

## Friendship Meals

Monday, March 2 –Peppered pork loin, glazed sweet potatoes, capri mixed vegetables, strawberries, roll and milk

Tuesday, March 3 – Oven fried chicken, potato wedges, broccoli with cheese sauce, ambrosia deluxe, bread and milk

Wednesday, March 4 – Beef burgundy, parsley noodles, herb baked tomato, emerald pears, bread and milk

Thursday, March 5 – Meat loaf, scalloped potatoes, cauliflower with red peppers, mandarin oranges, bread and milk

Friday, March 6 – Salisbury steak and gravy, macaroni and cheese, herbed green beans, creamy fruit salad and milk

## Activities

• Monday, March 3

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

## Liberal Senior Center friendship meals and activities for March 2-8

Saturday, 01 March 2014 10:44

---

1 p.m. – Pancake bridge

• Tuesday, March 4

9 a.m. – Ladies snooker

9:45 a.m. – Bible study

12:30 p.m. – Dr. Omar Ali to talk about what he has to offer Liberal

1 p.m. – Train

7 p.m. – Bridge

• Wednesday, March 5

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1 p.m. – Pitch

## Liberal Senior Center friendship meals and activities for March 2-8

Saturday, 01 March 2014 10:44

---

3 to 5 p.m. – Genealogy class

- Thursday, March 6

1 p.m. – Hand and foot

Tea at 3

- Friday, March 7

8:30 a.m. – Aerobics

9 a.m. – Coffee N Roll

1:30 p.m. – Buck bingo

- Saturday, March 8

Open from 1 to 5 p.m.