

MARCH 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 8:30 Overview 9:30 Book Club Walking	8	9 8:00 Breakfast Exercise Table Games	
12	13	14 8:00 Breakfast 9:30 Book Club Walking Table Games	15	16 8:00 Breakfast Exercise Table Games	
19	20	21 8:00 Breakfast 9:30 Book Club Walking Table Games	22	23 8:00 Breakfast Exercise Table Games	
26	27	28 8:00 Breakfast 9:30 Book Club Walking Table Games	29	30 8:00 Breakfast Exercise Table Games	

MARCH 2018	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	
5	6	7 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk	8	9 Pancakes w/ Syrup Scrambled Eggs/Turkey Sausage Turkey Sausage Ambrosia Orange Juice/Skim Milk	
12	13	14 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	15	16 French Toast Turkey Sausage Stewed Apples Orange Juice/Skim Milk	
19	20	21 Scrambled Eggs Hash Browns Turkey Sausage Mixed Fruit Scrambled Eggs	22	23 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk	
26	27	28 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	29	30 Pancakes w/ Syrup Scrambled Eggs/Turkey Sausage Turkey Sausage Ambrosia Orange Juice/Skim Milk	

Center Phone: 501-849-2323

Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook!