



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

**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

**SENIOR CENTER HAPPENINGS**

**LUNCH EVERY MONDAY- FRIDAY 11 AM**

**FREE BREAD EVERY THURSDAY-DONATED BY HY-VEE**

**4/4/18-JOHN & KAY RETZL 10:30AM  
JUMERS SERVING LUNCH 11AM**

**4/23/18-U OF IL NUTRITION PRESENTATION 10:30AM**

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

**April 4th-  
Rock Island County Senior Center**

**April 18th-  
Westwood Terrace, Moline**

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

**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

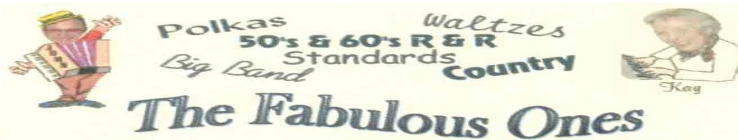
**IT'S TAX TIME**

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**

- 4/18/2018**-1ST UNITED MEETHODIST CHURCH, PORT BYRON; 10:30AM
- 4/23/18**-ROCK ISLAND COUNTY SENIOR CENTER, ROCK ISLAND; 10:00AM
- 4/23/18**-EDGINGTON PRESBYTERIAN CHURCH, EDGINGTON; 11:00AM
- 4/25/18**-AMERICAN LEGION, REYNOLDS; 10:30AM








**John & Kay Retzl**  
Performing at the RI County Senior Center  
With Jumers serving lunch  
**April 4TH 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 Area Agency on Aging.**

PROUDLY SERVING  
SENIORS SINCE 1968

# APRIL, 2018 MENU

MON	TUE	WED	THU	FRI
2. MEATLOAF MASHED POTATOES PEAS DINNER ROLL SUGAR COOKIE MILK & ORANGE JUICE	3. SMOTHERED CHICKEN BAKED SWEET POTATOES LIMA BEANS WHOLE WHEAT BREAD OATMEAL COOKIE MILK & APPLE JUICE	4. BBQ PORK ON A BUN ROTINI PASTA SALAD GREEN BEANS FRESH PEAR MILK & ORANGE JUICE 	5. BEEF MACARONI CASSEROLE MIXED VEGETABLES WHOLE WHEAT BREAD APPLESAUCE MILK & APPLE JUICE	6. SEASONED CHICKEN WITH CHICKEN GRAVY BAKED POTATO SPINACH CANTALOUPE CUBES WHOLE WHEAT BREAD COOKIES MILK & ORANGE JUICE
9. BEEF NOODLE CASSEROLE PICKLED BEETS DINNER ROLL APPLE MILK & APPLE JUICE	10. ROASTED CHICKEN BREAST MASHED POTATOES SPINACH WHOLE WHEAT BREAD COOKIES MILK & ORANGE JUICE	11. CATFISH BABY RED POTATOES COLESLAW WHOLE WHEAT BREAD OATMEAL RAISIN COOKIE MILK & APPLE JUICE	12. COUNTRY STYLE RIBS AU GRATIN POTATOES CARROTS DINNER ROLL FRUIT COCKTAIL MILK & ORANGE JUICE	13. SPAGHETTI & MEATBALLS TOSS SALAD & DRESSING DINNER ROLL SUMMER FRUIT CUP MILK & APPLE JUICE 
16. SWEET & SOUR CHICKEN RICE BROCCOLI FLORETS DINNER ROLL APPLE MILK & ORANGE JUICE	17. BEEF HOT DOG ON BUN BAKED BEANS BEETS PEACHES MILK & APPLE JUICE 	18. ROAST PORK LOIN BAKED YAM HALF SUCCOTASH WHOLE WHEAT BREAD CHOCOLATE CHIP COOKIE MILK & ORANGE JUICE	19. FRUITED CHICKEN SALAD WHOLE WHEAT BREAD TOMATO & CUCUMBER SALAD FRUIT COCKTAIL MILK & APPLE JUICE	20. MEATLOAF MASHED POTATOES CARROTS WHOLE WHEAT BREAD RASPBERRY PASTRY MILK & ORANGE JUICE
23. LOOSE MEAT SANDWICH HASHBROWN WEDGE COLESLAW APRICOT HALVES MILK & APPLE JUICE	24. ROAST BEEF GARLIC MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD LEMON BARS MILK & ORANGE	25. TUNA SALAD ON CROISSANT LETTUCE/TOMATO SLICE PEA SALAD FRESH ORANGE MILK & APPLE JUICE	26. SMOTHERED PORK CHOP BAKED YAM HALF CALIFORNIA MEDLEY WHOLE WHEAT BREAD BLONDE BROWNIE MILK & ORANGE JUICE	27. CHICKEN MARSALA RICE STEAMED CABBAGE WHOLE WHEAT BREAD FRESH FRUIT MILK & APPLE JUICE 
30. MEATLOAF MASHED POTATOES PEAS WHOLE WHEAT BREAD WATERMELON COOKIES MILK & ORANGE 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\*