

SEPTEMBER 2018	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
3 Labor Day Centers Closed	4	5 8:00 Breakfast 9:30 Book Club Walking Table Games	6	7 8:00 Breakfast Exercise Table Games Show and Tell--Bring your favorite Quilt to display and tell why its special to you and your family	
10	11	12 8:00 Breakfast 9:30 Book Club Walking Table Games	13	14 8:00 Breakfast Exercise Table Games	
17	18	19 8:00 Breakfast 9:30 Book Club Walking Table Games	20	21 8:00 Breakfast Exercise Table Games Bingo	
24	25	26 8:00 Breakfast 9:30 Book Club Walking Table Games	27	28 8:00 Breakfast Exercise Table Games Bingo	

SEPTEMBER 2018	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>3</p> <p>Labor Day Holiday</p> <p>Centers Closed</p>	<p>4</p>	<p>5</p> <p>Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk</p>	<p>6</p>	<p>7</p> <p>Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk</p>	
<p>10</p>	<p>11</p>	<p>12</p> <p>Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Sliced Strawberries Orange Juice/Skim Milk</p>	<p>13</p>	<p>14</p> <p>Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk</p>	
<p>17</p>	<p>18</p>	<p>19</p> <p>Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Ambrosia Orange Juice/Skim Milk</p>	<p>20</p>	<p>21</p> <p>French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice/Skim Milk</p>	
<p>24</p>	<p>25</p>	<p>26</p> <p>Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk</p>	<p>27</p>	<p>28</p> <p>Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk</p>	

Center Phone: 501-849-2323

Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook!