

HELPING PEOPLE.  
CHANGING LIVES!



# March 2024



♥happy♥easter♥



**Thank you for your continued support and your donations! Every donation the Senior Center receives helps fund the program and helps supply more meals and services to Seniors!**



Hello March Everyone:

Our Meal sites are open, if you are interested in receiving a meal give us a call the day before to order a meal. They serve at 11:00 Monday-Friday.

Do you need help with your utilities? LIHEAP may help. Call to schedule an appointment.

Do you need help paying your Part B Premium or help with medication cost? Call and schedule an appt. with a SHIP counselor to see if your qualify.

Medicare Advantage open enrollment starts Jan.1-March 31. Call us to make an appointment 309-788-6335.

We have a Matter of Balance Class and also a Stress Busting Class starting in March.

Caregiver assistance available, especially for grandparents raising grandchildren, caregivers of loved ones with Alzheimer's or a dementia like illness.

If you are interested in any of these programs please call 309-788-6335.

**DATES TO REMEMBER!**

- March 6th-Rules of the Road-Senior Center - 1-3
  - March 8th and 19th-Bingo-Senior Center-Noon
  - March 10th-Turn Clocks ahead one hour
  - March 12th and 26th-Bingo-Online only-Noon
  - March 22-Celebrate March Birthday's
- Happy March!!**



**NEED A RIDE?**

**RIM  
RURAL  
PUBLIC  
TRANSIT**

Serving  
Rural Rock Island  
&  
Mercer Counties

**Hours: M-F**



**8:00 am—4:00 pm**

**To Schedule an appointment, call:**

**309-788-6335  
1-800-526-0844  
TTY 1-800-526-0844  
ridetherim.org**

**THE ROCK ISLAND COUNTY SENIOR CENTER POLICY STATES THAT ALL PERSONS 60 AND OVER CAN BE SERVED WITH NO REGARD TO DURATION OF RESIDENCY OR CITIZENSHIP . The Rock Island County Senior Center does not discriminate in admission to or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; The U.S Civil Rights Act Section 504 of rehabilitation Act; the Age Discrimination Act; The age Discrimination in employment act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging, for information, call 1-800-252-8966(Voice and TDD), or contact The Program Manager at WIAAA, 1-800-322-1051. Clients may not be denied service if they cannot contribute a donation. Senior Services funding provided by Western Illinois Area Agency on Aging.**