

| MARCH 2020 | MT. VERNON SENIOR CITIZENS CALENDAR | | | | For Seniors 60 & Over |
|------------|-------------------------------------|--|----------|--|-----------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | |
| 2 | 3 | 4 8:00 Breakfast 9:30 Book Club Walking Table Games | 5 | 6 8:00 Breakfast 9:30 Exercise Table Games | |
| 9 | 10 | 11 8:00 Breakfast 9:30 Book Club Walking Table Games | 12 | 13 8:00 Breakfast 9:30 Exercise Table Games | |
| 16 | 17 | 18 8:00 Breakfast 9:30 Book Club Walking Table Games | 19 | 20 8:00 Breakfast 9:30 Exercise Table Games | |
| 23 | 24 | 25 8:00 Breakfast 9:30 Book Club Walking Table Games | 26 | 27 8:00 Breakfast 9:30 Exercise Table Games | |
| 30 | 31 | | | | |

| MARCH 2020 | MT. VERNON SENIOR CITIZENS MENU | | | | For Seniors 60 & Over |
|------------|---------------------------------|---|----------|--|-----------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | |
| 2 | 3 | 4 Pancakes w/ Syrup Scrambled Eggs/Turkey Sausage Turkey Sausage Ambrosia Orange Juice/Skim Milk | 5 | 6 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk | |
| 9 | 10 | 11 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk | 12 | 13 Pancakes w/ Syrup Scrambled Eggs/Turkey Sausage Turkey Sausage Ambrosia Orange Juice/Skim Milk | |
| 16 | 17 | 18 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk | 19 | 20 French Toast Turkey Sausage Stewed Apples Orange Juice/Skim Milk | |
| 23 | 24 | 25 Scrambled Eggs Hash Browns Turkey Sausage Mixed Fruit Scrambled Eggs | 26 | 27 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk | |
| 30 | 31 | | | | |