

MAY 2015	MT. VERNON SENIOR CITIZENS CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00 Breakfast Exercise Table Games
4	5	6 8:00 Breakfast 9:30 Book Club Walking Table Games	7	8 8:00 Breakfast Exercise Table Games
11	12	13 8:00 Breakfast 9:30 Book Club Walking Table Games	14	15 8:00 Breakfast Exercise Table Games
18	19	20 8:00 Breakfast 9:30 Book Club Walking Table Games	21	22 8:00 Breakfast Exercise Table Games
25 Memorial Day ALL CENTERS WILL BE CLOSED	26	27 8:00 Breakfast 9:30 Book Club Walking Table Games	28	29 8:00 Breakfast Exercise Table Games
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! On the Web: fcseniors.com				

MAY 2015	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
				1	Biscuits & Gravy Turkey Sausage Hash Browns Orange Juice Milk
4	5	6 Scrambled Eggs Turkey Sausage Hash Browns Sliced Strawberries Orange Juice Milk	7	8	Pancakes w/ Syrup Scrambled Eggs Sausage Mixed Fruit Milk
11	12	13 French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice Milk	14	15	Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Strawberries Orange Juice Milk
18	19	20 Scrambled Eggs Biscuits w/ Country Gravy Sausage Orange Juice Milk	21	22	Pancakes w/ Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice Milk
25 Memorial Day ALL CENTERS WILL BE CLOSED	26	27 Biscuits & Gravy Turkey Sausage Hash Browns Orange Juice Milk	28	29	- French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice Milk
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