

APRIL 2018	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 Spring Garden Club	
9	10	11 8:00 Breakfast 9:30 Book Club Walking Table Games	12	13 8:00 Breakfast Exercise Table Games Spring Garden Club	
16	17	18 8:00 Breakfast 9:30 Book Club Walking Table Games	19	20 8:00 Breakfast Exercise Table Games Spring Garden Club	
23	24	25 8:00 Breakfast 9:30 Book Club Walking Table Games	26	27 8:00 Breakfast Exercise Table Games Spring Garden Club	
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APRIL 2018	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4 Pancakes w/ Syrup Scrambled Eggs Sausage Mixed Fruit	5	6 Scrambled Eggs Turkey Sausage Hash Browns Sliced Strawberries Orange Juice	
9	10	11 French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice	12	13 Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Strawberries Orange Juice/ Skim Milk	
16	17	18 Pancakes w/ Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/ Skim Milk	19	20 Scrambled Eggs Biscuits w/ Country Gravy Sausage Orange Juice	
23	24	25 Scrambled Eggs Sausage Patty Hash Browns Sliced Oranges Orange Juice	26	27 Biscuits & Gravy Turkey Sausage Hash Browns Orange Juice/ Skim Milk	
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Center Phone: 501-849-2323

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