

JUNE 2016	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
		1 8:00 Breakfast 8:30 Overview 9:30 Book Club Walking	2	3 8:00 Breakfast Exercise Leisure Activities	
6	7	8 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	9	10 8:00 Breakfast Exercise Leisure Activities	
13	14	15 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	16	17 8:00 Breakfast Exercise Leisure Activities	
20	21	22 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	23	24 8:00 Breakfast Exercise Leisure Activities	
27	28	29 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	30		
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! On the Web: fcseniors.com					

JUNE 2016	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
		1 French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice Milk	2	3 Scrambled Eggs Turkey Sausage Hash Browns Sliced Strawberries Orange Juice Milk	
6	7	8 Biscuits & Gravy Turkey Sausage Hash Browns Orange Juice Milk	9	10 Pancakes w/ Syrup Scrambled Eggs Sausage Mixed Fruit Milk	
13	14	15 French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice Milk	16	17 Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Tropical Fruit Orange Juice Milk	
20	21	22 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	23	24 Pancakes w/ Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice Milk	
27	28	29 Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Tropical Fruit Orange Juice Milk	30		
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