



JULY ACTIVITIES

Liberty Silver Center



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Need A Ride? Call the Liberty Access Bus at 816.439.4397</p>	<p>Silver Center Hours: Monday-Friday: 8 a.m.-2 p.m. Liberty Community Center</p>		<p>Come Laugh with Us! A Virtual Dementia Friendly Experience Tuesday, July 5 & 19 at 1p.m.</p>	<p>1 RUMMAGE SALE 8 a.m - 2 p.m. Silver Stitchers 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m.</p>
<p>4 CLOSED 4th of July</p>	<p>5 Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m. Bible Study 12:45-2 p.m. Come Laugh With Us 1 p.m.</p>	<p>6 Silver Stitchers 9 a.m. Open Game Table 9 a.m. Line Dancing 12-1 p.m. Tech Talk - Tablet, phone or computer 11 a.m.</p>	<p>7 Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m.</p>	<p>8 BINGO 9 a.m. Silver Stitchers 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m.</p>
<p>11 BINGO 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m.</p>	<p>12 Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m.</p>	<p>13 Wellness Wednesday Silver Stitchers 9 a.m. Open Game Table 9 a.m. Line Dancing 12-1 p.m. "The Big Quiet" Reading from Author Lisa Stewart 11 a.m.</p>	<p>14 Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m. Grief Support: Living Life 12:45- 2 p.m.</p>	<p>15 Silver Stitchers 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m. Celebration BINGO 10 a.m.</p>
<p>18 BINGO 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m.</p>	<p>19 Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m. Bible Study 12:45-2 p.m. Come Laugh With Us 1 p.m.</p>	<p>20 Silver Stitchers 9 a.m. Open Game Table 9 a.m. Line Dancing 12-1 p.m. Importance of Volunteering Chaplain Gary Jones 11 a.m.</p>	<p>21 Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m.</p>	<p>22 BINGO 9 a.m. Silver Stitchers 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m.</p>
<p>25 BINGO 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m. Senior Council Mtg. 10:30 a.m.</p>	<p>26 Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m.</p>	<p>27 Silver Stitchers 9 a.m. Open Game Table 9 a.m. Line Dancing 12-1 p.m. Fall Prevention & Happier Aging Nurse Next Door 11 a.m.</p>	<p>28 Bridge/Canasta 8:30 -11 a.m. Open Game Table 9 a.m. Grief Support: Living Life 12:45- 2 p.m.</p>	<p>29 Luau Birthday Celebration Silver Stitchers 9 a.m. Open Game Table 9 a.m. Adult Coloring 9 a.m. Entertainment by: DJ Carrie 10:30 a.m.</p>

JULY MENU

Liberty Silver Center



MONDAY

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FRIDAY

- Lunch is served at 11:30 a.m. Mon. - Fri.
- 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.

Need A Ride?

Call the Liberty Access Bus at **816.439.4397**

1 Sack Lunch

- Sandwiches
- Chips
- Vegetables or Fruit
- Dessert

4

CLOSED



5

Meatloaf

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

6

Mostaccoli w/ Meat Sauce

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

7

Battered Tilapia

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

8

Breakfast for Lunch

- Scrambled Eggs
- Turkey Sausage
- Hash Browns
- Oatmeal
- Applesauce

11

Chicken Fried Steak

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

12

Seasoned Diced Chicken w/ Tortilla

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

13

Beef Stew

- Salad w/ Ranch Dressing
- Banana
- Corn Muffin

14

Chicken Patty on Bun

- Potatoes O'Brien
- Broccoli
- Watermelon

15

Pulled Pork on Bun

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

18

BBQ Chicken on Bun

- Mixed Vegetables
- Potato Salad
- Tropical Fruit

19

Taco Salad w/ Corn Chips

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

20

Beef Mac Casserole

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

21

BBQ Beef

- Potato Salad
- California Blend Vegetables
- Banana
- Whole Grain Bun

22

Chicken Strips

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

25

Sloppy Joe's w/ Bun

- Au Gratin Potatoes
- Mixed Vegetables
- Peaches & Strawberries

26

Seasoned Chicken Breast

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

27

Fish (Breaded)

- Coleslaw
- Spinach
- Tropical Fruit Mix
- Wheat Bread

28

Hamburger on Bun

- Salad w/ Ranch Dressing
- Steak Fries
- Banana

29 Birthday Celebration Oven Fried Chicken

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