

OCTOBER 2017	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 Exercise Table Games	
9	10	11 8:00 Breakfast 9:30 Book Club Walking Table Games	12	13 8:00 Breakfast Exercise Table Games	
16	17	18 8:00 Breakfast 9:30 Book Club Walking Table Games	19	20 8:00 Breakfast Exercise Table Games	
23	24	25 8:00 Breakfast 9:30 Book Club Walking Table Games	26	27 8:00 Breakfast Exercise Table Games	
30	31				

OCTOBER 2017	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Stewed Apples Orange Juice/Skim Milk	5	6 Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Stewed Apples Orange Juice/Skim Milk	
9	10	11 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	12	13 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	
16	17	18 Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Stewed Apples Orange Juice/Skim Milk	19	20 Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk	
23	24	25 French Toast Turkey Sausage Scrambled Eggs Sliced Strawberries Orange Juice/Skim Milk	26	27 Scrambled Eggs Hash Browns Turkey Sausage Mixed Fruit Orange Juice/Skim Milk	
30	31				
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook!					