

JULY ACTIVITIES

LIBERTY SILVER CENTER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Bingo 9 a.m.
Wii Bowling 9 - 11:30 a.m.
Adult Coloring 9:30 a.m.
AHOY Exercise 9:45 a.m.
Seniors Farmers' Market Nutrition Program 9 a.m.

2
Canasta & Bridge 8:15 a.m.
Wii Bowling 9 - 11:30 a.m.
Silver Stitchers 9:30 a.m.
Bible Study: 12:30 - 2 p.m.

3
Open Game Table 9 a.m.
Wii Bowling 9 - 11:30 a.m.
Silver Stitchers 9:30 a.m.
AHOY Exercise 9:45 a.m.

CLOSED



CLOSED

8
Open Game Table 9 a.m.
Bingo 9 a.m.
Wii Bowling 9 - 11:30 a.m.
Adult Coloring 9:30 a.m.
AHOY Exercise 9:45 a.m.

9
Canasta & Bridge 8:15 a.m.
Wii Bowling 9 - 11:30 a.m.
Silver Stitchers 9:30 a.m.
Karaoke w/ Dick Hendrix
10 - 11:30 a.m.


10
Open Game Table 9 a.m.
Wii Bowling 9 - 11:30 a.m.
Silver Stitchers 9:30 a.m.
AHOY Exercise 9:45 a.m.
Trip to Farmers Market (Free)
10:30 - 11 a.m.

11
Canasta & Bridge 8:15 a.m.
Wii Bowling 9 - 11:30 a.m.
Grief Support 12:30 - 3 p.m.

12
Open Game Table 9 a.m.
Wii Bowling 9 - 11:30 a.m.
Bingo 9 a.m.
Adult Coloring 9:30 a.m.
Silver Stitchers 9:30 a.m.
AHOY Exercise 9:45 a.m.

15
Bingo 9 a.m.
Adult Coloring 9:30 a.m.
AHOY Exercise 9:45 a.m.
Level of Care Fair— Your Road Map to Aging in Place
8 - 11 a.m. (LCC Lobby)

16
Canasta & Bridge 8:15 a.m.
Wii Bowling 9 - 11:30 a.m.
Silver Stitchers 9:30 a.m.
Bible Study: 12:30 - 2 p.m.

17 Wellness Wednesday
Silver Stitchers 9:30 a.m.
AHOY Exercise 9:45 a.m.
Summer Fun Music 
Presentation "Drink Up!"
FREE Blood Pressure Checks
11 a.m.

18
Canasta & Bridge 8:15 a.m.
Wii Bowling 9 - 11:30 a.m.

19
Open Game Table 9 a.m.
Silver Stitchers 9:30 a.m.
AHOY Exercise 9:45 a.m.
Karaoke w/ Dick Hendrix
10 - 11:30 a.m.

22
Open Game Table 9 a.m.
Bingo 9 a.m.
Adult Coloring 9:30 a.m.
AHOY Exercise 9:45 a.m.

23
Canasta & Bridge 8:15 a.m.
Wii Bowling 9 - 11:30 a.m.
Silver Stitchers 9:30 a.m.

24
Open Game Table 9 a.m.
Wii Bowling 9 - 11:30 a.m.
Silver Stitchers 9:30 a.m.
AHOY Exercise 9:45 a.m.

25
Canasta & Bridge 8:15 a.m.
Wii Bowling 9 - 11:30 a.m.
Grief Support 12:30 - 3 p.m.

26 Birthday Celebration
Silver Stitchers 9:30 a.m.
AHOY Exercise 9:45 a.m.
Entertainment by:
Melissa & Company 
10:30 a.m.

29
Bingo 9 a.m.
Wii Bowling 9 - 11:30 a.m.
Adult Coloring 9:30 a.m.
AHOY Exercise 9:45 a.m.
Sr. Council Mtg. 10:30 a.m.

30
Canasta & Bridge 8:15 a.m.
Wii Bowling 9 - 11:30 a.m.
Silver Stitchers 9:30 a.m.

31
Open Game Table 9 a.m.
Wii Bowling 9 - 11:30 a.m.
Silver Stitchers 9:30 a.m.
AHOY Exercise 9:45 a.m.

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



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

JULY MENU

LIBERTY SILVER CENTER

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 Salisbury Steak <ul style="list-style-type: none"> Sweet Potato Broccoli Citrus Fruit Cup Graham Cracker Wheat Bread 		2 Beef Stew <ul style="list-style-type: none"> Garden Salad W/Ranch Corn Muffin Banana 		3 Chicken Patty w/ Bun <ul style="list-style-type: none"> Potatoes O'Brien Broccoli Watermelon 		CLOSED 		CLOSED	
8 BBQ Riblette Sandwich <ul style="list-style-type: none"> Peas & Carrots Coleslaw Pears & Strawberries Oatmeal Cookie 		9 Tuna Salad <ul style="list-style-type: none"> Cucumber Onion Salad Potato Salad Fruit Delight Multigrain Bread 		10 Mexican Taco Salad <ul style="list-style-type: none"> Mexicali Mix Nacho Light Chips Orange 		11 Fish (Breaded) <ul style="list-style-type: none"> Coleslaw Spinach Trop Fruit Mix Wheat Bread 		12 Beef Patty Sandwich <ul style="list-style-type: none"> Garden Salad w/Ranch Steak Fries Banana 	
15 Pulled Pork <ul style="list-style-type: none"> White Corn w/ Peppers Mexican Coleslaw Apple Slices Hoagie Bun 		16 Breaded Tilapia <ul style="list-style-type: none"> Sweet Potato Spinach Trop Fruit Mix Shortbread Cookie 		17 Mostaccoli w/ Meat Sauce <ul style="list-style-type: none"> Italian Vegetables Garden Salad w/Italian Pineapple/Mandarin Mix Italian Bread 		18 Chicken Strips <ul style="list-style-type: none"> Sweet Potato Wedges Garden Salad w/1000 Orange Graham Crackers Multigrain Bread 		19 Beef Mac Casserole <ul style="list-style-type: none"> Scandinavia Vegetables Pears Banana Pudding Wheat Bread 	
22 Sloppy Joe's w/ Bun <ul style="list-style-type: none"> Potatoes Au Gratin Scandinavia Vegetables Peaches & Strawberries 		23 Chicken Parmesan w/ Fettucine Noodles <ul style="list-style-type: none"> Brussels Sprouts Garden Salad w/French Banana 		24 Chicken Fried Steak <ul style="list-style-type: none"> Mashed Potatoes w/Gravy Green Beans Citrus Fruit Cup Wheat Roll 		25 Diced Seasoned Chicken w/ Shredded Cheese & Tortilla <ul style="list-style-type: none"> Garden Salad/Ranch Chuck wagon Corn Stewed Apples 		26 BIRTHDAY LUNCH Oven Fried Chicken <ul style="list-style-type: none"> Mashed Potatoes w/ Gravy Broccoli Orange Cake & Ice Cream Wheat Bread 	
29 Seasoned Chicken Breast <ul style="list-style-type: none"> Potatoes Au Gratin Pineapple Mandarin Mix Graham Crackers Wheat Bread 		30 BBQ Chicken w/ Bun <ul style="list-style-type: none"> Prince Edward Mix Potato Salad Tropical Fruit Mix 		31 Pepper Steak w/ Rice <ul style="list-style-type: none"> Stir Fry Vegetables Pickled Beets (cold) Mandarin Oranges Multigrain Bread 		<div style="display: flex; align-items: center;">  <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 </div>			

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