

SEPTEMBER 2019	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> <p>Labor Day Centers Closed</p>	<p>3</p>	<p>4</p> <p>8:00 Breakfast 9:30 Book Club Walking Table Games</p>	<p>5</p>	<p>6</p> <p>8:00 Breakfast Exercise Table Games Show and Tell--Bring your favorite Quilt to display and tell why its special to you and your family</p>	
<p>9</p>	<p>10</p>	<p>11</p> <p>8:00 Breakfast 9:30 Book Club Walking Table Games</p>	<p>12</p>	<p>13</p> <p>8:00 Breakfast Exercise Table Games</p>	
<p>16</p>	<p>17</p>	<p>18</p> <p>8:00 Breakfast 9:30 Book Club Walking Table Games</p>	<p>19</p>	<p>20</p> <p>8:00 Breakfast Exercise Table Games</p>	
<p>23</p>	<p>24</p>	<p>25</p> <p>8:00 Breakfast 9:30 Book Club Walking Table Games</p>	<p>26</p>	<p>27</p> <p>8:00 Breakfast Exercise Table Games Bingo</p>	
<p>30</p>			<p>The Mt. Vernon Senior Center is open two days a week. If you would like to participate at any of the Senior Centers in Faulkner County you are welcome to do so</p>	<p>The Vilonia Center is the nearest center to Mt Vernon For directions to any of our Faulkner County Senior Centers call 501-327-1122</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>					

SEPTEMBER 2019	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> <p>Labor Day Holiday</p> <p>Centers Closed</p>	<p>3</p>	<p>4</p> <p>Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk</p>	<p>5</p>	<p>6</p> <p>Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk</p>	
<p>9</p>	<p>10</p>	<p>11</p> <p>Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Sliced Strawberries Orange Juice/Skim Milk</p>	<p>12</p>	<p>13</p> <p>Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk</p>	
<p>16</p>	<p>17</p>	<p>18</p> <p>Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Ambrosia Orange Juice/Skim Milk</p>	<p>19</p>	<p>20</p> <p>French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice/Skim Milk</p>	
<p>23</p>	<p>24</p>	<p>25</p> <p>Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk</p>	<p>26</p>	<p>27</p> <p>Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk</p>	
<p>30</p>					
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