



# SEPTEMBER ACTIVITIES

## LIBERTY SILVER CENTER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### Need A Ride?

Call the Liberty Access Bus at  
**816.439.4397**

### Silver Center Hours:

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



**1 Wellness Wednesday**  
**Silver Stitchers** 9 a.m.  
**Open Game Table** 9 a.m.  
**AHOY Exercise** 9:45 a.m.  
**Making "Hope" Rocks** w/  
Rachelle & Becky 9:30 a.m.

**2**  
**Bridge/Canasta** 8:30 -11 a.m.  
**Open Game Table** 9 a.m.

**3**  
**Open Game Table** 9 a.m.  
**Adult Coloring** 9 a.m.  
**AHOY Exercise** 9:45 a.m.  
**See Ya Summer BINGO**  
10 a.m.

**7**  
**Bridge/Canasta** 8:30 -11 a.m.  
**Open Game Table** 9 a.m.  
**Bible Study** 12:45-2 p.m.  
  
**Come Laugh with Us!**  
**A Virtual Dementia**  
**Friendly Experience** 1p.m.

**8**  
**Silver Stitchers** 9 a.m.  
**Open Game Table** 9 a.m.  
**AHOY Exercise** 9:45 a.m.

**9**  
**Bridge/Canasta** 8:30 -11 a.m.  
**Open Game Table** 9 a.m.  
  
**Sight & Sound Testing** 9 a.m.  
  
**Grief Support: Living Life**  
12:30 - 3 p.m.

**10**  
**BINGO** 9 a.m.  
**Silver Stitchers** 9 a.m.  
**Open Game Table** 9 a.m.  
**Adult Coloring** 9 a.m.  
**AHOY Exercise** 9:45 a.m.

**13**  
**BINGO** 9 a.m.  
**Open Game Table** 9 a.m.  
**Adult Coloring** 9 a.m.  
**AHOY Exercise** 9:45 a.m.

**14**  
**Bridge/Canasta** 8:30 -11 a.m.  
**Open Game Table** 9 a.m.

**15**  
**Silver Stitchers** 9 a.m.  
**Open Game Table** 9 a.m.  
**AHOY Exercise** 9:45 a.m.  
  
**"Hope" Looking Forward**  
w/ Becky Franklin 11 a.m.  
  
**Blood Pressure Checks** 11 a.m.

**16**  
**Bridge/Canasta** 8:30 -11 a.m.  
**Open Game Table** 9 a.m.

**17**  
**BINGO** 9 a.m.  
**Silver Stitchers** 9 a.m.  
**Open Game Table** 9 a.m.  
**Adult Coloring** 9 a.m.  
**AHOY Exercise** 9:45 a.m.

**20**  
**BINGO** 9 a.m.  
**Open Game Table** 9 a.m.  
**Adult Coloring** 9 a.m.  
**AHOY Exercise** 9:45 a.m.

**21**  
**Bridge/Canasta** 8:30 -11 a.m.  
**Open Game Table** 9 a.m.  
**Bible Study** 12:45-2 p.m.

**22 Wellness Wednesday**  
**Silver Stitchers** 9 a.m.  
**Open Game Table** 9 a.m.  
**AHOY Exercise** 9:45 a.m.

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

**24 Birthday Celebration**  
**Open Game Table** 9 a.m.  
**AHOY Exercise** 9:45 a.m.

**Flu Shot Clinic** w/  
Hy-Vee 9 a.m.

**Come Laugh with Us!**  
**A Virtual Dementia**  
**Friendly Experience** 1p.m.

**Musical Connection** w/  
Music Therapist, Rachelle  
10 - 11 a.m.

**Grief Support: Living Life**  
12:45 - 2 p.m.

**Entertainment by: Gino**  
**Bueno** 10:30 a.m.

**27**  
**BINGO** 9 a.m.  
**Open Game Table** 9 a.m.  
**Adult Coloring** 9 a.m.  
**AHOY Exercise** 9:45 a.m.  
**Senior Council Mtg.** 10:30 a.m.

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

**29**  
**Silver Stitchers** 9 a.m.  
**Open Game Table** 9 a.m.  
**AHOY Exercise** 9:45 a.m.

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



### 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. Monday - Friday
- Suggested meal donation of \$2
- 1% milk w/ lunch



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

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

- 3 Parmesan Chicken**
- Penne Pasta
  - Brussel Sprouts
  - Salad/ French Dressing
  - Banana

- 7 Salisbury Steak w/Gravy**
- Broccoli
  - Sweet Potato
  - Fruit Cup
  - Graham Crackers
  - Wheat Bread

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

- 9 Mostaccoli w/ Meat Sauce**
- Italian Vegetables
  - Salad w/ Italian Dressing
  - Mix Fruit
  - Italian Bread Stick
  - Graham Crackers

- 10 Sesoned Diced Chicken w/ Tortilla**
- Salad w/ Ranch Dressing
  - Chuck Wagon Corn
  - Stewed Apples

- 13 Battered Tilapia**
- Sweet Potatoes
  - Spinach
  - Trop Fruit Mix
  - Shortbread Cookies
  - Wheat Bread

- 14 BBQ Beef on Bun**
- Potato Salad
  - California Blend
  - Banana

- 15 Mexican Taco Salad w/ Nacho Chips**
- Mexicali Mix
  - Orange

- 16 BBQ Chicken on Bun**
- Mix Vegetables
  - Potato Salad
  - Tropical Fruit

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

- 20 Beef Casserole**
- Mixed Vegetables
  - Pears
  - Banana Pudding w/ Vanilla Wafers
  - Wheat Bread

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

- 22 Chicken Strips**
- Sweet Potato Wedges
  - Salad w/ 1,000 Dressing
  - Orange
  - Graham Crackers

- 23 Sloppy Joe's on Bun**
- Au gratin Potatoes
  - Mixed Vegetables
  - Peaches & Strawberries

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

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

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

- 29 Breaded Fish**
- Coleslaw
  - Spinach
  - Tropical Fruit Mix
  - Wheat Bread

- 30 Seasoned Chicken Breast**
- Au Gratin Potatoes
  - Broccoli
  - Pineapple Fruit Mix
  - Graham Crackers
  - Wheat Bread