

OCTOBER 2015	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	9	8:00 Breakfast Exercise Table Games
12	13	14	15	16	8:00 Breakfast Exercise Table Games
19	20	21	22	23	8:00 Breakfast Exercise Table Games
26	27	28	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: fcseniors.com					

OCTOBER 2015	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Stewed Apples Orange Juice/Skim Milk
5	6	7 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	8	9	Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk
12	13	14 Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Stewed Apples Orange Juice/Skim Milk	15	16	Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk
19	20	21 French Toast Turkey Sausage Scrambled Eggs Sliced Strawberries Orange Juice/Skim Milk	22	23	Scrambled Eggs Hash Browns Turkey Sausage Mixed Fruit Orange Juice/Skim Milk
26	27	28 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Stewed Apples Orange Juice/Skim Milk	29	30	Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Ambrosia Orange Juice/Skim Milk
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