

TODAY

- The Perryton Area Parkinson's Disease Support Group will meet at New Hope Fellowship, 2821 S. Ash in Perryton. A lunch will be provided at the noon meeting. Jo Bidwell from Southwest Parkinson's Society in Lubbock, Texas will be bringing Yvonne Ginter, Certified Chair Zumba Expert. Please wear comfortable clothes and enjoy the fun of exercise with fun music in a chair! Anyone who has Parkinson's Disease or has a friend/family with it, is welcome to attend. Contact Bev Burger for more information - 806-435-0579.

- Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

- Residents at Pioneer Manor in Hugoton play Bingo at 2 p.m. Community members are invited to volunteer or play a game with the residents.

- An Oklahoma Department of Veterans Affairs veteran service representative will meet with veterans from 9 a.m. to 3 p.m. at City Hall in Beaver, Okla.

## SATURDAY

- The New Horizon Group of Alcoholics Anonymous is inviting all to attend meetings at 5 p.m. each Saturday at Southwest Medical Center in Conference Room 1.
  
- The Dementia Support Group that meets the third Saturday of each month at the Main Street Guymon office from 4 – 5 p.m. at 116 NE Fifth in Guymon. Dorothy Countryman is the leader for the group where anyone is welcome to attend. For more information, call 580-338-6246.

SUNDAY

No events listed

MONDAY

- The Southwest Shrine Club will meet at 6:30 p.m. at Ruffino's Italian Restaurant at 2 Rock Island Road. For more information please call Jimmy Johnson at 620-391-0500.

- Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

- Celebrate life from 6:30 to 8 p.m. at Assembly of God at 138 S. Main in Hugoton. Park in the back lot.

- Al-Anon Family Group meets at 8 p.m. at 1405 Cemetery Road in Hugoton. Call 620-544-2610 or 620-544-2854 for more information.

## TUESDAY

- Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

- It hurts to lose someone. Find help at GriefShare, a 14-week grief support group. GriefShare

meets at Friends Church in Liberal Tuesdays at 6:30 p.m. Friends Church is located at 1650 N. Western Avenue in Liberal, Kansas. The workbook is \$25. Discover more at [www.griefshare.org](http://www.griefshare.org) or call the church at 620-624-2763.

- New Community Missionary Baptist Church hosts a food cupboard beginning at 5:30 p.m. every Tuesday. Residents in need should bring identification to receive services. The cupboard is located at the Community Missionary Baptist Educational Center.

- The Liberal Area Rape Crisis and Domestic Violence Services Women's Support Group will meet at 7 p.m. at 909 N. Clay.

- Weight Watchers meeting every Tuesday evening at 6:30 p.m. Doors open at 5 for registration and weigh-ins. Come to 215 S. Western to Western Avenue Church of Christ. Questions? Call 580-651-5654.

- Residents at Pioneer Manor in Hugoton play Bingo at 2 p.m. Community members are invited to volunteer or play a game with the residents.

- Hugoton Masonic Lodge No. 406 meets at 7:30 p.m.

WEDNESDAY

- Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

- Overeaters Anonymous of Guymon, Okla., will meet at 10:30 a.m. at the AA Club on Main Street across from Homeland in Guymon. All who have a problem with food are welcome to attend.

- Inside Out Kids at the Hugoton Assembly of God, 138 S. Main, beginning with dinner at 6:45

p.m. Program will be from 7 to 8 p.m. Rides are available by calling Pastor Ben Coats at 620-428-1487 before 5:30 p.m.

- An Oklahoma Department of Veterans Affairs veteran service representative will meet with veterans from 9 a.m. to 3 p.m. at High Plains Vo-Tech in Woodward, Okla., to advise in obtaining veteran benefits.

#### THURSDAY

- Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

- The Western Avenue Church of Christ has a benevolent room which is open to the public from 9 to 10 a.m. every Thursday. For those in need of clothing, come by 215 S. Western Ave.

- The Liberal Table Tennis Club will meet at 7 p.m. at the Parks and Rec office.

- T.O.P.S. (Take Off Pounds Sensibly), a non-profit weight loss group, meets at 6 p.m. Thursdays at Grace Lutheran Church at 1200 W. 11th Street in Liberal. The first meeting is free. Dues are \$28 per year. Call Gail at 629-1379 with questions.

- The Liberal Area Rape Crisis and Domestic Violence Services Men's Support Group will meet from 7 to 8 p.m. at 909 N. Clay.

- An Oklahoma Department of Veterans Affairs veteran service representative will meet with veterans from 9 a.m. to 3 p.m. at the Workforce Center in Woodward, Okla., to advise in obtaining veteran benefits.



FRIDAY, SEPTEMBER 15

- Morning transportation for persons age 55 and older is available from 9 a.m. to noon and 1 to 4:30 p.m. through the Liberal Senior Center. For more information or to schedule a ride, call 624-2511.

- Residents at Pioneer Manor in Hugoton play Bingo at 2 p.m. Community members are invited to volunteer or play a game with the residents.

- An Oklahoma Department of Veterans Affairs veteran service representative will meet with veterans from 9 a.m. to 3 p.m. at City Hall in Beaver, Okla., to advise in obtaining veteran benefits.

SATURDAY, SEPTEMBER 16

- The New Horizon Group of Alcoholics Anonymous is inviting all to attend meetings at 5 p.m. each Saturday at Southwest Medical Center in Conference Room 1.

- The Dementia Support Group that meets the third Saturday of each month at the Main Street Guymon office from 4 – 5 p.m. at 116 NE Fifth in Guymon. Dorothy Countryman is the leader for the group where anyone is welcome to attend. For more information, call 580-338-6246.

SUNDAY, SEPTEMBER 17

- Everyone is invited to join the Plains community for lunch and let the kids play pool, foose ball or watch a kids' movie while the adults visit and meet others in the community. If interested, a

“Father’s Feast,” a free home-cooked meal will be available at 12:15 p.m. on the third Sunday of every month in downtown Plains at the Frog Pond at 410 Grand Ave. The feast is sponsored by Plains Christian Church.