

NOVEMBER 2019	MT. VERNON SENIOR CITIZENS CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday
Conway Senior Center Fundraiser Pancake Breakfast, Silent Auction Bake Sale Saturday, December 7th 7 am - 12 noon	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	The Vilonia Center is the nearest center to Mt Vernon For directions to any of our Faulkner County Senior Centers call 501-327-1122		1 8:00 Breakfast Exercise Leisure Activities
4	5	6 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	7	8 8:00 Breakfast Exercise Leisure Activities
11	12	13 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	14	15 8:00 Breakfast Exercise Leisure Activities
18	19	20 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	21	22 8:00 Breakfast Exercise Leisure Activities
25	26	27	28 Centers Closed Thanksgiving Holiday!!	29 Centers Closed Thanksgiving Holiday!!
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! On the Web: fcseniors.com				

NOVEMBER 2019	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
				1 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	
4	5	6 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	7	8 Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Ambrosia Orange Juice/Skim Milk	
11	12	13 Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk	14	15 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	
18	19	20 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	21	22 French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice/Skim Milk	
25	26	27 Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Ambrosia Orange Juice/Skim Milk	28 Centers Closed Thanksgiving Holiday!!	29 Centers Closed Thanksgiving Holiday!!	
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