

## Friendship Meals

Monday, March 10 – Brown sugar ham, chateau potatoes, red cabbage, gelatin with pears, roll and milk

Tuesday, March 11 – Swiss steak, mashed potatoes with gravy, green beans, angel food with strawberries, bread and milk

Wednesday, March 12 – Beef stew, corn bread, cauliflower, chilled peaches, bread and milk

Thursday, March 13 – Countryside chicken fillet, parsley buttered buttered bow ties, spinach, gelatin with fruit cocktail, roll and milk

Friday, March 14 – Baked beef brisket, 1/2 baked potato, baby carrots, pineapple upside down cake, sour cream and milk

## Activities

- Monday, March 10

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1:30 p.m. – Buck Bingo

• Tuesday, March 11

9 a.m. – Ladies snooker

9 a.m. – Blood pressure

9:45 a.m. -- Bible study

1 p.m. – Train

7 p.m. – Bridge

• Wednesday, March 12

8:30 a.m. – Aerobics

8:30 a.m. --- AARP class

9 a.m. – Strong bodies

## Liberal Senior Center Friendship Meals and Activities for March 10-14

Saturday, 08 March 2014 10:21

---

10 a.m. – Trip to see schools in USD 480

1 p.m. – Pitch

• Thursday, March 13

1 p.m. – Hand and foot

4:30 p.m. – Dinner and a movie

• Friday, March 14

8:30 a.m. – Aerobics

9 a.m. – Coffee and Roll

1:30 p.m. – Buck bingo

8 p.m. – Happy steppers Dance Ok. Cowboy and Texas Lady

• Saturday, March 15

Open from 1 to 5 p.m.

Possible trip to Dodge City