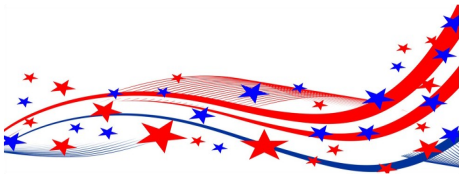




HELPING PEOPLE.
CHANGING LIVES!



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**

**7/2/18-RULES OF THE ROAD
REVIEW COURSE
1:00-3:00PM**

**7/10/18-WELLNESS CHECK W/
CARING HANDS
10:00AM**

**7/11/18-JOHN & KAY RETZL W/
JUMER'S SERVING LUNCH
10:30AM**

**7/13/18- FARMERS MARKET
VOUCHERS 1-5PM**

**7/19/18-POLST PROGRAM W/
HOPE CREEK 10:00AM**

**7/23/18-HORSE THERAPY
PRESENTATION W/
MEGAN 11:30AM**

**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

**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!



John & Kay Retzl
Performing at the RI County
Senior Center w/ Jumer's
July 11th, 2018 at 10:30 AM
Join us for lunch and a good time!
Call 309-788-6335 to RSVP



Preparing for a Driver's test?
Monday, July 2nd, 2018 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



Friday, July 13th 2018 from 1:00pm to 5:00pm

Farmers Market Vouchers will be available
No Appointment Necessary

Qualifications:

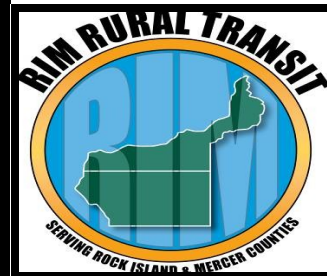
- ◇ 60 years of age and older
- ◇ Resident of Rock Island County
- ◇ Must complete a short application
- ◇ Monthly income below \$1,872 for a single person/
below \$2,538 for a couple

**Jumer's July Lunch
Schedule for Meal Sites**

**July 11th— Rock Island County
Senior Center**

**July 25th—Westwood Terrace,
Moline**

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


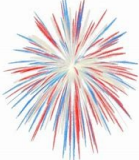






THE ROCK ISLAND COUNTY SENIOR CENTER POLICY STATES THAT ALL PERSONS 60 AND OVER CAN BE SERVED WITH NO REGARD TO DURATION OF RESIDENCY OR CITIZENSHIP . The Rock Island County Senior Center does not discriminate in admission to or treatment of employment in programs or activities in compliance with the 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 Area Agency on Aging.



PROUDLY SERVING
SENIORS SINCE 1968

JULY 2018 MENU

MON	TUE	WED	THU	FRI
<p>2. BEEF NOODLE CASSEROLE PICKLED BEETS DINNER ROLL APPLE MILK & APPLE JUICE</p>	<p>3. ROASTED CHICKEN BREAST MASHED POTATOES SPINACH WHOLE WHEAT BREAD COOKIES MILK & ORANGE JUICE</p>	<p>4. AGENCY CLOSED NO MEALS SERVED OR DELIVERED</p> 	<p>5. COUNTRY STYLE RIBS AU GRATIN POTATOES CARROTS DINNER ROLL FRUIT COCKTAIL MILK & ORANGE JUICE</p>	<p>6. SPAGHETTI & MEATBALLS TOSS SALAD W/ DRESSING DINNER ROLL SUMMER FRUIT CUP MILK & APPLE JUICE</p>
<p>9. SWEET & SOUR CHICKEN BROCCOLI FLORETS DINNER ROLL APPLE MILK & ORANGE JUICE</p>	<p>10. BEEF HOT DOG ON BUN BAKED BEANS BEETS PEACHES MILK & APPLE JUICE</p> 	<p>11. ROAST PORK LOIN BAKED YAM HALF SUCCOTASH WHOLE WHEAT BREAD CHOCOLATE CHIP COOKIE MILK & ORANGE JUICE</p>	<p>12. FRUITED CHICKEN SALAD WHOLE WHEAT BREAD TOMATO & CUCUMBER SALAD FRUIT COCKTAIL MILK & APPLE JUICE</p>	<p>13. MEATLOAF MASHED POTATOES CARROTS WHOLE WHEAT BREAD RASPBERRY PASTRY MILK & ORANGE JUICE</p>
<p>16. ROAST BEEF GARLIC MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD LEMON BARS MILK & APPLE JUICE</p>	<p>17. LOOSE MEAT SANDWICH HASHBROWN WEDGE COLESLAW APRICOT HALVES MILK & ORANGE JUICE</p>	<p>18. TUNA SALAD ON CROISSANT LETTUCE/TOMATO SLICES PEA SALAD FRESH ORANGE MILK & APPLE JUICE</p>	<p>19. SMOTHERED PORK CHOP BAKED YAM HALF CALIFORNIA MEDLEY WHOLE WHEAT BREAD BLONDE BROWNIE MILK & ORANGE JUICE</p>	<p>20. CHICKEN MARSALA RICE STEAMED CABBAGE WHOLE WHEAT BREAD FRESH FRUIT MILK & APPLE JUICE</p> 
<p>23. MEATLOAF MASHED POTATOES PEAS WHOLE WHEAT BREAD WATERMELON COOKIES MILK & ORANGE JUICE</p>	<p>24. EGG SALAD SANDWICH MARINATED TOMATO SALAD PEACHES MILK & APPLE JUICE</p>	<p>25. AMISH ROAST BEEF MACARONI & CHEESE FRENCH GREEN BEANS WHOLE WHEAT BREAD FRUIT COCKTAIL MILK & ORANGE JUICE</p>	<p>26. CHICKEN CHOW MEIN RICE ASIAN BLEND VEGETABLES DINNER ROLL FRUIT MILK & APPLE JUICE</p> 	<p>27. HAMBURGER ON BUN PARSLEY POTATOES CARROTS FRESH PEAR MILK & ORANGE JUICE</p>
<p>30. TURKEY CLUB ON CROISSANT KIDNEY BEAN SALAD FRESH GRAPES MILK & APPLE JUICE</p> 	<p>31. BEEF MACARONI CASSEROLE PEAS WHOLE WHEAT BREAD FRESH APPLE 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