

MARCH ACTIVITIES

LIBERTY SILVER CENTER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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



WELLNESS WEDNESDAY:
• Wednesday, March 21 | 11 a.m.
"Beyond the ER. What you didn't Know"

NEED A RIDE?

Call the Liberty Access Bus at **816.439.4397**

<p>5 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.</p>	<p>6 Canasta 9 a.m. Bridge 9 a.m. Silver Stitchers 9:30 a.m. Bible Study: 12:30 - 2 p.m.</p>	<p>7 Pinochle 9 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.</p>	<p>8 Canasta 9 .m. Bridge 9 a.m. Grief Support 12:30-3 p.m.</p>	<p>9 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.</p>
<p>12 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.</p>	<p>13 Canasta 9 a.m. Bridge 9 a.m. Silver Stitchers 9:30 a.m. Karaoke w/ Dick Hendrix 10-11:30 a.m.</p>	<p>14 Pinochle 9 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m. Ladies Tea Party 10 a.m.</p>	<p>15 Birthday Celebration Canasta 9 .m. Bridge 9 a.m. Entertainment by: Melissa & Company 10:30 a.m. </p>	<p>16 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.</p>
<p>19 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.</p>	<p>20 Canasta 9 a.m. Bridge 9 a.m. Silver Stitchers 9:30 a.m. Bible Study: 12:30 - 2 p.m.</p>	<p>21 Wellness Wednesday Pinochle 9 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m. </p>	<p>22 Canasta 9 .m. Bridge 9 a.m. Grief Support 12:30-3 p.m.</p>	<p>23 Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m. Karaoke w/ Dick Hendrix 10-11:30 a.m.</p>
<p>26 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m. Senior Council Mtg. 10:30 a.m.</p>	<p>27 Canasta 9 a.m. Bridge 9 a.m. Silver Stitchers 9:30 a.m.</p>	<p>28 Pinochle 9 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m. Leisure Lunchers @ First Watch 11:30 a.m.</p>	<p>29 Canasta 9 .m. Bridge 9 a.m.</p>	<p>30 Bingo 9:15 a.m. Adult Coloring 9:30 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.</p>



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

MARCH MENU

LIBERTY SILVER CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



• Lunch is served at 11:30 a.m.
 Monday - Friday
 • MILK, COFFEE AND TEA provided
 • Suggested meal donation of \$2.

5 Chicken Florentine

- Roasted Yukon Potatoes
- Vegetable Blend
- Fresh Red Grapes
- Oatmeal Cookie

6 Taco Salad

- Lettuce, Tomato, Onion
- Pinto Beans
- Taco Chips
- Mandarin Oranges

7 Ham & Beans

- Diced Onions
- Cooked Spinach
- Cantaloupe
- Corn Muffin

1 Beef Tips w/ Peppers & Onions

- Mashed Potatoes
- 4-Blend Vegetables
- Pineapple

2 Stuffed Bell Peppers

- Corn
- Winter Blend Vegetables
- Diced Peaches
- Wheat Bread

12 Sloppy Joe Sandwich

- California Blend
- Corn
- Strawberries & Pineapples
- Wheat Roll

13 Pork Carnitas w/ Peppers & Onions

- Wheat Tortillas
- Black Beans
- Shredded Lettuce
- Diced Peaches

14 Meat Loaf

- Mashed Potatoes w/ Gravy
- Green Beans
- Chilled Cinnamon Apples
- Wheat roll

15 BIRTHDAY LUNCH  **Oven Fried Chicken Legs**

- Mashed Potatoes w/Gravy
- Greens Beans
- White Cake w/ Strawberry
- Wheat Bun

16 BBQ Ribette

- Baked Potato w/ Sour Cream
- Winter Blend Vegetables
- Oatmeal Cookie

19 Meatball Sub

- Romaine Lettuce w/ Dressing
- Vegetable Roma Pasta
- Honey Dew Melon

20 Cheeseburger Pasta Bake

- Green Beans
- Tomato/Onion Salad
- Fresh Pear
- Breadstick

21 Herb Crusted Tilapia

- Brown Rice Pilaf
- Broccoli Spears
- Fresh Banana
- Multi Grain Bread

22 Sliced Roast Beef

- Mashed Potato w/Gravy
- Green Beans
- Strawberries & Pineapple
- Wheat Roll

23 Chicken Baked Chicken

- Parsley Potatoes
- Capri Veggies
- Strawberries & Pineapple
- Wheat Bread

26 BBQ Pulled Pork

- Broccoli Salad
- Steak Fries
- Fresh Orange

27 Salisbury Steak

- Mashed Potatoes w/ Gravy
- Green Beans
- Strawberries & Pears
- Multi Grain Bread

28 Pub Cheeseburger

- Lettuce, Tomato, Onion
- Potato Wedge
- Fresh Orange

29 Roasted Pork Loin

- Sweet Potatoes
- California Blend
- Fresh Apple
- Wheat Roll

30 Beef Tips w/ Peppers & Onions

- Mashed Potatoes
- 4-Blend Vegetables
- Pineapple

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