

HELPING PEOPLE.
CHANGING LIVES!



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

Struggling to Pay for Your Prescriptions?
Need Help Paying your Medicare Part B Premium? We Can Help!

Medicare and Medicaid counseling available at no cost to you
To Schedule an appointment or for any questions please call **309-788-6335**

SENIOR CENTER
HAPPENINGS

LUNCH EVERY
MONDAY- FRIDAY AT 11 AM

BINGO EVERY TUESDAY
AT NOON

FREE BREAD EVERY
THURSDAY-DONATED BY
HY-VEE

6/4/18-CHAIR YOGA 10AM

6/5/18-MOVIE DAY MEET AT
SR CENTER AT 12PM

6/8/18-BUTTERFLY
GARDENING W/ A FREE
PLANT 12PM

6/12/18-WELLNESS DAY W/
CARING HANDS 10-11AM

6/13/18-CANCER SCREENING
CHECKLIST W/ KRISTI FROM
THE CANCER CENTER 10AM

6/14/18-TRIP TO NIABI ZOO
MEET AT SR CENTER AT 12PM

6/19/18-STAMPIN' UP W/
DONNA: CARD CRAFT 10AM

6/21/18-TRIP TO RI ARSENAL
MEET AT SR CENTER AT 12PM

6/27/18-JOHN & KAY RETZL
10:30AM

6/28/18-TRIP TO JD PAVILION
W/TOUR MEET AT SR CENTER
AT 12PM

6/29/18-CAREGIVER
PRESENTATION 10AM

Jumers' June Lunch
Schedule for Meal Sites

June 6th- Westwood
Terrace, Moline

June 20th-Colona House,
East Moline

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



UnityPoint Health

CANCER SCREENING CHECKLIST WITH KRISTI FROM
THE CANCER CENTER WEDNESDAY, JUNE 13TH 10:00AM
ROCK ISLAND COUNTY SENIOR CENTER
2221 11TH STREET ROCK ISLAND
CALL FOR MORE INFORMATION, 309-788-6335



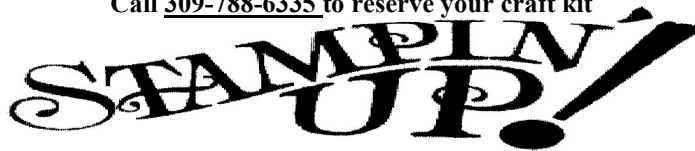
John & Kay Retzl
Performing at the RI County
Senior Center
June 27th, 2018 at 10:30 AM
Join us for lunch and a good time!
Call 309-788-6335 to RSVP

License Plate Sticker Discount/
Free Bus Pass

Good For Up to Two Years/Renewed Every Other Year
Must be either:

- ◇ 65 Years of Age or Older
 - ◇ 16 Years of Age or Older with a Disability
- Please Call the Senior Center at **309-788-6335** or
Walk In to see if You Qualify!

Greeting Card Craft with Donna from Stampin' Up
Tuesday, June 19th at 10:00AM
Rock Island County Senior Center-2221 11th St Rock Island
Call **309-788-6335** to reserve your craft kit



NEED
A
RIDE?



RIM RURAL
PUBLIC
TRANSIT

Serving
Rural Rock Island &
Mercer Counties
Hours: M-F
8:00 am—4:00 pm




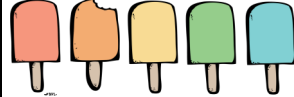






To Schedule an
appointment, call:

309-788-6335
1-800-526-0844
TTY 1-800-526-0844
ridetherim.org

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

JUNE 2018 MENU

MON	TUE	WED	THU	FRI
<p><i>Hello,</i> JUNE</p> 				<p>1. MEATLOAF MASHED POTATOES CARROTS WHOLE WHEAT BREAD RASPBERRY PASTRY MILK & ORANGE JUICE </p>
<p>4. LOOSE MEAT SANDWICH HASHBROWN WEDGE COLESLAW APRICOT HALVES MILK & APPLE JUICE</p> 	<p>5. TUNA SALAD ON CROISSANT LETTUCE/TOMATO SLICES PEA SALAD FRESH ORANGE MILK & APPLE JUICE</p>	<p>6. ROAST BEEF GARLIC MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD LEMON BARS MILK & ORANGE JUICE</p>	<p>7. CHICKEN MARSALA RICE STEAMED CABBAGE WHOLE WHEAT BREAD FRESH FRUIT MILK & APPLE JUICE</p>	<p>8. SMOTHERED PORKCHOP BAKED YAM HALF CALIFORNIA MEDLEY WHOLE WHEAT BREAD BLONDE BROWNIE MILK & ORANGE JUICE</p>
<p>11. MEATLOAF MASHED POTATOES PEAS WHOLE WHEAT BREAD WATERMELON COOKIES MILK & ORANGE JUICE</p>	<p>12. EGG SALAD SANDWICH MARINATED TOMATO SALAD PEACHES MILK & APPLE JUICE</p> 	<p>13. CHICKEN CHOW MEIN RICE ASIAN BLEND VEGETABLES DINNER ROLL FRUIT MILK & ORANGE JUICE</p>	<p>14. AMISH ROAST BEEF MACARONI & CHEESE FRENCH GREEN BEANS WHOLE WHEAT BREAD FRUIT COCKTAIL MILK & ORANGE JUICE</p> 	<p>15. HAMBURGER ON BUN PARSLEY POTATOES CARROTS FRESH PEAR MILK & APPLE JUICE</p> 
<p>18. TURKEY CLUB ON CROISSANT KIDNEY BEAN SALAD FRESH GRAPES MILK & APPLE JUICE</p> 	<p>19. BEEF MACARONI CASSEROLE PEAS WHOLE WHEAT BREAD FRESH APPLE MILK & ORANGE JUICE</p>	<p>20. COUNTRY STYLE RIBS SPINACH POTATO SALAD FRESH ORANGE WHOLE WHEAT BREAD LEMON BARS MILK & APPLE JUICE</p>	<p>21. ROAST BEEF MASHED POTATOES GRAVY CORN WHOLE WHEAT BREAD MILK & ORANGE JUICE</p> 	<p>22. BAKED COD OVEN BROWNED POTATOES ASPARAGUS WITH LEMON ALMOND WHOLE WHEAT BREAD FRESH PLUM MILK & APPLE JUICE</p>
<p>25. BEEF MACARONI CASSEROLE MIXED VEGETABLES WHOLE WHEAT BREAD APPLESAUCE MILK & APPLE JUICE</p>	<p>26. SMOTHERED CHICKEN BAKED SWEET POTATO LIMA BEANS WHOLE WHEAT BREAD OATMEAL COOKIE MILK & APPLE JUICE</p>	<p>27. MEATLOAF MASHED POTATOES PEAS DINNER ROLL SUGAR COOKIE MILK & ORANGE JUICE</p> 	<p>28. BBQ PORK ON BUN ROTINI PASTA SALAD GREEN BEANS FRESH PEAR MILK & ORANGE JUICE</p> 	<p>29. SEASONED CHICKEN WITH LS CHICKEN GRAVY BAKED POTATO SPINACH CANTALOUPE CUBES WHOLE WHEAT BREAD COOKIES MILK & 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