

MARCH 2019	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
				1 8:00 Breakfast 9:30 Exercise Table Games	
4 	5	6 8:00 Breakfast 9:30 Book Club Walking Table Games	7	8 8:00 Breakfast 9:30 Exercise Table Games	
11	12	13 8:00 Breakfast 9:30 Book Club Walking Table Games	14	15 8:00 Breakfast 9:30 Exercise Table Games	
18	19	20 8:00 Breakfast 9:30 Book Club Walking Table Games	21	22 8:00 Breakfast 9:30 Exercise Table Games	
25	26	27 8:00 Breakfast 9:30 Book Club Walking Table Games	28	29 8:00 Breakfast 9:30 Exercise Table Games	

MARCH 2019	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
				1 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	
4	5	6 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk	7	8 Pancakes w/ Syrup Scrambled Eggs/Turkey Sausage Turkey Sausage Ambrosia Orange Juice/Skim Milk	
11	12	13 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	14	15 French Toast Turkey Sausage Stewed Apples Orange Juice/Skim Milk	
18	19	20 Scrambled Eggs Hash Browns Turkey Sausage Mixed Fruit Scrambled Eggs	21	22 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk	
25	26	27 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	28	29 Pancakes w/ Syrup Scrambled Eggs/Turkey Sausage Turkey Sausage Ambrosia Orange Juice/Skim Milk	
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook!					