Liberal Senior Center

Friendship Meals

Monday, Oct. 28 – Salisbury steak, garlic mashed potatoes, peas and pearl onions, toss salad, whole wheat roll and milk

Tuesday, Oct. 29 – Beef tips with gravy, parslied noodles, California vegetables, whole wheat bread and milk

Wednesday, Oct. 30 – Sliced turkey with gravy, cornbread dressing, cranberry sauce, garnish, seasoned broccoli, whole wheat roll, fruit cobbler and milk

Thursday, Oct. 31 – Roast beef with gravy, mashed potatoes, brussels sprouts, whole wheat roll, tropical fruit and milk

Friday, Nov. 1 – Goulash, tossed salad, green beans, bread sticks, ice cream and milk

Activities

• Monday, Oct. 28

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1:30 p.m. – Buck bingo

• Tuesday, Oct. 29

9 a.m. – Ladies snooker

9:45 a.m. – Bible study

1 p.m. – Train

7 p.m. – Bridge

• Wednesday, Oct. 30

8:30 a.m. – Aerobics

9 a.m. – Strong body

9:30 a.m. to 3:30 p.m. – Part D enrollment by appointment only

1 p.m. – Pitch

2 p.m. – Genealogy class $10 special for the month

• Thursday, Oct. 31

Possible Halloween part in afternoon

1 p.m. – Hand and foot

• Friday, Nov. 1

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

1:30 p.m. – Buck bingo

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

• Saturday, Nov. 2

Snooker open from 1 to 5 p.m.