

FEBRUARY 2018	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2 8:00 Breakfast Exercise Table Games	
5	6	7 8:00 Breakfast 9:30 Book Club Walking Table Games	8	9 8:00 Breakfast Exercise Table Games	
12	13	14 Happy Valentines Day!! 8:00 Breakfast 9:30 Book Club Walking Table Games	15	16 8:00 Breakfast Exercise Table Games	
19 CENTERS CLOSED FOR PRESIDENT'S DAY	20	21 8:00 Breakfast 9:30 Book Club Walking Table Games	22	23 8:00 Breakfast Exercise Table Games	
26 Remember to Donate To UNITED WAY! We Support them, & They Support Us!	27	28 8:00 Breakfast 9:30 Book Club Walking Table Games		**Winter Weather** <u>In the event of inclement weather,</u> <u>we will follow School Closings</u> <u>If Mt Vernon Schools are closed the</u> <u>Senior Center will be closed</u> <u>In the event of inclement weather,</u>	
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! On the Web: fcseniors.com					

FEBRUARY 2018	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	2 French Toast Turkey Sausage Stewed Apples Orange Juice/Skim Milk		
5	6	7 Pancakes w/ Syrup Scrambled Eggs/Turkey Sausage Turkey Sausage Ambrosia Orange Juice/Skim Milk	8 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk		
12	13	14 French Toast Turkey Sausage Stewed Apples Orange Juice/Skim Milk	15 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk		
19 CENTERS CLOSED FOR PRESIDENT'S DAY	20	21 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk	22 Scrambled Eggs Hash Browns Turkey Sausage Mixed Fruit		
26	27	28 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk			
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