Liberal Senior Center

Friendship Meals

• Monday, May 12 – Peppered pork loin, glazed sweet potatoes, capri mixed vegetables, whole wheat bread, strawberries and milk

• Tuesday, May 13 – Oven fried chicken, potato wedges, broccoli with cheese sauce, whole wheat bread, ambrosia deluxe and milk

• Wednesday, May 14 – Beef burgundy, parsley noodles, herb baked tomato, whole wheat bread, emerald pears and milk

• Thursday, May 15 – Meat loaf, scalloped potatoes, cauliflower with red pepper, whole wheat bread, mandarin oranges and milk

• Friday, May 16 – Salisbury steak, macaroni and cheese, herbed green beans, whole wheat bread, creamy fruit salad and milk

Activities

• Monday, May 12

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

1:30 p.m. – Buck bingo

1:30 p.m. – Chicken scratch

• Tuesday, May 13

9 a.m. – Ladies snooker

9:45 a.m. – Bible study

1:30 p.m. – Train

7 p.m. – Bridge

• Wednesday, May 14

8:30 a.m. – Aerobics

9 a.m. – Strong bodies

9:45 a.m. – Arkalon Park

1 p.m. – Pitch

• Thursday, May 15

8:30 a.m. – Senior breakfast

1 p.m. – Hand and foot

• Friday, May 16

8:30 a.m. – Aerobics

9 a.m. – Coffee and roll

1:30 p.m. – Buck Bingo

• Saturday, May 17

Open 1-5 p.m., ring bell to enter