

JUNE 2018	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
				1	8:00 Breakfast Exercise Leisure Activities Garden Club
4	5	6 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	7	8	8:00 Breakfast Exercise Leisure Activities Garden Club
11	12	13 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	14	15	8:00 Breakfast Exercise Leisure Activities Garden Club
18	19	20 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	21	22	8:00 Breakfast Exercise Leisure Activities Garden Club
25	26	27 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	28	29	8:00 Breakfast Exercise Leisure Activities Garden Club

JUNE 2018	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
				1	Scrambled Eggs Sausage Hash Browns Sliced Strawberries Orange Juice Milk
4	5	6 Biscuits & Gravy Sausage Hash Browns Orange Juice Milk	7	8	Pancakes w/ Syrup Scrambled Eggs Sausage Mixed Fruit Milk
11	12	13 French Toast Sausage Scrambled Eggs Stewed Apples Orange Juice Milk	14	15	Sausage Biscuit w/ Country Gravy Scrambled Eggs Tropical Fruit Orange Juice 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 Sausage Ambrosia Orange Juice Milk
25	26	27 Sausage Biscuit w/ Country Gravy Scrambled Eggs Tropical Fruit Orange Juice Milk	28	29	French Toast Sausage Scrambled Eggs Stewed Apples Orange Juice Milk

Center Phone: 501-849-2323

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