

Liberal Senior Center

Friendship Meals

Monday, Sept. 23 – Salisbury steak, garlic mashed potatoes, peas and pear onions, toss salad, whole wheat roll, cookie and milk

Tuesday, Sept. 24 – Beef tips with gravy, parsleyed noodles, California vegetables, whole wheat bread, peach slices and milk

Wednesday, Sept. 25 – Sliced turkey with gravy, cornbread dressing, cranberry sauce, garnish, seasoned broccoli, whole wheat roll, fruit cobbler and milk

Thursday, Sept. 26 – Roast beef with gravy, mashed potatoes, brussels sprouts, whole wheat roll, tropical fruit and milk

Friday, Sept. 27 – Goulash, tossed salad, green beans, bread stick, ice cream and milk

Activities

- Monday, Sept. 23

Liberal Senior Center meals and activities for week of Sept. 23-28

Saturday, 21 September 2013 09:12

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – SCCC art class

1:30 p.m. – Buck bingo

• Tuesday, Sept. 24

9 a.m. – Ladies snooker

9 a.m. – SCCC painting class

9:45 a.m. – Bible study

1 p.m. – Train

4 p.m. – Strong bodies exercise class

7 p.m. – Bridge

Liberal Senior Center meals and activities for week of Sept. 23-28

Saturday, 21 September 2013 09:12

• Wednesday, Sept. 25

8:30 a.m. – Aerobics

9 a.m. – Strong body

11 a.m. – Birthday cake

1 p.m. – Pitch

• Thursday, Sept. 26

9 a.m. and 1 p.m. – SCCC art classes

1 p.m. – Hand and foot

1 p.m. – Card work day

• Friday, Sept. 27

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

Liberal Senior Center meals and activities for week of Sept. 23-28

Saturday, 21 September 2013 09:12

1:30 p.m. – Buck bingo

8 p.m. – Happy Steppers dance. The band is Butch and Pat.

• Saturday, Sept. 28

Snooker open from 1 to 5 p.m.

Trip to Pumpkin Paradise leaves at 2:30 p.m.