



AUGUST ACTIVITIES

Liberty Silver Center

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Bridge 8:30-11 a.m.
Open Game Table 9 a.m.
Bible Study 12:45-2 p.m.

2
Wellness Wednesday
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Confident Care Giving 11 a.m.
Line Dancing 12-1 p.m.

3
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.

4
BINGO 9 a.m.
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.

7
BINGO 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.

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

9
BLOOD PRESSURE 10 a.m.
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Let's Make Music 10 a.m.
Humor and Health 11 a.m.
Line Dancing 12-1 p.m.

10
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.
Grief Support: Living Life
 12:45- 2 p.m.

11
BINGO 9 a.m.
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.

14
BINGO 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.

15
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.

16
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Line Dancing 12-1 p.m.

17
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.
Keep Your Keys 10 a.m.

18
BINGO 9 a.m.
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.

21
BINGO 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.

22
Bridge 8:30-11 a.m.
Open Game Table 9 a.m.
Bible Study 12:45-2 p.m.

23
BLOOD PRESSURE 10 a.m.
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
"Sun Catchers" Stain Glass
Painting 9 a.m.
Hearing Health 11 a.m.
Line Dancing 12-1 p.m.

24
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.
Grief Support: Living Life
 12:45 - 2 p.m.

25
Birthday Celebration
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Entertainment by: DJ
Carrie (theme - Wild
West) 10:30 a.m.

28
BINGO 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.
Senior Council Mtg.
 10:30 a.m.

29
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.

30
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Line Dancing 12-1 p.m.
Stop the Bleed 1-2:30 p.m.

31
Bridge 8:30 -11 a.m.
Open Game Table 9 a.m.

Need A Ride?
Call the Liberty Access
Bus at 816.439.4397

AUGUST MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

**Suggested meal
donation of \$2
1% milk w/ lunch**

7 Salisbury Steak & Gravy

- Sweet Potatoes
- Broccoli
- Mixed Fruit
- Cookie

8 Pulled Pork on Bun

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

9 Chicken Parmesan

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

10 Chicken Fried Steak

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

11 Seasoned Diced Chicken w/ Tortilla

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

14 Beef Mac Casserole

- Green Beans
- Pears
- Banana Pudding
- Wheat Bread

15 Taco Salad w/ Corn Chips

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

16 Fish

- Creamy Coleslaw
- Sweet Potatoes
- Tropical Fruit Mix
- Cookie
- Wheat Bread

17 BBQ Beef on Bun

- Mixed Vegetables
- Potato Salad
- Banana

18 Meatloaf

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

21 BBQ Chicken on Bun

- Carrots
- Potato Salad
- Mixed Fruit Cup

22 Chicken Strips

- Sweet Potato Wedges
- Salad w/ 1000 Island
- Orange
- Multigrain Bread

23 Sloppy Joe's w/ Bun

- Au Gratin Potatoes
- Mixed Vegetables
- Peaches & Strawberries

24 Tuna Noodle Casserole

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

25 Birthday Celebration Oven Fried Chicken

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

28 Fish (Breaded)

- Coleslaw
- Spinach
- Tropical Fruit Mix
- Wheat Bread

29 Seasoned Chicken Breast

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

30 Hamburger on Bun

- Salad w/ Ranch Dressing
- Steak Fries
- Banana

31 Turkey & Swiss Sandwich

- Potato Salad
- Orange
- Chips

Reserve Your Meal
 Please call
816.439.4368 by noon
 prior to the day you
 want to eat