




2019

Project NOW
 Community Action Agency
 (309) 582-2644

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. French Bread Pizza Sausage/Pepperoni Corn Salad Mixed Fruit	2. Rigatoni w/ meat sauce Broccoli Applesauce	3. Chicken Salad Sandwich Cherry Tomatoes Coleslaw Grapes
6. Chicken Fajitas Green & Red Peppers California Veggies Rice Apricots	7. BBQ Rib Patty Corn Green Beans Jello w/ Bananas	8. Baked Spaghetti Tossed Salad Tomatoes Peaches	9. Italian Chicken Au Gratin Potatoes Peas Applesauce	10. Pork Burgers Baked Beans Carrot Sticks Pears
13. Oven Fried Chicken Coleslaw Corn Wild Rice Plums	14. Cheesy Ham & Hash Brown Bake Normandy Veggies Pasta Salad Peaches	15. Roast Beef & Cheese on Pretzel bun Green Beans Tri-taters Pineapple Lush Cake	16. Maid Rite w/ cheese Mashed potatoes Tossed Salad Orange	17. Cod Fillets Baked Potato Broccoli w/ cheese Tropical Fruit
20. Meatball Sandwich Sweet Potatoes Salad Strawberry Cake	21. Beef Enchilada Corn/Black Beans Shredded Lettuce Banana	22. Chicken Parmesan Au Gratin Potatoes Diced Tomatoes Fruit Cocktail	23. Ham, Egg & Cheese Biscuit Tri-tater V-8 Juice Apple Slices	24. Chili Cheese Hot Dog Tomatoes Carrot Sticks Apricots
27. CLOSED 	28. Chipped Beef Mashed Potatoes Capri Veggies Orange	29. Taco Salad Lettuce & Tomatoes Chili Cheese Fritos Baked Apples	30. Potato Soup Green Beans Cottage Cheese Corn Bread Tropical Fruit	31. Chicken & Cheese Quesadilla Corn Tossed Salad Grapes

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.

Lunch is served at 11:30, Monday—Friday at our Aledo Meal Site.

Reservations for congregare meals must be called in prior to 12:30 the day before by calling Deb at (309) 582-5492.



ROCK ISLAND, MERCER, HENRY County- "Do you need help with your utility bills?"

LAST MONTH TO GET AN APPOINTMENT FOR THE PROGRAM YEAR

LIHEAP assistance programs available to all households at or below 150% of poverty level throughout Rock Island, Henry and Mercer counties. Please call your local Project NOW office to make an appointment. Please contact a local office

Project NOW Office Locations:

Rock Island Office- 309-793-6391 Moline Office- 309-764-8092 Henry County- 309-852-4565

Mercer County- 309-582-2644 Rock Island County Senior Center- 309-788-6335



CHOOSING HEALTHY MEALS AS YOU GET OLDER

1. Drink plenty of liquids - drink water often!
2. Make eating a social event - Senior Centers are a great place to eat with others.
3. Plan healthy meals - visit ChooseMyPlate.gov and the National Institute on Aging for great advice.
4. Know how much to eat - use portion control.
5. Vary your vegetables - vary the color of veggies on your plate.
6. Eat for your teeth and gums - try cooked or canned unsweetened fruits & low sodium veggies.
7. Use Herbs & Spices - food may seem to lose flavor as you age try adding spices to liven up the taste.
8. Keep food safe - throw out food that might be expired & avoid foods that are risky for an older adult, such as, unpasteurized dairy, raw or undercooked foods.
9. Read the Nutrition Facts label- make the right choices when buying foods. Talk to your doctor if there are ingredients that you need to increase or decrease.
10. Ask your doctor about vitamins or supplements.



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

TTY 1-800-526-0844

ridetherim.org



In case of inclement weather: Congregate meal sites may be closed, and Home Delivered Meals may be cancelled. Listen to WRMJ (102.3) or watch Channel 6 or 8 for more information. Please make sure you are prepared in case we are unable to provide your 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.