

## Liberal Senior Center

### Friendship Meals

Monday, July 22 – Meatloaf, potato wedges, brussels sprouts, cake/icing, roll/margarine and milk

Tuesday, July 23 – Chicken noodles, mashed potatoes, green bean casserole, cantaloupe and milk

Wednesday, July 24 – Spaghetti with meat sauce, bread steak, corn with peppers, tossed salad/dressing, ice cream and milk

Thursday, July 25 – Turkey pot pie, mashed potatoes, buttered beets, peach halves, bread/margarine and milk

Friday, July 26 – Baked pork steak, new potatoes, seasoned carrots, watermelon, bread/margarine and milk

### Activities

- Monday, July 22

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Buck bingo

1:30 p.m. – Chicken scratch

• Tuesday, July 23

9 a.m. – Ladies snooker

9:45 a.m. – Bible study

12:45 p.m. – Registration

1 p.m. – Linda Black program Eat Healthy Be Active

1 p.m. – Train

7 p.m. – Bridge

## Liberal Senior Center meals and activities for week of July 22-27

Saturday, 20 July 2013 09:33

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- Wednesday, July 24

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

11:55 a.m. – Birthday cake

1 p.m. – Pitch

- Thursday, July 25

1 p.m. – Hand and Foot

- Friday, July 26

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

1:30 p.m. – Buck bingo

- Saturday, July 27

Snooker open from 1 to 5 p.m.