

SEPTEMBER 2015	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2 8:00 Breakfast 8:30 Overview 9:30 Book Club Walking	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	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			
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! On the Web: fcseniors.com					

SEPTEMBER 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 Ambrosia Orange Juice/Skim Milk	3	4 Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk	
7 Labor Day Holiday Centers Closed	8	9 French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice/Skim Milk	10	11 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	
14	15	16 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	17	18 Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Sliced Strawberries Orange Juice/Skim Milk	
21	22	23 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	24	25 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	
28	29	30 Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk			
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