

NOVEMBER 2017	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
		1 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	2	3 8:00 Breakfast Exercise Leisure Activities	
6	7	8 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	9	10 8:00 Breakfast Exercise Leisure Activities	
13	14	15 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	16	17 8:00 Breakfast Exercise Leisure Activities	
20	21	22 8:00 Breakfast 9:30 Book Club Walking Leisure Activities	23 Centers Closed Thanksgiving Holiday!! 	24 Centers Closed Thanksgiving Holiday!!	
27	28	29	30	Conway Senior Center Fundraiser Pancake Breakfast, Silent Auction Bake Sale Saturday, December 3rd 7 am - 12 noon	
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook! On the Web: fcseniors.com					

NOVEMBER 2017	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
		1 French Toast Turkey Sausage Scrambled Eggs Stewed Apples Orange Juice/Skim Milk	2	3 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	
6	7	8 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	9	10 Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Ambrosia Orange Juice/Skim Milk	
13	14	15 Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk	16	17 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	
20	21	22 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	23 Centers Closed Thanksgiving Holiday!!	24 Centers Closed Thanksgiving Holiday!!	
27	28	29 Turkey Sausage Biscuit w/ Country Gravy Scrambled Eggs Ambrosia Orange Juice/Skim Milk	30		
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