



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, and Friday
- ♥ American Legion Hall, Reynolds: Wednesday
- ♥ 1st United Methodist Church, Port Byron: Tuesday & Wednesday

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

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!

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.



SENIOR CENTER HAPPENINGS

-LUNCH-
MONDAY- FRIDAY AT 11 AM

-BINGO-
TUESDAY AT NOON

-FREE BREAD-
EVERY THURSDAY
DONATED BY HY-VEE

6/3/19-WAFFLE BREAKFAST
BAR 9AM

6/11/19-MEDICARE BINGO
HOSTED BY UHC 12PM

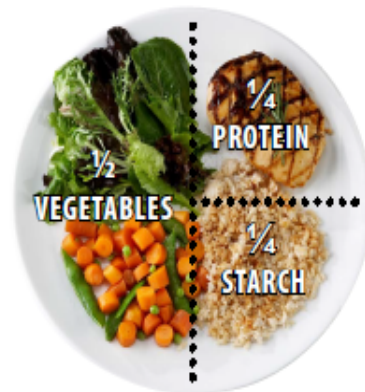
6/21/19-FIRST DAY OF
SUMMER

6/28/19-JUNE POTLUCK
BIRTHDAY PARTY 10:30AM

Jumer's June Lunch Schedule for Meal Sites

June 5th- Westwood Terrace, Moline
June 19th-Colona House, East Moline

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



PORTION SIZE YOUR PLATE

1/2 PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

1/4 PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.





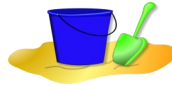
1/4 PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

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.

June 2019 Menu



MON	TUE	WED	THU	FRI
<p>3. LOOSE MEAT SANDWICH HASHBROWN WEDGE COLESLAW APRICOT HALVES MILK & APPLE JUICE</p> 	<p>4. TUNA SALAD ON CROISSANT LETTUCE/TOMATO SLICES PEA SALAD FRESH ORANGE MILK & ORANGE JUICE</p>	<p>5. ROAST BEEF GARLIC MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD LEMON BARS MILK & APPLE JUICE</p>	<p>6. SMOTHERED PORK CHOP BAKED YAM HALF CALIFORNIA MEDLEY WHOLE WHEAT BREAD BLONDE BROWNIE MILK & ORANGE JUICE</p>	<p>7. CHICKEN MARSALA RICE STEAMED CABBAGE WHOLE WHEAT BREAD FRESH FRUIT MILK & APPLE JUICE</p>
<p>10. MEATLOAF MASHED POTATOES PEAS WHOLE WHEAT BREAD WATERMELON COOKIES MILK & ORANGE JUICE</p>	<p>11. EGG SALAD SANDWICH LETTUCE/TOMATO SLICES MARINATED TOMATO SALAD PEACHES MILK & APPLE JUICE</p>	<p>12. CHICKEN CHOW MEIN RICE ASIAN BLEND VEGETABLES DINNER ROLL FRUIT MILK & ORANGE JUICE</p>	<p>13. HAMBURGER ON BUN PARSLEY POTATOES CARROTS FRESH PEAR MILK & APPLE JUICE</p> 	<p>14. AMISH ROAST BEEF MACARONI & CHEESE FRENCH GREEN BEANS WHOLE WHEAT BREAD FRUIT COCKTAIL MILK & ORANGE JUICE</p> 
<p>17. BEEF MACARONI CASSEROLE PEAS WHOLE WHEAT BREAD FRESH APPLE MILK & APPLE JUICE</p>	<p>18. TURKEY CLUB ON CROISSANT KIDNEY BEAN SALAD FRESH GRAPES MILK & ORANGE JUICE</p>	<p>19. BAKED COD OVEN BROWNED POTATOES ASPARAGUS W/ LEMON ALMOND WHOLE WHEAT BREAD FRESH PLUM MILK & APPLE JUICE</p>	<p>20. COUNTRY STYLE RIBS SPINACH POTATO SALAD FRESH ORANGE WHOLE WHEAT BREAD LEMON BARS MILK & ORANGE JUICE</p>	<p>21. ROAST BEEF MASHED POTATOES GRAVY CORN WHOLE WHEAT BREAD MILK & ORANGE JUICE</p> 
<p>24. SMOTHERED CHICKEN BAKED SWEET POTATO LIMA BEANS WHOLE WHEAT BREAD OATMEAL COOKIE MILK & ORANGE JUICE</p>	<p>25. BBQ PORK ON BUN ROTINI PASTA SALAD GREEN BEANS FRESH PEAR MILK & APPLE JUICE</p> 	<p>26. MEATLOAF MASHED POTATOES PEAS DINNER ROLL SUGAR COOKIE MILK & ORANGE JUICE</p>	<p>27. BEEF MACARONI CASSEROLE MIXED VEGETABLES WHOLE WHEAT BREAD APPLESAUCE MILK & APPLE JUICE</p>	<p>28. SEASONED CHICKEN W/ LS CHICKEN GRAVY BAKED POTATO SPINACH CANTALOUPE CUBES WHOLE WHEAT BREAD COOKIES MILK & ORANGE</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