



2221 - 11TH STREET
ROCK ISLAND IL 61201 (309)

WELCOME TO 2018!!!

**NEED
A
RIDE?**

Call :
**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



Do you need help with your UTILITIES? LIHEAP Program may help.
Call **788-6335** to schedule an appointment today!
Income Guidelines = households with income up to 150% of Poverty Level



START THE NEW YEAR BY VOLUNTEERING!
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,

Would you like a nice lunch in a friendly atmosphere?
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
- ◇ American Legion Hall, Reynolds: Wednesday
- ◇ 1st United Methodist Church, Port Byron: Tuesday-Thursday

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

**SENIOR CENTER
HAPPENINGS**

- 1/1/18- AGENCY CLOSED/NEW YEARS
- 1/8/18- U OF IL NUTRITION PRESENTATION 10 AM
- 1/10/18-RULES OF THE ROAD REVIEW COURSE 1-3:00 PM
- 1/15/18-AGENCY CLOSED/MARTIN LUTHER KING JR DAY
- 1/31/18-JOHN & KAY RETZL 10:30 AM



Every Saturday, starting February 3rd until April 7th, AARP will be assisting with Income Tax Preparation at the Rock Island County Senior Center from 8:30 AM to 2:00 PM
To schedule an appointment call:

211 (land line) or 563-355-9900

January 10th is the first day you can call

January Rules of the Road Review Course
Wednesday, January 10th from 1:00-3:00 PM

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

January, 2018 MENU

MON	TUE	WED	THU	FRI
<p>1. AGENCY CLOSED MEALS WILL NOT BE SERVED/DELIVERED</p> 	<p>2. SPAGHETTI W/ MEATSAUCE BROCCOLI FLORETS FRUIT COCKTAIL DINNER ROLL MILK & APPLE JUICE</p>	<p>3. SWEDISH MEATBALLS RICE CARROTS APRICOTS WHOLE WHEAT BREAD MILK & GRAPE JUICE</p>	<p>4. ROAST BEEF BAKED POTATO PEAS OATMEAL RAISIN COOKIE WHOLE WHEAT BREAD MILK & ORANGE JUICE</p>	<p>5. ROAST TURKEY OVEN BROWNED POTATOES ITALIAN VEGETABLES SUGAR COOKIE DINNER ROLL MILK & ORANGE JUICE</p>
<p>8. ROSEMARY PORK LOIN SUCCOTASH CAPRI VEGETABLES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK & ORANGE JUICE</p>	<p>9. BEEF STEW PEAS DINNER ROLL SUGAR COOKIE MILK & APPLE JUICE</p> 	<p>10. SAUCY CHICKEN MACARONI & CHEESE SAUTEED SPINACH EMERALD PEARS DINNER ROLL MILK & GRAPE JUICE</p>	<p>11. PORK CHOP MASHED POTATOES TOSS SALAD/DRESSING CHOCOLATE CHIP COOKIE DINNER ROLL MILK & ORANGE JUICE</p>	<p>12. FILET OF COD AMANDINE MIXED VEGETABLES COTTAGE CHEESE APRICOTS SUGAR COOKIE WHOLE WHEAT BREAD MILK & APPLE JUICE</p>
<p>15. AGENCY CLOSED MEALS WILL NOT BE SERVED/DELIVERED</p> 	<p>16. MEATLOAF OVEN BROWNED POTATOES SUCCOTASH OATMEAL COOKIE WHOLE WHEAT BREAD MILK & APPLE JUICE</p>	<p>17. BBQ CHICKEN BAKED YAMS CORN SUGAR COOKIE WHOLE WHEAT BREAD MILK & GRAPE JUICE</p>	<p>18. HAMBURGER ON BUN KETCHUP/MUSTARD PEAS POTATO SALAD APPLESAUCE MILK & ORANGE JUICE</p>	<p>19. BAKED TILAPIA ASPARAGUS TIPS SHELL PASTA SALAD PEARS DINNER ROLL MILK & APPLE JUICE</p>
<p>22. PORK LOIN SWEET POTATOES SUCCOTASH CHOCOLATE CHIP COOKIE MILK & ORANGE JUICE</p>	<p>23. BEEF MACARONI CASSEROLE PEAS TROPICAL FRUIT MILK & APPLE JUICE</p>	<p>24. BBQ PORK CARROTS PINEAPPLE SUGAR COOKIE WHOLE WHEAT BREAD MILK & GRAPE JUICE</p> 	<p>25. SLICED ROAST BEEF CALIFORNIA BLEND VEGETABLES SLICED PEACHES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK & ORANGE JUICE</p>	<p>26. LEMON PEPPER COD CORN GLAZED CARROTS PEANUT BUTTER COOKIE DINNER ROLL MILK & APPLE JUICE</p>
<p>29. SLICED ROAST BEEF MASHED POTATOES PEAS SUGAR COOKIE WHOLE WHEAT BREAD MILK & ORANGE JUICE</p>	<p>30. BREADED CATFISH FILLET POTATO SALAD BROCCOLI FLORETS WHOLE WHEAT BREAD RANGER COOKIE MILK & APPLE JUICE</p>	<p>31. PORK CHOP BAKED YAM APPLESAUCE CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK & GRAPE JUICE</p>	<p>FEBRUARY 1ST HAMBURGER ON BUN KETCHUP/MUSTARD OVEN BROWNED POTATOES FRENCH STYLE GREEN BEANS PEACHES OR PEARS MILK & ORANGE JUICE</p>	<p>2. CHICKEN A LA KING OVER BISCUIT GLAZED CARROTS PEAS PEANUT BUTTER COOKIE MILK & APPLE JUICE</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