

JANUARY 2019	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>HAPPY NEW YEAR! CENTERS CLOSED</p>	<p>1 UNITED WAY Campaign Begins PLEASE HELP BY MAKING A DONATION !!</p>	<p>2 8:00 Breakfast 9:30 Book Club Walking Table Games</p>	<p>3</p>	<p>4 8:00 Breakfast Exercise Table Games Bingo</p>	
<p>7</p>	<p>8</p>	<p>9 8:00 Breakfast 9:30 Book Club Walking Table Games</p>	<p>10</p>	<p>11 8:00 Breakfast Exercise Table Games Bingo</p>	
<p>14</p>	<p>15</p>	<p>16 8:00 Breakfast 9:30 Book Club Walking Table Games</p>	<p>17</p>	<p>18 8:00 Breakfast Exercise Table Games Bingo</p>	
<p>21 Martin Luther King Jr. Day Centers Closed</p>	<p>22</p>	<p>23 8:00 Breakfast 9:30 Book Club Walking Table Games</p>	<p>24</p>	<p>25 8:00 Breakfast Exercise Table Games Bingo</p>	
<p>28</p>	<p>29</p>	<p>30 8:00 Breakfast 9:30 Book Club Walking Table Games</p>	<p>31</p>	<p><u>In the event of inclement weather, we will follow School Closings If the Mt Vernon Schools close, the Senior Center will be closed</u></p>	

JANUARY 2019	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>"Winter Weather" In the event of inclement weather, <u>we will follow School Closings</u> <u>If the Mt Vernon Schools close, the</u> <u>Senior Center will be closed</u></p>	<p>1 HAPPY NEW YEAR</p>	<p>2 Scrambled Eggs Hash Browns Turkey Sausage Mixed Fruit</p>	<p>3</p>	<p>4 French Toast Turkey Sausage Stewed Apples Orange Juice/Skim Milk</p>	
<p>7</p>	<p>8</p>	<p>9 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk</p>	<p>10</p>	<p>11 Pancakes w/ Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk</p>	
<p>14</p>	<p>15</p>	<p>16 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk</p>	<p>17</p>	<p>18 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk</p>	
<p>21 Martin Luther King Jr. Day Centers Closed</p>	<p>22</p>	<p>23 Pancakes w/ Syrup Scrambled Eggs/Turkey Sausage Turkey Sausage Ambrosia Orange Juice/Skim Milk</p>	<p>24</p>	<p>25 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk</p>	
<p>28</p>	<p>29</p>	<p>30 Oatmeal Scrambled Eggs/Turkey Sausage Hash Browns Fruit Orange Juice/Skim Milk</p>	<p>31</p>		

Center Phone: 501-849-2323

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