



**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

- March 5th-Rock Island County Senior Center 10:00 AM
- March 13th- Rock Island County Senior Center 10:00AM
- March 14th-Port Byron 1st United Methodist Church 10:30AM
- March 19th-Edginton Presbyterian Church 11AM
- March 20th-Westwood Terrace Moline 2PM
- March 21st-Reynolds American Legion 10:30AM



**Preparing for a Driver's test?**

Wednesday, March 7th  
from 1:00-3:00 PM  
**Rock Island County Senior Center,**  
2221 11th Street Rock Island,  
is hosting a  
Rules of the Road Review Course  
Call:**309-788-6335**  
For more information

SENIOR CENTER  
HAPPENINGS

- 3/7- **RULES OF THE ROAD REVIEW COURSE**  
1-3 PM
- 3/5- **U OF IL NUTRITION PRESENTATION 10AM**
- 3/13-**U OF IL NUTRITION PRESENTATION 10AM**

**Jumers' March  
Lunch Schedule for  
Meal Sites**

March 7th-  
**Westwood Terrace,  
Moline**

March 21st-  
**Colona House,  
East Moline**

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

**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

# MARCH, 2018 MENU

MON	TUE	WED	THU	FRI
			<p>1. HAMBURGER ON BUN KETCHUP/MUSTARD PEAS POTATO SALAD APPLESAUCE MILK &amp; ORANGE JUICE</p>	<p>2. BAKED TILAPIA ASPARAGUS TIPS SHELL PASTA SALAD PEARS DINNER ROLL MILK &amp; APPLE JUICE</p>
<p>5. PORK LOIN SWEET POTATOES SUCCOTASH CHOCOLATE CHIP COOKIE MILK &amp; ORANGE JUICE</p>	<p>6. BEEF MACARONI CASSEROLE PEAS TROPICAL FRUIT MILK &amp; APPLE JUICE</p>	<p>7. BBQ PORK RIB CARROTS PINEAPPLE SUGAR COOKIE WHOLE WHEAT BREAD MILK &amp; GRAPE JUICE</p>	<p>8. SLICED ROAST BEEF CALIFORNIA BLEND VEGETABLES SLICED PEACHES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK &amp; ORANGE JUICE</p>	<p>9. LEMON PEPPER COD CORN GLAZED CARROTS PEANUT BUTTER COOKIE DINNER ROLL MILK &amp; APPLE JUICE</p>
<p>12. SLICED ROAST BEEF MASHED POTATOES PEAS SUGAR COOKIE WHOLE WHEAT BREAD MILK &amp; ORANGE JUICE</p>	<p>13. BREADED CATFISH FILLET POTATO SALAD BROCCOLI FLORETS WHOLE WHEAT BREAD RANGER COOKE MILK &amp; APPLE JUICE</p>	<p>14. PORK CHOP BAKED YAM APPLESAUCE CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK &amp; GRAPE JUICE</p>	<p>15. HAMBURGER ON BUN KETCHUP/MUSTARD OVEN BROWNED POTATOES FRENCH STYLE GREEN BEANS PEARS MILK &amp; ORANGE JUICE</p>	<p>16. CHICKEN A LA KING OVER BISCUIT GLAZED CARROTS PEAS PEANUT BUTTER COOKIE MILK &amp; APPLE JUICE</p>
<p>19. BEEF STIR FRY RICE PINEAPPLE DINNER ROLL MILK &amp; ORANGE JUICE</p>	<p>20. BBQ CHICKEN MASHED POTATOES LIMA BEANS RICE KRISPIE SQUARE DINNER ROLL MILK &amp; APPLE JUICE</p>	<p>21. ROAST TURKEY STUFFING PEAS CRANBERRY SAUCE DINNER ROLL MILK &amp; GRAPE JUICE</p>	<p>22. SMOTHERED CHICKEN SWEET POTATOES ITALIAN VEGETABLES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK &amp; ORANGE JUICE</p>	<p>23. SWISS STEAK RICE CARROTS FRUIT COCKTAIL WHOLE WHEAT BREAD MILK &amp; APPLE JUICE</p>
<p>26. PORK MEDALLIONS WITH MARSALA SAUCE NOODLES LIMA BEANS APPLESAUCE DINNER ROLL MILK &amp; ORANGE JUICE</p>	<p>27. SPAGHETTI WITH MEATSAUCE BROCCOLI FLORETS FRUIT COCKTAIL DINNER ROLL MILK &amp; APPLE JUICE</p>	<p>28. SWEDISH MEATBALLS RICE CARROTS APRICOTS WHOLE WHEAT BREAD MILK &amp; GRAPE JUICE</p>	<p>29. AGENCY CLOSED STAFF INSERVICE</p>	<p>30. ROAST TURKEY OVEN BROWNED POTATOES ITALIAN VEGETABLES SUGAR COOKIE DINNER ROLL MILK &amp; ORANGE 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\*