

JUNE 2019	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
3 The Mt. Vernon Senior Center is open two days a week. If you would like to participate at any of the Senior Centers in Faulkner County you are welcome to do so	4 The Vilonia Center is the nearest center to Mt. Vernon. For directions to any of our Faulkner County Senior Centers call 501-327-1122	5 8:00 Breakfast 9:30 Book Club Walking Tablegames	6	7 8:00 Breakfast Exercise Table Games Garden Club	
10	11	12 8:00 Breakfast 9:30 Book Club Walking Tablegames	13	14 8:00 Breakfast Exercise Table Games Garden Club	
17	18	19 8:00 Breakfast 9:30 Book Club Walking Tablegames	20	21 8:00 Breakfast Exercise Table Games Garden Club	
24	25	26 8:00 Breakfast 9:30 Book Club Walking Tablegames	27	28 8:00 Breakfast Exercise Table Games Garden Club	
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! On the Web: fcseniors.com					

JUNE 2019		MT. VERNON SENIOR CITIZENS MENU			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5 Sausage Biscuit w/ Country Gravy Scrambled Eggs Tropical Fruit Orange Juice Milk	6	7 Scrambled Eggs Sausage Hash Browns Sliced Strawberries Orange Juice Milk	
10	11	12 Biscuits & Gravy Sausage Hash Browns Orange Juice Milk	13	14 Pancakes w/ Syrup Scrambled Eggs Sausage Mixed Fruit Milk	
17	18	19 French Toast Sausage Scrambled Eggs Stewed Apples Orange Juice Milk	20	21 Sausage Biscuit w/ Country Gravy Scrambled Eggs Tropical Fruit Orange Juice Milk	
24	25	26 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	27	28 Pancakes w/ Syrup Scrambled Eggs Sausage Ambrosia Orange Juice Milk	
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