



AUGUST ACTIVITIES

LIBERTY SILVER CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Limited Capacity BINGO 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m. AHOY Exercise 9:45 a.m.	3 Limited Capacity Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m. Bible Study 12:45-2 p.m.	4 Limited Capacity Silver Stitchers 9 a.m. Open Game Table 9 a.m. AHOY Exercise 9:45 a.m.	5 Limited Capacity Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m.	6 Limited Capacity BINGO 9 a.m. Silver Stitchers 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m. AHOY Exercise 9:45 a.m.
9 BINGO 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m. AHOY Exercise 9:45 a.m.	10 Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m. Come Laugh with Us! A Virtual Dementia Friendly Experience 1p.m.	11 Wellness Wednesday Silver Stitchers 9 a.m. Open Game Table 9 a.m. AHOY Exercise 9:45 a.m. Legend of Making Fan Birds & Demo w/ artist Gerald Pool 10:45 a.m.	12 Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m. Grief Support: Living Life 12:45 - 2 p.m.	13 BINGO 9 a.m. Silver Stitchers 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m. AHOY Exercise 9:45 a.m.
16 Limited Capacity BINGO 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m. AHOY Exercise 9:45 a.m.	17 Limited Capacity Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m. Bible Study 12:45-2 p.m.	18 Limited Capacity Silver Stitchers 9 a.m. Open Game Table 9 a.m. AHOY Exercise 9:45 a.m. Mandalas & Adult Coloring for Meditation & Relaxation w/ Becky Franklin 11 a.m.	19 Limited Capacity Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m.	20 Limited Capacity BINGO 9 a.m. Silver Stitchers 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m. AHOY Exercise 9:45 a.m.
23 BINGO 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m. AHOY Exercise 9:45 a.m.	24 Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m. Come Laugh with Us! A Virtual Dementia Friendly Experience 1p.m.	25 Wellness Wednesday Silver Stitchers 9 a.m. Open Game Table 9 a.m. AHOY Exercise 9:45 a.m. Seniors That Paint w/ Carolyn Caniglia 1-2:30 p.m. *Sign up needed to attend	26 Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m. Grief Support: Living Life 12:45 - 2 p.m.	27 Birthday Celebration Open Game Table 9 a.m. AHOY Exercise 9:45 a.m. Entertainment by: Gene and the Guys 10:30 a.m.
30 BINGO 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m. AHOY Exercise 9:45 a.m. Senior Council Mtg. 10:30 a.m.	31 Bridge/Canasta 8:30-11 a.m. Open Game Table 9 a.m.	Need A Ride? Call the Liberty Access Bus at 816.439.4397		Silver Center Hours: Monday-Friday: 8 a.m.-2 p.m. Liberty Community Center

AUGUST MENU

LIBERTY SILVER CENTER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Limited Capacity
Pulled Pork on Bun

- White Corn w/ Peppers
- Mex Coleslaw
- Apple Slices

3 Limited Capacity
Chicken Patty on Bun

- Potatoes O'Brien
- Broccoli
- Watermelon

4 Limited Capacity
Beef Stew

- Salad w/ Ranch Dressing
- Banana
- Corn Muffin

5 Limited Capacity
Salisbury Steak w/Gravy

- Broccoli
- Sweet Potato
- Fruit Cup
- Graham Crackers
- Wheat Bread

6 Limited Capacity
Parmesan Chicken

- Penne Pasta
- Brussel Sprouts
- Salad/ French Dressing
- Banana

9
Beef Casserole

- Mixed Vegetables
- Pears
- Banana Pudding w/ Vanilla Wafers
- Wheat Bread

10
BBQ Chicken on Bun

- Mix Vegetables
- Potato Salad
- Tropical Fruit

11
Mostaccoli w/ Meat Sauce

- Italian Vegetables
- Salad w/ Italian Dressing
- Mix Fruit
- Italian Bread Stick
- Graham Crackers

12
Mexican Taco Salad w/ Nacho Chips

- Mexicali Mix
- Orange

13
Seasoned Chicken Breast

- Au Gratin Potatoes
- Broccoli
- Pineapple Fruit Mix
- Graham Crackers
- Wheat Bread

16 Limited Capacity
Battered Tilapia

- Sweet Potatoes
- Spinach
- Trop Fruit Mix
- Shortbread Cookies
- Wheat Bread

17 Limited Capacity
Meatloaf

- Mashed Potatoes w/ Gravy
- Fiesta Vegetables
- Pears & Strawberries
- Dinner Roll

18 Limited Capacity
Chicken Strips

- Sweet Potato Wedges
- Salad w/ 1,000 Dressing
- Orange
- Graham Crackers

19 Limited Capacity
Sloppy Joe's on Bun

- Au gratin Potatoes
- Mixed Vegetables
- Peaches & Strawberries

20 Limited Capacity
BBQ Beef on Bun

- Potato Salad
- California Blend
- Banana

23
Chicken Fried Steak

- Mashed Potatoes w/ Gravy
- Green Beans
- Citrus Fruit Cup
- Wheat Dinner Roll

24
Hamburger on Bun

- Salad w/ Ranch
- Steak Fries
- Banana

25
Tuna Casserole

- Cauliflower & Peas
- Cucumber & Onion Salad
- Banana
- Wheat Bread

26
Seasoned Chicken Breast

- Au Gratin Potatoes
- Broccoli
- Pineapple Fruit Mix
- Graham Crackers
- Wheat Bread

27 Birthday Celebration
Oven Fried Chicken

- Mashed Potato w/ Gravy
- Broccoli
- White Cake
- Strawberry Ice Cream

30
Breaded Fish

- Coleslaw
- Spinach
- Tropical Fruit Mix
- Wheat Bread

31
BBQ Riblette

- Peas & Carrots
- Coleslaw
- Pears & Strawberries
- Wheat Bread

- Lunch is served at 11:30 a.m. Monday - Friday
- Suggested meal donation of \$2
- 1% milk w/ lunch

Reserve Your Meal

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