

NOVEMBER 2018	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Conway Senior Center Fundraiser Pancake Breakfast, Silent Auction Bake Sale Saturday, December 1st 7 am - 12 noon</p>			1	<p>2</p> <p>8:00 Breakfast Exercise Leisure Activities</p>	
5	6	<p>7</p> <p>8:00 Breakfast 9:30 Book Club Walking Leisure Activities</p>	8	<p>9</p> <p>8:00 Breakfast Exercise Leisure Activities</p>	
12	13	<p>14</p> <p>8:00 Breakfast 9:30 Book Club Walking Leisure Activities</p>	15	<p>16</p> <p>8:00 Breakfast Exercise Leisure Activities</p>	
19	20	<p>21</p> <p>8:00 Breakfast 9:30 Book Club Walking Leisure Activities</p>	<p>22</p> <p>Centers Closed Thanksgiving Holiday!!</p>	<p>23</p> <p>Centers Closed Thanksgiving Holiday!!</p>	
26	27	28	29	<p>30</p> <p>8:00 Breakfast Exercise Leisure Activities</p>	
<p>Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! On the Web: fcseniors.com</p>					

NOVEMBER 2018	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	
5	6	7 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	8	9 Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Ambrosia Orange Juice/Skim Milk	
12	13	14 Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk	15	16 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	
19	20	21 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	22 Centers Closed Thanksgiving Holiday!!	23 Centers Closed Thanksgiving Holiday!!	
26	27	28 Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Ambrosia Orange Juice/Skim Milk	29	30 French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice/Skim Milk	
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