

# SEPTEMBER ACTIVITIES

## LIBERTY SILVER CENTER





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SILVER CENTER HOURS:</b> <b>Monday - Friday:</b> 8 a.m. - 2 p.m. Liberty Community Center	<b>WELLNESS WEDNESDAY:</b> Wednesday, Sept. 20   11 a.m. <ul style="list-style-type: none"> <li>Free blood pressure screenings</li> </ul> <b>ACTIVE AGING WEEK:</b> Sept. 25-29, 2017 <ul style="list-style-type: none"> <li>Weekly activities designed to "Ignite Your Passion"</li> </ul>			<b>1</b> <b>Bingo</b> 9:15 a.m. <b>Adult Coloring</b> 9:30 a.m. <b>Silver Stitchers</b> 9:30 a.m. <b>AHOY Exercise</b> 9:45 a.m.
	<b>5</b> <b>Bridge</b> 9 a.m. <b>Canasta</b> 9:30 a.m. <b>Silver Stitchers</b> 9:30 a.m. <b>Bible Study:</b> 12:30 - 2 p.m.	<b>6</b> <b>Pinochle</b> 9 a.m. <b>Silver Stitchers</b> 9:30 a.m. <b>AHOY Exercise</b> 9:45 a.m.	<b>7</b> <b>Canasta</b> 9:30 a.m. <b>Bridge</b> 9:30 a.m.  <b>GRIEF SUPPORT GROUP</b> <b>12:30 p.m. - 3 p.m.</b>	<b>8</b> <b>Bingo</b> 9:15 a.m. <b>Adult Coloring</b> 9:30 a.m. <b>Silver Stitchers</b> 9:30 a.m. <b>AHOY Exercise</b> 9:45 a.m.
<b>11</b> <b>Bingo</b> 9:15 a.m. <b>Adult Coloring</b> 9:30 a.m. <b>AHOY Exercise</b> 9:45 a.m.	<b>12</b> <b>Bridge</b> 9 a.m. <b>Canasta</b> 9:30 a.m. <b>Silver Stitchers</b> 9:30 a.m.  <b>KARAOKE W/ DICK HENDRIX</b> <b>10-11:30 a.m.</b>	<b>13</b> <b>Pinochle</b> 9 a.m. <b>Silver Stitchers</b> 9:30 a.m. <b>AHOY Exercise</b> 9:45 a.m.	<b>14</b> <b>Canasta</b> 9:30 a.m. <b>Bridge</b> 9:30 a.m.	<b>15 BIRTHDAY CELEBRATION</b> <b>AHOY Exercise</b> 9:45 a.m.  <b>MELISSA &amp; COMPANY</b>   <b>10:30-11:30 a.m.</b>
<b>18</b> <b>Bingo</b> 9:15 a.m. <b>Adult Coloring</b> 9:30 a.m. <b>AHOY Exercise</b> 9:45 a.m.	<b>19</b> <b>Canasta</b> 9:30 a.m. <b>Silver Stitchers</b> 9:30 a.m. <b>Bible Study:</b> 12:30 - 2 p.m.	<b>20</b> <b>Pinochle</b> 9 a.m. <b>Silver Stitchers</b> 9:30 a.m. <b>AHOY Exercise</b> 9:45 a.m. <b>NOGGIN' JOGGIN:</b> 12 p.m.  <b>WELLNESS WEDNESDAY</b>	<b>21</b> <b>Canasta</b> 9:30 a.m. <b>Bridge</b> 9:30 a.m.  <b>GRIEF SUPPORT GROUP</b> <b>12:30 p.m. - 3 p.m.</b>	<b>22</b> <b>Bingo</b> 9:15 a.m. <b>Adult Coloring</b> 9:30 a.m. <b>Silver Stitchers</b> 9:30 a.m. <b>AHOY Exercise</b> 9:45 a.m.
<b>25</b> <b>Simple Fix to Go</b> 11 a.m.	<b>26</b> <b>Tap Dance Demo</b> 10:45 a.m.	<b>27</b> <b>Hy-Vee Flu Shot Clinic:</b> Tips to keeping your immune system in shape 9a.m.	<b>28</b> <b>Water Color Painting</b> 12 p.m. <b>Charlene Prewitt</b> 11 a.m.	<b>29</b> <b>Blue Bingo</b> 10:30 a.m.
<b>Walk w/ Heather</b> 11 a.m.	<b>Walk w/ Heather</b> 11 a.m.	<b>Walk w/ Heather</b> 11 a.m.	<b>Walk w/ Heather</b> 11 a.m.	<b>Walk w/ Heather</b> 11 a.m.



# SEPTEMBER MENU

## LIBERTY SILVER CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>RESERVE YOUR MEAL</b></p> <p>Please call <b>816.439.4368</b> by noon prior to the day you want to eat</p>	<p> Lunch is served at 11:30 a.m. Mon.-Fri.</p> <ul style="list-style-type: none"> <li>MILK, COFFEE AND TEA provided</li> <li>Suggested meal donation of \$2 per person</li> </ul>			<p><b>1</b> <b>Pub Cheeseburger</b> Potato Wedge Lettuce, Tomato, Onion Fresh Orange</p>
<p><b>CLOSED</b></p> <p><b>HAPPY LABOR DAY</b></p>	<p><b>5</b> <b>Baked Chicken</b> Parsley Potatoes Capri Veggies Strawberries &amp; Pineapple Wheat Bread</p>	<p><b>6</b> <b>Chicken Salad</b> Shredded Lettuce Slice Tomato &amp; Onion Spring Pea Salad Diced Peaches &amp; Pears</p>	<p><b>7</b> <b>BBQ Pulled Pork</b> Broccoli Salad Steak Fries Fresh Orange</p>	<p><b>8</b> <b>Beef Tips w/ Peppers &amp; Onions</b> Mashed Potatoes 4-Blend Vegetables Pineapple</p>
<p><b>11</b> <b>Ham &amp; Beans</b> Diced Onions Cooked Spinach Cantaloupe Corn Muffin</p>	<p><b>12</b> <b>Hawaiian Chicken Breast</b> Brown Rice Broccoli &amp; Tomato Salad Mandarin Oranges Hawaiian Roll</p>	<p><b>13</b> <b>Beef Chili</b> Shredded Cheddar Cheese Pineapple Tidbits Crackers</p>	<p><b>14</b> <b>BBQ Riblette</b> Baked Potato Winter Blend Oatmeal Cookie</p>	<p><b>15 BIRTHDAY CELEBRATION</b> <b>Oven Fried Chicken Legs</b> Mashed Potatoes w/Gravy Greens Beans White Cake Wheat Bun</p> <p></p>
<p><b>18</b> <b>Home Made Meat Loaf</b> Mashed Potatoes w/ Gravy Green Beans Chilled Cinnamon Apples Wheat Roll</p>	<p><b>19</b> <b>Meatball Sub w/ Marina</b> Romaine Lettuce w/Dressing Vegetable Roma Pasta Honey Dew Melon</p>	<p><b>20</b> <b>Pork Cutlet w/ Gravy</b> Sweet Potato Bake Brussels Sprouts Strawberries &amp; Pears Wheat Bread</p> <p></p>	<p><b>21</b> <b>Stuffed Bell Pepper</b> Corn Winter Blend Vegetables Wheat Bread Diced Peaches</p>	<p><b>22</b> <b>Roasted Pork Loin</b> Sweet Potatoes California Blend Fresh Apple Wheat Roll</p>
<p><b>25</b> <b>Baked Lasagna</b> Salad Mix Italian Blend Vegetables Mandarin Oranges Breadstick</p> <p></p>	<p><b>26</b> <b>Sliced Roast Beef</b> Mashed Potato w/Gravy Green Beans Strawberries &amp; Pineapple Wheat Roll</p>	<p><b>27</b> <b>Chicken Florentine</b> Roasted Yukon Potatoes California Blend Veggies Fresh Red Grapes Oatmeal Cookie</p>	<p><b>28</b> <b>Sweet &amp; Sour Pork w/ onion and peppers</b> Steamed Rice Cabbage Egg Roll</p>	<p><b>29</b> <b>Sloppy Joe Sandwich</b> California Blend Corn Strawberries &amp; Pineapples Wheat Roll</p>

**NEED A RIDE?** Call the Liberty Access Bus at **816.439.4397**