



HELPING PEOPLE.  
CHANGING LIVES!



2221 11TH STREET  
ROCK ISLAND IL 61201  
**(309) 788-6335 or (800) 788-6308**

**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



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!

Warm and Friendly Atmosphere and Lunch!  
Join us for lunch at one of our 6 Rock Island County Meal Sites:

- ♥ Rock Island County Senior Center, Rock Island: Monday-Friday
- ♥ Westwood Terrace, Moline: Monday-Friday
- ♥ Colona House, East Moline: Monday-Friday
- ♥ Edgington Presbyterian Church, Edgington: Monday & Thursday
- ♥ American Legion Hall, Reynolds: Wednesday
- ♥ 1st United Methodist Church, Port Byron: Tuesday-Thursday

\*Please call the Senior Center at 309-788-6335 for more information\*

**GOOD THINGS NOW**

**Quality Used Clothing and Much More!**  
Vouchers Available at the Senior Center  
Call **309-788-6335** to learn more  
Rock Island-2000 3rd Ave Rock Island 309-793-6353  
Aledo-605 SW 3rd Street Aledo 309-582-3244

Do you need help with your UTILITIES? LIHEAP Program may help.  
Call **788-6335** to schedule an appointment today!  
Income Guidelines = households with income up to 150% of Poverty Level

**License Plate Sticker Discount/Free Bus Pass**

Good For Up to Two Years/Renewed Every Other Year  
Must be either: 65 Years of Age or Older/16 Years of Age or Older with a Disability  
Please Call the Senior Center at **309-788-6335** to see if You Qualify!

**Struggling to Pay for Your Prescriptions?**  
**Need Help Paying your Medicare Part B Premium? We Can Help!**

Medicare and Medicaid counseling available at no cost to you  
To Schedule an appointment or for any questions please call **309-788-6335**

**SENIOR CENTER HAPPENINGS**

**-LUNCH-**  
MONDAY- FRIDAY AT 11 AM  
**-BINGO-**  
TUESDAY AT NOON  
**-FREE BREAD-**  
EVERY THURSDAY  
DONATED BY HY-VEE

**4/1/19-HAPPY APRIL FOOLS' DAY/WAFFLE BREAKFAST**  
9:00AM

**4/3/19-JOHN & KAY RETZL W/ JUMER'S SERVING LUNCH**  
10:30AM

**4/9/19-ORAL HEALTH PRESENTATION W/ JANET FROM FAMILIA DENTAL**  
11:30AM

**4/23/19-SPRING BINGO**  
HOSTED BY UHC  
12:00PM

**VOLUNTEERS**  
**MAKE A DIFFERENCE**  
**SIGN UP TODAY!**

Our Home Delivered Meals Program relies on volunteers to deliver nutritious meals to Seniors who can no longer get out or cook for themselves. If you, or someone you know, is interested in volunteering, please contact the  
**Rock Island County Senior Center**  
at **309-788-6335** for more information.

**Jumer's April Lunch**  
**Schedule for Meal Sites**








**April 3rd**— Rock Island County Senior Center, Rock Island  
**April 17th**—Westwood Terrace, Moline

\*Please let us know 24 hours in advance if you would like a meal\*

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.

PROUDLY SERVING  
SENIORS SINCE 1968

# April 2019 Menu

MON	TUE	WED	THU	FRI
<p>1. MEATLOAF MASHED POTATOES PEAS DINNER ROLL SUGAR COOKIE MILK &amp; ORANGE JUICE</p> 	<p>2. SMOTHERED CHICKEN BAKED SWEET POTATO LIMA BEANS WHOLE WHEAT BREAD OATMEAL COOKIE MILK &amp; APPLE JUICE</p>	<p>3. BBQ PORK ON BUN ROTINI PASTA SALAD GREEN BEANS FRESH PEAR MILK &amp; ORANGE JUICE</p> 	<p>4. NO MEALS SERVED/ DELIVERED AGENCY IN SERVICE</p> 	<p>5. SEASONED CHICKEN WITH LS CHICKEN GRAVY BAKED POTATO SPINACH CANTALOUPE CUBES WHOLE WHEAT BREAD COOKIES MILK &amp; ORANGE JUICE</p>
<p>8. ROASTED CHICKEN BREAST MASHED POTATOES SPINACH WHOLE WHEAT BREAD COOKIES MILK &amp; APPLE JUICE</p>	<p>9. BEEF NOODLE CASSEROLE PICKLED BEETS DINNER ROLL APPLE MILK &amp; ORANGE JUICE</p>	<p>10. CATFISH BABY RED POTATOES COLESLAW WHOLE WHEAT BREAD OATMEAL RAISIN COOKIE MILK &amp; APPLE JUICE</p>	<p>11. COUNTRY STYLE RIBS AU GRATIN POTATOES CARROTS DINNER ROLL FRUIT COCKTAIL MILK &amp; ORANGE JUICE</p>	<p>12. SPAGHETTI &amp; MEATBALLS TOSS SALAD W/ DRESSING DINNER ROLL SUMMER FRUIT CUP MILK &amp; APPLE JUICE</p> 
<p>15. SWEET &amp; SOUR CHICKEN RICE BROCCOLI FLORETS DINNER ROLL APPLE MILK &amp; ORANGE JUICE</p>	<p>16. BEEF HOT DOG BAKED BEANS BEETS PEACHES MILK &amp; APPLE JUICE</p> 	<p>17. FRUITED CHICKEN SALAD WHOLE WHEAT BREAD TOMATO &amp; CUCUMBER SALAD FRUIT COCKTAIL MILK &amp; ORANGE JUICE</p>	<p>18. ROAST PORK LOIN BAKED YAM HALF SUCCOTASH WHOLE WHEAT BREAD CHOCOLATE CHIP COOKIE MILK &amp; APPLE JUICE</p>	<p>19. MEATLOAF MASHED POTATOES CARROTS WHOLE WHEAT BREAD RASPBERRY PASTRY MILK &amp; ORANGE JUICE</p>
<p>22. LOOSE MEAT SANDWICH HASHBROWN WEDGE COLESLAW APRICOT HALVES MILK &amp; APPLE JUICE</p> 	<p>23. ROAST BEEF GARLIC MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD LEMON BARS MILK &amp; ORANGE JUICE</p>	<p>24. SMOTHERED PORK CHOP BAKED YAM HALF CALIFORNIA MEDLEY WHOLE WHEAT BREAD BLONDE BROWNIE MILK &amp; APPLE JUICE</p>	<p>25. TUNA SALAD ON CROISSANT LETTUCE/TOMATO SLICES PEA SALAD FRESH ORANGE MILK &amp; ORANGE JUICE</p>	<p>26. CHICKEN MARSALA RICE STEAMED CABBAGE WHOLE WHEAT BREAD FRESH FRUIT MILK &amp; APPLE JUICE</p>
<p>29. MEATLOAF MASHED POTATOES PEAS WHOLE WHEAT BREAD WATERMELON COOKIES MILK &amp; ORANGE JUICE</p>	<p>30. EGG SALAD SANDWICH LETTUCE/TOMATO SLICES MARINATED TOMATO SALAD PEACHES MILK &amp; APPLE JUICE</p>			

THERE COULD BE SLIGHT VARIATIONS IN THIS MENU.

**Suggested Donations: Congregate Meals \$3.00 & Home Delivered Meals \$4.00**

Participants will not be denied service if they cannot or will not contribute to the cost of the meal.

\*Please let us know by noon the day before if joining us for lunch\*