

FEBRUARY 2019	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
				1 8:00 Breakfast Exercise Table Games	
4	5	6 8:00 Breakfast 9:30 Book Club Walking Table Games	7	8 8:00 Breakfast Exercise Table Games	
11	12	13 Happy Valentines Day!! 8:00 Breakfast 9:30 Book Club Walking Table Games	14	15 8:00 Breakfast Exercise Table Games	
18 CENTERS CLOSED FOR PRESIDENT'S DAY	19	20 8:00 Breakfast 9:30 Book Club Walking Table Games	21	22 8:00 Breakfast Exercise Table Games	
25 Remember to Donate To UNITED WAY! We Support them, & They Support Us!	26	27 8:00 Breakfast 9:30 Book Club Walking Table Games	28	**Winter Weather** <u>In the event of inclement weather,</u> <u>we will follow School Closings</u> <u>If Mt Vernon Schools are closed the</u> <u>Senior Center will be closed</u> <u>In the event of inclement weather,</u>	
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! On the Web: fcseniors.com					

FEBRUARY 2019	MT. VERNON SENIOR CITIZENS MENU			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday
		Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk		1 French Toast Turkey Sausage Stewed Apples Orange Juice/Skim Milk
4	5	6 Pancakes w/ Syrup Scrambled Eggs/Turkey Sausage Turkey Sausage Ambrosia Orange Juice/Skim Milk	7	8 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk
11	12	13 French Toast Turkey Sausage Stewed Apples Orange Juice/Skim Milk	14	15 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk
18 CENTERS CLOSED FOR PRESIDENT'S DAY	19	20 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk	21	22 Scrambled Eggs Hash Browns Turkey Sausage Mixed Fruit
25	26	27 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	28	

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