

| SEPTEMBER 2017 | MT. VERNON SENIOR CITIZENS CALENDAR | | | | For Seniors 60 & Over |
|---|-------------------------------------|---|-----------|--|-----------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | |
| | | | | 1 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 | |
| 4 Labor Day Centers Closed | 5 | 6 8:00 Breakfast 9:30 Book Club Walking Table Games | 7 | 8 8:00 Breakfast Exercise Table Games | |
| 11 | 12 | 13 8:00 Breakfast 9:30 Book Club Walking Table Games | 14 | 15 8:00 Breakfast Exercise Table Games Bingo | |
| 18 | 19 | 20 8:00 Breakfast 9:30 Book Club Walking Table Games | 21 | 22 8:00 Breakfast Exercise Table Games Bingo | |
| 25 | 26 | 27 8:00 Breakfast 9:30 Book Club Walking Table Games | 28 | 29 8:00 Breakfast Exercise Table Games | |

| SEPTEMBER 2017 | MT. VERNON SENIOR CITIZENS MENU | | | | For Seniors 60 & Over |
|--|---------------------------------|---|----------|--|-----------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | |
| | | | | 1 Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk | |
| 4 Labor Day Holiday Centers Closed | 5 | 6 French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice/Skim Milk | 7 | 8 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk | |
| 11 | 12 | 13 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk | 14 | 15 Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Sliced Strawberries Orange Juice/Skim Milk | |
| 18 | 19 | 20 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk | 21 | 22 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk | |
| 25 | 26 | 27 Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk | 28 | 29 Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Ambrosia Orange Juice/Skim Milk | |
| Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! | | | | | |