Liberal Senior Center

Friendship Meals

Monday, July 29 – Baked rosemary chicken, parslied rice, capri mixed vegetables, strawberries with whipped top, bread/margarine and milk

Tuesday, July 30 – Swiss steak, seasoned mash potatoes, skillet cabbage, cake with icing, roll/butter and milk

Wednesday, July 31 – Pork roast, boiled potatoes, seasoned beets, cream pie, roll/butter and milk

Thursday, Aug. 1 – Swedish meatballs, buttered noodles, stewed tomatoes, rosy pears, bread/butter and milk

Friday, Aug. 2 – Baked ham, scalloped potatoes, peas and carrots, fruit pie, roll/butter and milk

Activities

• Monday, July 29

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pancake bridge

1:30 p.m. – Chicken scratch

• Tuesday, July 30

9 a.m. – Ladies snooker

9:45 a.m. – Bible study

1 p.m. – Train

4 p.m. – Exercise meeting for afternoon strong bodies

7 p.m. – Bridge

• Wednesday, July 31

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pitch

• Thursday, Aug. 1

3 p.m. – Tea at Three (Bring the youngest photo you have of yourself)

• Friday, Aug. 2

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

8 p.m. – Happy Steppers dance. The band is Oklahoma Cowboy and Texas Lady.

• Saturday, Aug. 3

Snooker open from 1 to 5 p.m.