

## Friendship Meals

Monday, Nov. 4 – Meat loaf, potato wedges, brussels sprouts, whole wheat roll, cake and milk

Tuesday, Nov. 5 – Chicken noodles, mashed potatoes, green bean casserole, whole wheat bread, cantaloupe and milk

Wednesday, Nov. 6 – Spaghetti with meat sauce, corn with peppers, tossed salad, bread sticks, ice cream and milk

Thursday, Nov. 7 – Turkey pot pie, mashed potatoes, buttered beets, whole wheat bread, tropical fruit and milk

Friday, Nov. 8 – Baked pork steak, new potatoes, winter mix, whole wheat bread, fruit pie and milk

## Activities

• Monday, Nov. 4

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pancake bridge

• Tuesday, Nov. 5

9 a.m. – Ladies snooker

9:45 a.m. – Bible study

1 p.m. – Train

7 p.m. – Bridge

• Wednesday, Nov. 6

8:30 a.m. – Aerobics

9 a.m. – Strong body

1 p.m. – Pitch

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

## Liberal Senior Center meals and activities for Nov. 4-9

Saturday, 02 November 2013 09:28

---

- Thursday, Nov. 7

1 p.m. – Hand and foot

3 p.m. – Tea at Three

- Friday, Nov. 8

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 Butch and Pat.

- Saturday, Nov. 9

Snooker open from 1 to 5 p.m.