

MARCH 2016	MT. VERNON SENIOR CITIZENS CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 8:00 Breakfast 9:30 Book Club Walking Table Games	3	4 8:00 Breakfast Exercise Table Games
7	8	9 8:00 Breakfast 9:30 Book Club Walking Table Games	10	11 8:00 Breakfast Exercise Table Games
14	15	16 8:00 Breakfast 9:30 Book Club Walking Table Games	17 ♣ St. Patrick's Day ♣	18 8:00 Breakfast Exercise Table Games
21	22	23 8:00 Breakfast 9:30 Book Club Walking Table Games	24	25 8:00 Breakfast Exercise Table Games
28	29	30 8:00 Breakfast 9:30 Book Club Walking Table Games	31	
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! On the Web: fcseniors.com				

MARCH 2016	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2 French Toast Turkey Sausage Stewed Apples Orange Juice/Skim Milk	3	4 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	
7	8	9 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk	10	11 Pancakes w/ Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	
14	15	16 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	17	18 French Toast Turkey Sausage Stewed Apples Orange Juice/Skim Milk	
21	22	23 Scrambled Eggs Hash Browns Turkey Sausage Mixed Fruit Scrambled Eggs	24	25 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk	
28	29	30 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Fruit Orange Juice Skim Milk	31		
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