 18

8:30 a.m. – Breakfast with seniors

11 a.m. – Card work day

1 p.m. – Hand and Foot

1 p.m. – Bonco

• Friday, July 19

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

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

1:30 p.m. – Buck bingo

- Saturday, July 20

Snooker open from 1 to 5 p.m.