








August 2018 MENU



Project NOW
Community Action Agency
(309) 582-2644

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <i>When life gives you L I M E S, rearrange the letters until they stay S M I L E.</i> 		1. BAKED CHICKEN ROASTED POTATOES BROCCOLI W/ CHEESE WHEAT BREAD FRUIT COCKTAIL	2. SLOPPY JOES POTATO SALAD CAPRI VEGGIES MADARIN ORANGES	3. HAM & CHEESE SUB TATER TOTS SALAD COOKIE
6. PORK CHOP BAKED BEANS NORMANDY VEGGIES STUFFING APPLESAUCE	7. COUNTRY FRIED STEAK MASHED POTATOES GREEN BEANS CHOCOLATE PUDDING	8. TACOS REFIRED BEANS PEARS 	9. SWEET & SOUR CHICKEN STIR FRY VEGGIES EGG ROLL FRIED RICE FORTUNE COOKIE	10. GOULASH CORN TROPICAL FRUIT
13. TURKEY CLUB CAULIFLOWER CARROTS PEARS	14. BBQ RIB PATTY BROCCOLI SALAD BAKED BEANS ORANGE FLUFF	15. PIZZA BREAD (SAUSAGE & PEPPERONI) CORN SALAD PEACHES	16. GRILLED CHICKEN NORMANDY VEGGIES BRUSSEL SPROUTS WILD RICE 5 CUP SALAD	17. HAM STEAK SCALLOPED POTATOES COLESLAW APPLE SLICES
20. BEEF & POTATO CASSEROLE WAX BEANS PEAS PEACHES	21. MEATBALL SANDWICH POTATO WEDGES SALAD MIXED FRUIT	22. BBQ CHICKEN BABY BAKERS CORN PINEAPPLE 	23. BREAKFAST CASSEROLE (SAUSAGE & EGG) HASH BROWNS V-8 JUICE BANANA	24. HAMBURGER STEAK MASHED POTATOES GREEN BEANS BROWNIE
27. CAVATINI SUPREME GREEN BEANS TAPIOCA PUDDING 	28. CHEESY MAID RITE MIXED VEGGIES SALAD TROPICAL FRUIT	29. CHICKEN POT PIE (POTATOES, PEAS & CARROTS) LIME JELLO	30. PORK ROAST MASHED POTATOES GRAVY CAPRI VEGGIES APRICOTS	31. SWISS STEAK TOMATOES & PEPPERS PEA SALAD RICE COOKIE



Join
Project NOW
celebrating



September 7
2018
2- 7 pm

Schwiebert Park
101 17th St
Rock island, IL

Meet our staff,
bring your family
and we will bring
the entertainment!

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

All meals are served with 1% milk.



LIHEAP ASSISTANCE WILL BEGIN OCTOBER 1ST FOR ALL ELDERLY (AGE 60+) & DISABLED HOUSEHOLDS



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.

HOME DELIVERED RESERVATIONS/CANCELLATIONS MUST BE MADE BY CALLING (309) 582-2644

NOW TAKING APPLICATIONS FOR WEATHERIZATION

This program helps reduce heating and cooling costs by identifying and correcting the energy issues to make your home operate with more energy efficiency. Work may include: sealing cracks, insulating attics and walls, repairing windows and doors, inspection of heating system, health/safety enhancements, repair/replace furnaces. This service is free to households that are eligible for LIHEAP. Priority is given to households with elderly, children, or disabled occupants. RENTERS are also eligible for weatherization assistance if landlord agrees to the program terms.

Project NOW Office locations: Rock Island: (309) 793-6391 Mercer County: (309) 582-2644

Did you know that Project NOW provides transportation to the entire public? RIM is available for all your travel needs.

Need to go:

Grocery Shopping

Doctor Appointment

Hair Cut

Visit a friend



(309) 788-6335



5 FOODS TO LOWER BLOOD PRESSURE



Celery



Berries



Oatmeal



Broccoli



Bananas

PROJECT NOW HEAD START IS NOW ENROLLING FOR FALL CLASSES

The program is designed for:

- *Families living in poverty (up to 130% of poverty level)
- *Children aged 3-5 years.
- *Focusing on children with health-related issues and disabilities
- *Various environments and experiences
- *Promoting a positive self-concept
- *Enhancing awareness of the world
- *Partnering with parents

582-3668



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.