



SEPTEMBER ACTIVITIES

Liberty Silver Center



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

**Need A Ride?
Call the Liberty Access
Bus at 816.439.4397**

KEY-

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

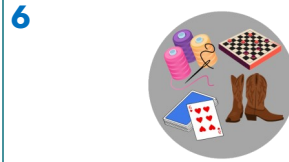


1
BINGO 9 a.m.
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.

CLOSED



5
Bridge 8:30-11 a.m.
Open Game Table 9 a.m.
Bible Study 12:45-2 p.m.



7
Bridge 8:30-11 a.m.
Open Game Table 9 a.m.
Grief Support: Living Life
12:30-2 p.m.

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

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

12
Bridge 8:30-11 a.m.
Open Game Table 9 a.m.

13
**Preventative Health
Screening** 8 a.m.
**Level of Care Health
Fair** 8-11 a.m.
Let's Make Music
10 a.m.
**Blood Pressure
Checks** 10 a.m.



14
Bridge 8:30-11 a.m.
Open Game Table 9 a.m.
Senior Painting 12 p.m.

15
BINGO 9 a.m.
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.

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

19
Bridge 8:30-11 a.m.
Open Game Table 9 a.m.
Bible Study 12:45-2 p.m.

20
**Gratitude with
Bonnie** 11 a.m.



21
Bridge 8:30-11 a.m.
Open Game Table 9 a.m.
Grief Support: Living Life
12:30-2 p.m.

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

25
BINGO 9 a.m.
Open Game Table 9 a.m.
Adult Coloring 9 a.m.
Senior Council Mtg.
10:30 a.m.

26
Bridge 8:30-11 a.m.
Open Game Table 9 a.m.

27
**Let's Make
Music** 10 a.m.
**Blood Pressure
Checks** 10 a.m.
Keep Your Keys 12 p.m.



28
Bridge 8:30-11 a.m.
Open Game Table 9 a.m.

**29 Birthday
Celebration**
Silver Stitchers 9 a.m.
Open Game Table 9 a.m.
**Entertainment by:
DJ Carrie** 10:30 a.m.



SEPTEMBER MENU

Liberty Silver Center



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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- 1**
Beef Stew
- Salad w/Ranch
 - Banana
 - Corn Muffin

CLOSED



- 5**
Salisbury Steak w/ Gravy
- Sweet Potatoes
 - Broccoli
 - Fruit Cup
 - Oatmeal Raisin Cookie

- 6**
Pulled Pork on Bun
- White Corn w/ Peppers
 - Mex Coleslaw
 - Apple Slices

- 7**
Chicken Patty on Bun
- Potatoes O'Brien
 - Broccoli
 - Watermelon

- 8**
Taco Salad
- Pinto Beans
 - Orange
 - Nacho Chips

- 11**
Meatloaf
- Mashed Potatoes w/ Gravy
 - Fiesta Vegetables
 - Pears & Strawberries
 - Dinner Roll

- 12**
Chicken Parmesan
- Penne Pasta
 - Brussel Sprouts
 - Salad w/French Dressing
 - Banana
 - Wheat Bread

- 13**
BBQ Chicken on Bun
- Mixed Vegetables
 - Potato Salad
 - Tropical Fruit

- 14**
Seasoned Diced Chicken w/ Tortilla
- Salad w/ Ranch Dressing
 - Chuck Wagon Corn
 - Stewed Apples

- 15**
BBQ Beef on Bun
- Potato Salad
 - California Blend Vegetables
 - Banana

- 18**
Fish
- Creamy Coleslaw
 - Sweet Potatoes
 - Tropical Fruit Mix
 - Shortbread Cookie
 - Wheat Bread

- 19**
Tuna Noodle Casserole
- Cauliflower & Peas
 - Cucumber & Onion Salad
 - Banana
 - Wheat Bread

- 20**
Chicken Strips
- Sweet Potato Wedges
 - Salad w/ 1000 Island
 - Orange
 - Multigrain Bread

- 21**
Beef Mac Casserole
- Green Beans
 - Pears
 - Banana Pudding w/ Wafers
 - Wheat Bread

- 22**
Sloppy Joe's w/ Bun
- Au Gratin Potatoes
 - Mixed Vegetables
 - Peaches & Strawberries

- 25**
Seasoned Chicken Breast
- Au Gratin Potatoes
 - Broccoli
 - Pineapple Fruit Mix
 - Wheat Bread

- 26**
Hamburger on Bun
- Salad w/ Ranch Dressing
 - Steak Fries
 - Banana

- 27**
Chicken Fried Steak
- Mashed Potatoes w/ Gravy
 - Green Beans
 - Citrus Fruit Cup
 - Wheat Dinner Roll

- 28**
Fish Breaded
- Coleslaw
 - Spinach
 - Trop Fruit Mix
 - Wheat Bread

- 29** **Birthday Celebration**
Oven Fried Chicken
- Mashed Potato w/ Gravy
 - Broccoli
 - White Cake
 - Strawberry Ice Cream