

DECEMBER 2018	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5 8:00 Breakfast 9:30 Book Club 10:00 Making Christmas Crafts Leisure Activities	6	7 8:00 Breakfast Exercise Table Games	
10	11	12 8:00 Breakfast 9:30 Book Club 10:00 Making Christmas Crafts Leisure Activities	13	14 8:00 Breakfast Exercise Table Games	
17	18	19 8:00 Breakfast 9:30 Book Club 10:00 Making Christmas Crafts Leisure Activities	20	21 8:00 Breakfast Table Games Christmas Party & Christmas Carols	
24 Centers Closed Christmas Holidays	25 Centers Closed Christmas Holidays	26 Centers Closed Christmas Holidays	27	28 8:00 Breakfast Exercise Table Games	
31			Conway Senior Center Fundraiser  Pancake Breakfast-Silent Auction Bake Sale 7am-12 noon Saturday, December 1st		

DECEMBER 2018	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5 Scrambled Eggs Biscuit/Gravy Sausage Hashbrowns Skim Milk	6	7 Sausage Biscuit w/Country Gravy Scrambled Eggs Sliced Strawberries Orange Juice/Skim Milk	
10	11	12 French Toast Sausage Scrambled Eggs Stewed Apples Orange Juice/Skim Milk	13	14 Pancakes w/Syrup Scrambled Eggs Sausage Ambrosia Orange Juice/Skim Milk	
17	18	19 Scrambled Eggs Hash Browns Sausage Sliced Strawberries Orange Juice/Skim Milk	20	21 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	
24 Centers Closed Christmas Holidays	25 Centers Closed Christmas Holidays	26 Centers Closed Christmas Holidays	27	28 Pancakes w/Syrup Scrambled Eggs Sausage Ambrosia Orange Juice/Skim Milk	
31					
Center Phone: 501-849-2323      Open Wednesday & Friday 7:00 AM — 12:00 Noon    Like us on Facebook!					