

| OCTOBER 2018 | MT. VERNON SENIOR CITIZENS CALENDAR | | | | For Seniors 60 & Over |
|--------------|-------------------------------------|---|----------|---|-----------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | |
| 1 | 2 | 3 8:00 Breakfast 9:30 Book Club Walking Table Games | 4 | 5 8:00 Breakfast Exercise Table Games | |
| 8 | 9 | 10 8:00 Breakfast 9:30 Book Club Walking Table Games | 11 | 12 8:00 Breakfast Exercise Table Games | |
| 15 | 16 | 17 8:00 Breakfast 9:30 Book Club Walking Table Games | 18 | 19 8:00 Breakfast Exercise Table Games | |
| 22 | 23 | 24 8:00 Breakfast 9:30 Book Club Walking Table Games | 25 | 26 8:00 Breakfast Exercise Table Games | |
| 29 | 30 | 31 Happy Halloween 8:00 Breakfast 9:30 Book Club Walking Table Games | | | |

| OCTOBER 2018 | MT. VERNON SENIOR CITIZENS MENU | | | | For Seniors 60 & Over |
|--|---------------------------------|--|----------|---|-----------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | |
| 1 | 2 | 3 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Stewed Apples Orange Juice/Skim Milk | 4 | 5 Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Fresh Fruit Orange Juice/Skim Milk | |
| 8 | 9 | 10 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk | 11 | 12 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk | |
| 15 | 16 | 17 Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Stewed Apples Orange Juice/Skim Milk | 18 | 19 Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk | |
| 22 | 23 | 24 French Toast Turkey Sausage Scrambled Eggs Sliced Strawberries Orange Juice/Skim Milk | 25 | 26 Scrambled Eggs Hash Browns Turkey Sausage Mixed Fruit Orange Juice/Skim Milk | |
| 29 | 30 | 31 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Mixed Fruit Orange Juice/Skim Milk | | | |
| Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! | | | | | |