

SEPTEMBER 2016	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 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
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! On the Web: fcseiors.com					

SEPTEMBER 2016	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk
5 Labor Day Holiday Centers Closed	6	7 French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice/Skim Milk	8	9 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	
12	13	14 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	15	16 Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Sliced Strawberries Orange Juice/Skim Milk	
19	20	21 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	22	23 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	
26	27	28 Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk	29	30 Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Ambrosia Orange Juice/Skim Milk	
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