



MAY ACTIVITIES

Liberty Silver Center



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
BINGO 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.
Grief Styles 11 a.m.

2
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.
Bible Study 12:45-2 p.m.

3
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Learn to Play Bridge 9 a.m.
Line Dancing 12-1 p.m.

4
Bridge 8:30-11 a.m.
Open Game Table 9 a.m.
Understanding Your Grief
 12:15-2 p.m.

5
Bingo 8:30-11 a.m.
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.

8
BINGO 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.

9
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.

10
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Learn to Play Bridge 9 a.m.
Blood Pressure Checks 10 a.m.
Preventative Health Screenings 8-11a.m.
Herbal Solutions for Mood, Memory & Movement 10:45
Line Dancing 12-1 p.m.

11
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.
Grief Support: Living Life
 12:45-2 p.m.

12
BINGO 9 a.m.
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.

15
BINGO 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.
What's Palliative Care?
 11a.m.

16
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.
Bible Study 12:45-2 p.m.

17
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Learn to Play Bridge 9 a.m.
Line Dancing 12-1 p.m.
Are You as Smart as Your Smartphone? 11 a.m.

18
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.
Understanding Your Grief
 12:15-2 p.m.

19
BINGO 9 a.m.
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.

22
BINGO 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.


23
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.

24
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Learn to Play Bridge 9 a.m.
Line Dancing 12-1 p.m.
Blood Pressure Checks 10 a.m.
Aging in Place 11a.m.

25
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.
Grief Support: Living Life
 12:45-2 p.m.

26
Luau Birthday Celebration
Open Game Table 9 a.m.
Entertainment by: D J Carrie 10:30 a.m.



29
CLOSED


30
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.

31
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Learn to Play Bridge 9 a.m.
Line Dancing 12 p.m.
Let's Make Music 10 a.m.
Benefits of Music 11a.m.

Silver Center Hours:
 Monday-Friday:
 8 a.m.-2 p.m.
 Liberty Community Center

PREVENTATIVE HEALTH SCREENING
 Wednesday, May 10
 8-11 a.m.



MAY MENU

Liberty Silver Center



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Pulled Pork on Bun

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

2 Chicken Stir Fry

- Stir Fry Vegetables
- Pickled Beets
- Oranges
- White Bread

3 Mostaccoli w/ Meat Sauce

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

4 Seasoned Diced Chicken w/ Tortilla

- Salad w/Ranch Dressing
- Chuck Wagon Corn
- Stewed Apples

5 Taco Salad w/ Corn Chips

- Mexicali Mix
- Cheese, Lettuce, Tomatoes
- Pinto Beans
- Orange

8 BBQ Chicken on Bun

- Mixed Vegetables
- Potato Salad
- Tropical Fruit

9 Chili

- Shredded Cheese
- Salad w/French Dressing
- Peach Cobbler
- Crackers

10 Chicken Parmesan

- Penne Pasta
- Brussel Sprouts
- Salad w/French Dressing
- Banana
- Wheat Bread

11 Sloppy Joe's w/ Bun

- Au gratin Potatoes
- Mixed Vegetables
- Peaches & Strawberries

12 Fish (Breaded)

- Coleslaw
- Spinach
- Tropical Fruit Mix
- Wheat Bread

15 Meatloaf

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

16 Seasoned Chicken Breast

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

17 Salisbury Steak w/ Gravy

- Sweet Potatoes
- Broccoli
- Citrus Fruit Cup
- Shortbread Cookies
- Wheat Bread

18 Chicken Strips

- Sweet Potato Wedges
- Salad w/ French Dressing
- Orange
- Multigrain Bread

19 Meatball Sub

- Hoagie Bun
- Vegetable & Kale
- Salad w/ Italian Dressing
- Orange

22 Beef Mac Casserole

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

23 Beef Stew

- Salad w/ Ranch Dressing
- Banana
- Corn Muffin

24 Battered Tilapia

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

25 Hamburger on Bun

- Salad w/ Ranch Dressing
- Sweet Potato Wedges
- Banana

26 Birthday Celebration Oven Fried Chicken

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



30 Chicken Fried Steak

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

31 Chicken Stir Fry

- Brown Rice
- Stir Fry Vegetables
- Pickled Beets
- Mandarin Oranges

Reserve Your Meal

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

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