

OCTOBER 2023	MT. VERNON SENIOR CENTER 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	
9	10	11 8:00 Breakfast 9:30 Book Club Walking Table Games	12	13 8:00 Breakfast Exercise Table Games	
16	17	18 8:00 Breakfast 9:30 Book Club Walking Table Games	19	20 8:00 Breakfast Exercise Table Games	
23	24	25 8:00 Breakfast 9:30 Book Club Walking Table Games	26	27 8:00 Breakfast Nutrition Education Exercise Table Games	
30 HAPPY HALLOWEEN	31	32			
Center Phone: 501.849.2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Facebook.com/fcSeniorsar On the Web: fcseiors.com					