

JANUARY 2018	MT. VERNON SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
1 HAPPY NEW YEAR! CENTERS CLOSED	2 UNITED WAY Campaign Begins PLEASE HELP BY MAKING A DONATION !!	3 8:00 Breakfast 8:15 Overview 9:30 Book Club Walking Table Games	4	5 8:00 Breakfast Exercise Table Games Bingo	
8	9	10 8:00 Breakfast 8:15 Overview 9:30 Book Club Walking Table Games	11	12 8:00 Breakfast Exercise Table Games Bingo	
15 Martin Luther King Jr. Day Centers Closed	16	17 8:00 Breakfast 9:30 Book Club Walking Table Games	18	19 8:00 Breakfast Exercise Table Games Bingo	
22	23	24 8:00 Breakfast 9:30 Book Club Walking Table Games	25	26 8:00 Breakfast Exercise Table Games Bingo	
29	30	31 8:00 Breakfast 9:30 Book Club Walking Table Games	*****Winter Weather***** In the event of inclement weather, we will follow School Closings If the Mt Vernon Schools close, the Senior Center will be closed		
Center Phone: 501-849-2323					
Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook!					
On the Web: fcseniors.com					

JANUARY 2018		MT. VERNON SENIOR CITIZENS MENU			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
1 HAPPY NEW YEAR	2 "Winter Weather" In the event of inclement weather, <u>we will follow School Closings</u> <u>If the Mt Vernon Schools close, the</u> <u>Senior Center will be closed</u>	3 Scrambled Eggs Hash Browns Turkey Sausage Mixed Fruit	4	5 French Toast Turkey Sausage Stewed Apples Orange Juice/Skim Milk	
CENTERS CLOSED					
8	9	10 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk	11	12 Pancakes w/ Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	
15 Martin Luther King Jr. Day Centers Closed	16	17 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	18	19 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk	
22	23	24 Pancakes w/ Syrup Scrambled Eggs/Turkey Sausage Turkey Sausage Ambrosia Orange Juice/Skim Milk	25	26 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk	
29	30	31 Turkey Sausage Biscuit w/Country Gravy Sliced Strawberries Orange Juice/Skim Milk			
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