

June 2019

Project NOW
Community Action Agency
(309) 582-2644

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. PORK LOIN ROASTED POTATOES WAX BEANS PUMPKIN BROWNIE	4. EGG SALAD SANDWICH GREEN BEANS SWEET POTATO NUGGETS PEARS	5. CHICKEN STRIPS MASHED POTATOES CALIFORNIA VEGGIES TROPICAL FRUIT	6. HAMBURGER STEAK RANCH POTATOES NORMANDY VEGGIES BANANA	7. SALMON PATTIES BROCCOLI CAULIFLOWER APPLE SPICE CAKE
10. BAKED PORK CHOP MASHED POTATOES COLESLAW PINEAPPLE	11. CHICKEN W/ ASIAN NOODLES GREEN & RED PEPPERS ASIAN VEGGIES PEACHES	12. BEEF STROGANOFF PEAS CARROTS APPLE CRISP	13. SHEPHARD'S PIE MASHED POTATOES GREEN BEANS PEARS	14. FISH PATTY TOSSED SALAD SCALLOPED POTATOES ORANGE
17. SWEET N SOUR CHICKEN ASIAN VEGGIES SPRING ROLL STRAWBERRY FLUFF	18. HOT HAM & CHEESE SUB TRI-TATER SPINACH SALAD APPLES & CRANBERRIES	19. CHICKEN POT PIE MASHED POTATOES PEARS	20. ITALIAN CAVATINI LETTUCE SALAD CARROTS BANANA	21. BREAKFAST CASSEROLE WITH SAUSAGE BISCUIT V-8 JUICE HASHBROWNS TROPICAL FRUIT
24. HAM SALAD ON CROISANT CARROT STICKS PEA SALAD PEACH COBBLER	25. CHEESY TUNA CASSEROLE CALIFORNIA BLEND VEGGIES FRUIT COCKTAIL	26. CHEESEBURGER SEASONED POTATOES TOSSED SALAD APRICOTS	27. HOT TURKEY SANDWICH BROCCOLI CORN APPLE CRISP	28. PORK LOIN MASHED POTATOES WAX BEANS PINEAPPLE
	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!		ALL MEALS ARE SERVED WITH 1% MILK	

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

Try Us!

Hours of Operation: Monday - Friday 8:00 am - 4:00 pm

Fees per trip: Seniors 60 and older, donation of \$1.50 within same county

1-20 miles \$3.00

21-40 miles \$5.00

41+ miles \$7.00

PLEASE CALL AT LEAST 24 HOURS IN ADVANCE TO SCHEDULE YOUR RESERVATION.

RIM Rural Transit offers door-to-door service throughout the two-county service area.



RIM RURAL TRANSIT
Providing public transportation to
Rural Rock Island & Mercer Counties
(309) 788-6335
TTY 1-800-526-0844

As we get older, our bodies have different needs, so certain nutrients become especially important for good health:

Fiber: Eating fiber-rich foods helps bowels move regularly, lowering the risk of constipation. A high-fiber diet can also lower the risk for many chronic conditions including heart disease, obesity and some cancers. Good sources of fiber include:

- 100% whole meal or wholegrain bread
- Breakfast cereals such as porridge, Weetabix, shredded wheat, bran flakes
- Other cereals such as brown rice, brown pasta
- Potatoes eaten in their jackets
- Fruits and vegetables
- Pulse vegetables such as beans, peas and lentils.

Breakfast can be a super way to get a high fiber start to the day: Add linseed to a wholegrain cereal or to yoghurt or have prune juice instead of orange juice to



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.