



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

Be the reason someone smiles today!

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



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

March 4— West Wood
Terrace; Moline

March 18— Colona House;
East Moline

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



Every Saturday,
AARP will be assisting with Income
Tax Preparation at the
**Rock Island County
Senior Center**
from **9:00AM to 1:00 PM**
To schedule an appointment call:
211 (land line) or 563-355-9900

**Medicare Advantage
Open Enrollment Period (OEP)**

THE MEDICARE ADVANTAGE
OPEN ENROLLMENT PERIOD WILL BE FROM
JANUARY 1ST TO MARCH 31ST 2020
CALL [309-788-6335](tel:309-788-6335) IF YOU ARE CONSIDERING A
CHANGE IN ADVANTAGE PLANS

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

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

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!

**Do you need help with your UTILITIES?
LIHEAP Program may help.**

Call **788-6335** to schedule an appointment!
Income Guidelines = households with
income up to 150% of Poverty Level

SENIOR CENTER HAPPENINGS

-LUNCH-
MONDAY- FRIDAY AT 11 AM

-BINGO-
TUESDAY AT NOON

-FREE BREAD-
EVERY THURSDAY AT 10AM
DONATED BY HY-VEE

**3/4/20- IL/IA CENTER FOR
INDEPENDENT LIVING
FRIENDS GROUP & EXERCISE
10AM**

**3/4/2020-RULES OF THE ROAD
REVIEW COURSE- 1:00-3:00**

**3/18/20- IL/IA CENTER FOR
INDEPENDENT LIVING
FRIENDS GROUP & EXERCISE
10AM**

**3/23/2020- HEALTHY CENTS W/
MR APPLE 10:00AM**

**ATTENTION ALL
HOME DELIVERED MEAL
CUSTOMERS:**

Reassessments are done annually
to continue to qualify for meals.

In order for Home Delivered
Meals to be provided to you, you
have to be home to receive the
meal. HDM drivers and
Volunteers are unable to leave a
meal unless arrangements have
been made previously with the
office. If you are not home to
receive the meal for three days in
a row, meals will be put on hold
until the office is contacted. Please
call the office with any questions
309-788-6335.

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

March 2020 Menu

MON	TUE	WED	THU	FRI
2. PORK LOIN SWEET POTATOES SUCCOTASH CHOCOLATE CHIP COOKIE MILK ORANGE JUICE	3. BEEF MACARONI CASSEROLE PEAS TROPICAL FRUIT MILK APPLE JUICE	4. SLICED ROAST BEEF CALIFORNIA BLEND VEGETABLES SLICED PEACHES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK & ORANGE JUICE	5. BBQ PORK RIB CARROTS FRESH PINEAPPLE SUGAR COOKIE WHOLE WHEAT BREAD MILK GRAPE JUICE	6. LEMON PEPPER COD CORN GLAZED CARROTS PEANUT BUTTER COOKIE DINNER ROLL MILK APPLE JUICE
9. SLICED ROAST BEEF MASHED POTATOES PEAS SUGAR COOKIE WHOLE WHEAT BREAD MILK ORANGE JUICE	10. BREADED CATFISH FILLET OVEN BROWNED POTATOES BROCCOLI FLORETS WHOLE WHEAT BREAD RANGER COOKIE MILK APPLE JUICE	11. PORK CHOP BAKED YAM APPLESAUCE CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK GRAPE JUICE	12. HAMBURGER ON BUN KETCHUP/ MUSTARD OVEN BROWNED POTATOES FRENCH GREEN BEANS PEACHES OR PEARS MILK ORANGE JUICE	13. CHICKEN A LA KING OVER BISCUIT GLAZED CARROTS PEAS PEANUT BUTTER COOKIE MILK APPLE JUICE
16. BEEF STIR FRY RICE FRESH PINEAPPLE DINNER ROLL MILK ORANGE JUICE	17. BBQ CHICKEN MASHED POTATOES LIMA BEANS RICE KRISPIE SQUARE DINNER ROLL MILK APPLE JUICE	18. SWISS STEAK RICE CARROTS FRUIT COCKTAIL WHOLE WHEAT BREAD MILK APPLE JUICE	19. SMOTHERED CHICKEN SWEET POTATOES ITALIAN VEGETABLES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK / ORANGE JUICE	20. ROAST TURKEY STUFFING PEAS CRANBERRY SAUCE DINNER ROLL MILK GRAPE JUICE
23. PORK MEDALLIONS WITH MARSALA SAUCE SWEET POTATOES LIMA BEANS APPLESAUCE DINNER ROLL MILK ORANGE JUICE	24. SPAGHETTI WITH MEATSAUCE BROCCOLI FLORETS FRUIT COCKTAIL DINNER ROLL MILK APPLE JUICE	25. SWEDISH MEATBALLS RICE CARROTS APRICOTS WHOLE WHEAT BREAD MILK GRAPE JUICE	26. ROAST BEEF BAKED POTATOE PEAS OATMEAL RAISIN COOKIE DINNER ROLL MILK ORANGE JUICE	27. ROAST TURKEY OVEN BROWNED POTATOES ITALIAN BLEND VEGETABLES SUGAR COOKIE DINNER ROLL MILK / ORANGE JUICE
30. ROSMARY PORK LOIN SUCCOTASH CAPRI VEGETABLES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK / ORANGE JUICE	31. BEEF STEW PEAS DINNER ROLL SUGAR COOKIE MILK APPLE JUICE			

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