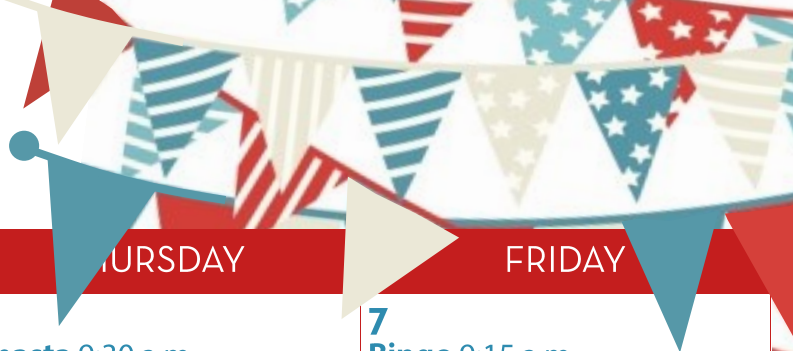


JULY ACTIVITIES

LIBERTY SILVER CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.	CLOSED 	5 Pinochle 9 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.	6 Canasta 9:30 a.m. Bridge 9:30 a.m. BUNCO 9:30 a.m. - 1 p.m.	7 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.
10 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.	11 Bridge 9 a.m. Canasta 9:30 a.m. Silver Stitchers 9:30 a.m. Bible Study: 12:30 - 2 p.m. KARAOKE W/ DICK HENDRIX 10-11:30 a.m.	12 Pinochle 9 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.	13 Canasta 9:30 a.m. Bridge 9:30 a.m. GRIEF SUPPORT GROUP 12:30 p.m. - 3 p.m.	14 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.
17 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.	18 Bridge 9 a.m. Canasta 9:30 a.m. Silver Stitchers 9:30 a.m. NOGGIN JOGGIN 10:45 a.m.	19 Pinochle 9 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m. WELLNESS WEDNESDAY	20 Canasta 9:30 a.m. Bridge 9:30 a.m.	21 BIRTHDAY CELEBRATION Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m. MELISSA & COMPANY 10:30-11:30 a.m.
24 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.	25 Bridge 9 a.m. Canasta 9:30 a.m. Silver Stitchers 9:30 a.m.	26 Pinochle 9 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.	27 Canasta 9:30 a.m. Bridge 9:30 a.m. GRIEF SUPPORT GROUP 12:30 p.m. - 3 p.m.	28 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.
31 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.	<ul style="list-style-type: none"> • WELLNESS WEDNESDAY: Wednesday, July 19 "Engage As You Age" 10:30 a.m. • DROP IN COMPUTER LAB: Monday - Friday 9 a.m. - 2 p.m. • DROP IN WII GAMES: Monday - Friday 9:30 - 11 a.m. 			

SILVER CENTER HOURS:
 Monday - Friday: 8 a.m. - 2 p.m.
 Liberty Community Center

JULY MENU

LIBERTY SILVER CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Taco Salad w/ cheese Lettuce, Tomato, Onion Pinto Beans Taco Chips Mandarin Oranges	CLOSED 	5 Pub Cheeseburger Potato Wedge Lettuce, Tomato, Onion Fresh Orange	6 Baked Chicken Parsley Potatoes Capri Veggies Strawberries & Pineapple Wheat Bread	7 Chicken Salad Shredded Lettuce Slice Tomato & Onion Spring Pea Salad Diced Peaches & Pears
10 BBQ Pulled Pork Broccoli Salad Steak Fries Fresh Orange	11 Beef Tips w/ Peppers & Onions Mashed Potatoes 4-Blend Vegetables Pineapple	12 Ham & Beans Diced Onions Cooked Spinach Cantaloupe Corn Muffin	13 Hawaiian Chicken Breast Brown Rice Broccoli & Tomato Salad Mandarin Oranges Hawaiian Roll	14 Beef Chili Shredded Cheddar Cheese Pineapple Tidbits Crackers
17 BBQ Riblette Baked Potato Winter Blend Oatmeal Cookie	18 Herb Crusted Tilapia Brown Rice Pilaf Broccoli Spears Fresh Banana Multi Grain Bread	19 Home Made Meat Loaf Mashed Potatoes w/ Gravy Green Beans Chilled Cinnamon Apples Wheat Roll 	20 Meatball Sub w/ Marina Romaine Lettuce w/Dressing Vegetable Roma Pasta Honey Dew Melon	21 BIRTHDAY CELEBRATION Oven Fried Chicken Legs Mashed Potatoes w/Gravy Greens Beans White Cake w/ Strawberry Wheat Bun 
24 Stuffed Bell Pepper Corn Winter Blend Vegetables Wheat Bread Diced Peaches	25 Roasted Pork Loin Sweet Potatoes California Blend Fresh Apple Wheat Roll	26 Baked Lasagna Salad Mix Italian Blend Vegetables Mandarin Oranges Breadstick	27 Sliced Roast Beef Mashed Potato w/Gravy Green Beans Strawberries & Pineapple Wheat Roll	28 Chicken Florentine Roasted Yukon Potatoes California Blend Veggies Fresh Red Grapes Oatmeal Cookie
31 Sweet & Sour Pork w/ onion and peppers Steamed Rice Cabbage Egg Roll	 <ul style="list-style-type: none"> • Lunch is served at 11:30 a.m. Monday - Friday • MILK, COFFEE AND TEA provided with your lunch • Suggested meal donation of \$2 per person 			

RESERVE YOUR MEAL
 Please call **816.439.4368** by noon
 prior to the day you want to eat.