

HELPING PEOPLE.
CHANGING LIVES!



2221 11TH STREET
ROCK ISLAND IL 61201

(309) 788-6335 or (800) 788-6308



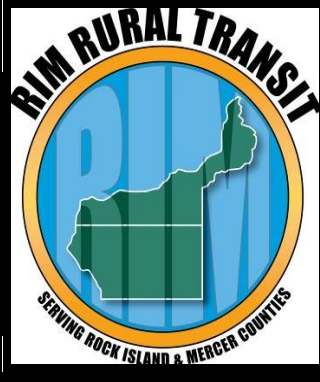
NEED A RIDE?

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



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

University of Illinois Nutrition Presentation Sites

- February 7th—Port Byron 1st United Methodist Church 10:30AM
- February 12th— RI Senior Center 10:00 AM
- February 19th— Edgington Presbyterian Church 11:00 AM
- February 20th— Westwood Terrace Moline 2:00 PM
- February 21st— Reynolds American Legion 10:30 AM

SENIOR CENTER HAPPENINGS

- 2/12— U OF IL NUTRITION PRESENTATION 10 AM
- 2/19— AGENCY CLOSED/ PRESIDENTS' DAY
- 2/21- JUMERS SERVING LUNCH
- 2/28-JOHN & KAY RETZL 10:30 AM

Jumers' February Lunch Schedule for Meal Sites

February 7th—
Colona House

February 21st—
RI Senior Center

***Please let the Meal
Site know before noon
the day prior if
interested in lunch***



John & Kay Retzl
Performing at the RI County Senior Center
February 28th at 10:30 AM
Join us for lunch and a good time!
Call 309-788-6335 for information

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

PROUDLY SERVING
SENIORS SINCE 1968

FEBRUARY, 2018 MENU

MON	TUE	WED	THU	FRI
			<p>1. HAMBURGER ON BUN KETCHUP/MUSTARD OVEN BROWNED POTATOES FRENCH STYLE GREEN BEANS PEACHES MILK & ORANGE JUICE</p>	<p>2. CHICKEN A LA KING OVER BISCUIT GLAZED CARROTS PEAS PEANUT BUTTER COOKIE MILK & APPLE JUICE</p>
<p>5. BEEF STIR FRY RICE PINEAPPLE DINNER ROLL MILK & ORANGE JUICE</p>	<p>6. BBQ CHICKEN MASHED POTATOES LIMA BEANS RICE KRISPIE SQUARE DINNER ROLL MILK & APPLE JUICE</p>	<p>7. ROAST TURKEY STUFFING PEAS CRANBERRY SAUCE DINNER ROLL MILK & GRAPE JUICE</p>	<p>8. SMOTHERED CHICKEN SWEET POTATOES ITALIAN VEGETABLES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK & ORANGE JUICE</p>	<p>9. SWISS STEAK RICE CARROTS FRUIT COCKTAIL WHOLE WHEAT BREAD MILK & APPLE JUICE</p>
<p>12. PORK MEDALLIONS W/ MARSALA SAUCE NOODLES LIMA BEANS APPLESAUCE DINNER ROLL MILK & ORANGE JUICE</p>	<p>13. SPAGHETTI W/ MEATSAUCE BROCCOLI FLORETS FRUIT COCKTAIL DINNER ROLL MILK & APPLE JUICE</p>	<p>14. SWEDISH MEATBALLS RICE CARROTS APRICOTS WHOLE WHEAT BREAD MILK & GRAPE JUICE</p>	<p>15. ROAST BEEF BAKED POTATO PEAS OATMEAL RAISIN COOKIE WHOLE WHEAT BREAD MILK & ORANGE JUICE</p>	<p>16. ROAST TURKEY OVEN BROWNED POTATOES ITALIAN VEGETABLES SUGAR COOKIE DINNER ROLL MILK & ORANGE JUICE</p>
<p>19. AGENCY CLOSED MEALS WILL NOT BE SERVED/DELIVERED</p>	<p>20. BEEF STEW PEAS DINNER ROLL SUGAR COOKIE MILK & APPLE JUICE</p>	<p>21. SAUCY CHICKEN MACARONI & CHEESE SAUTEED SPINACH EMERALD PEARS DINNER ROLL MILK & GRAPE JUICE</p>	<p>22. PORK CHOP MASHED POTATOES TOSS SALAD/DRESSING CHOCOLATE CHIP COOKIE DINNER ROLL MILK & ORANGE JUICE</p>	<p>23. FILET OF COD MIXED VEGETABLES COTTAGE CHEESE APRICOTS SUGAR COOKIE WHOLE WHEAT BREAD MILK & APPLE JUICE</p>
<p>26. CHICKEN SALAD ON CROISSANT TOSS SALAD/DRESSING APRICOTS MILK & ORANGE JUICE</p>	<p>27. MEATLOAF OVEN BROWNED POTATOES SUCCOTASH OATMEAL COOKIE WHOLE WHEAT BREAD MILK & APPLE JUICE</p>	<p>28. BBQ CHICKEN BAKED YAMS CORN SUGAR COOKIE WHOLE WHEAT BREAD MILK & GRAPE JUICE</p>	<p>MARCH 1ST HAMBURGER ON BUN KETCHUP/MUSTARD PEAS POTATO SALAD APPLESAUCE MILK & ORANGE JUICE</p>	<p>2. BAKED TILAPIA ASPARAGUS TIPS SHELL PASTA SALAD PEARS DINNER ROLL 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