

| JULY 2017                                                                                                                                                              | MT. VERNON SENIOR CITIZENS CALENDAR |                                                                         |          |                                                                       | For Seniors 60 & Over |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|-------------------------------------------------------------------------|----------|-----------------------------------------------------------------------|-----------------------|
| Monday                                                                                                                                                                 | Tuesday                             | Wednesday                                                               | Thursday | Friday                                                                |                       |
| 3                                                                                                                                                                      | 4<br>Happy 4th of July              | 5<br>8:00 Breakfast<br>8:30 Overview<br>9:30 Book Club<br>Walking       | 6        | 7<br>8:00 Breakfast<br>Exercise<br>Leisure Activities<br>Garden Club  |                       |
| 10                                                                                                                                                                     | 11                                  | 12<br>8:00 Breakfast<br>9:30 Book Club<br>Walking<br>Leisure Activities | 13       | 14<br>8:00 Breakfast<br>Exercise<br>Leisure Activities<br>Garden Club |                       |
| 17                                                                                                                                                                     | 18                                  | 19<br>8:00 Breakfast<br>9:30 Book Club<br>Walking<br>Leisure Activities | 20       | 21<br>8:00 Breakfast<br>Exercise<br>Leisure Activities<br>Garden Club |                       |
| 24                                                                                                                                                                     | 25                                  | 26<br>8:00 Breakfast<br>9:30 Book Club<br>Walking<br>Leisure Activities | 27       | 28<br>8:00 Breakfast<br>Exercise<br>Leisure Activities<br>Garden Club |                       |
| 31                                                                                                                                                                     |                                     |                                                                         |          |                                                                       |                       |
| Center Phone: 501-849-2323      Open Wednesday & Friday 7:00 AM — 12:00 Noon    Like us on Facebook!      On the Web: <a href="http://fcseniors.com">fcseniors.com</a> |                                     |                                                                         |          |                                                                       |                       |

| JULY 2017                                                                                                        | MT. VERNON SENIOR CITIZENS MENU |                                                                                                                                                                                                                |          |                                                                                                                                                                                                                   | For Seniors 60 & Over |
|------------------------------------------------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Monday                                                                                                           | Tuesday                         | Wednesday                                                                                                                                                                                                      | Thursday | Friday                                                                                                                                                                                                            |                       |
| 3                                                                                                                | 4                               | 5 <div>             Oatmeal<br/>             Scrambled Eggs/Turkey Sausage<br/>             Hash Brown Patty<br/>             Mixed Fruit<br/>             Orange Juice<br/>             Milk           </div> | 6        | 7 <div>             Biscuits &amp; Gravy<br/>             Turkey Sausage<br/>             Hash Browns<br/>             Orange Juice<br/>             Milk           </div>                                        |                       |
| 10                                                                                                               | 11                              | 12 <div>             Pancakes w/ Syrup<br/>             Scrambled Eggs<br/>             Turkey Sausage<br/>             Ambrosia<br/>             Orange Juice<br/>             Milk           </div>          | 13       | 14 <div>             Turkey Sausage<br/>             Biscuit w/ Country Gravy<br/>             Scrambled Eggs<br/>             Stewed Apples<br/>             Orange Juice<br/>             Milk           </div> |                       |
| 17                                                                                                               | 18                              | 19 <div>             Scrambled Eggs<br/>             Biscuits w/ Country Gravy<br/>             Sausage<br/>             Orange Juice<br/>             Milk           </div>                                   | 20       | 21 <div>             French Toast<br/>             Turkey Sausage<br/>             Scrambled Eggs<br/>             Sliced Strawberries<br/>             Orange Juice<br/>             Milk           </div>       |                       |
| 24                                                                                                               | 25                              | 26 <div>             Biscuits &amp; Gravy<br/>             Turkey Sausage<br/>             Hash Browns<br/>             Orange Juice<br/>             Milk           </div>                                    | 27       | 28 <div>             Pancakes w/ Syrup<br/>             Scrambled Eggs<br/>             Turkey Sausage<br/>             Ambrosia<br/>             Orange Juice<br/>             Milk           </div>             |                       |
| 31                                                                                                               |                                 |                                                                                                                                                                                                                |          |                                                                                                                                                                                                                   |                       |
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