



HELPING PEOPLE.
CHANGING LIVES!



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

IMPORTANT NOTICE

For the safety of our Volunteers, Home Delivered Meal Drivers, and Outreach workers please have your pets safely restrained or in another room when they deliver your meal or arrive for an appointment. If your pet is loose, it may cause a delay in service or no meal delivery for the day.

Just a reminder that Home Delivered Meals Delivery times vary from 10:30am until 1:30pm, If you have not received it by 1:30pm please notify the office at 309-788-6335

Thank you for your continued support and your donations!
Every donation the Senior Center receives helps fund the program and helps supply more meals and services to Seniors!

Warm and Friendly Atmosphere and Lunch!
Join us for lunch at one of our 6 Rock Island County Meal Sites:

- ♥ Rock Island County Senior Center, Rock Island: Monday-Friday
- ♥ Westwood Terrace, Moline: Monday-Friday
- ♥ Colona House, East Moline: Monday-Friday
- ♥ Edgington Presbyterian Church, Edgington: Monday, Thursday, and Friday
- ♥ American Legion Hall, Reynolds: Wednesday
- ♥ 1st United Methodist Church, Port Byron: Tuesday & Wednesday

Please call the Senior Center at 309-788-6335 for more information







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**
to see if You **Qualify!**


Do you need help with your UTILITIES? LIHEAP Program may help.
Call **788-6335** starting **Monday, September 16th, 2019**
to schedule an appointment!
Income Guidelines = households with income up to 150% of Poverty Level

What's in a Healthy Eating Pattern?

The 2015–2020 Dietary Guidelines has recommendations for a healthy eating pattern.
For someone who needs 2,000 calories a day, a healthy eating pattern includes:

<p>Fruits, especially whole fruits 2 cups</p> 	<p>Grains, at least half of which are whole grains 6 ounces</p> 
<p>A variety of vegetables—dark green, red and orange, starchy, legumes (beans and peas), and other vegetables 2½ cups</p> 	<p>A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds 5½ ounces</p> 
<p>Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages 3 cups</p> 	<p>Oils, like canola and olive oil or foods that are sources of oils, like nuts and avocados 5 teaspoons</p> 

And it has limits on:

<p>Saturated and trans fats—limit saturated fats to less than 10% of daily calories and keep trans fat intake as low as possible</p>	<p>Limit</p> 	<p>Sodium—limit to less than 2,300 mg a day for adults and children 14 years and up (less for younger children)</p>
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2015–2020 Dietary Guidelines for Americans — How to Build a Healthy Eating Pattern; ODPHP April 2017

SENIOR CENTER HAPPENINGS

-LUNCH-
MONDAY- FRIDAY AT 11 AM

-BINGO-
TUESDAY AT NOON

-FREE BREAD-
EVERY THURSDAY
DONATED BY HY-VEE

9/2/19-AGENCY CLOSED
IN OBSERVANCE OF
LABOR DAY
NO MEALS SERVED/
OR DELIVERED AND
NO TRANSPORTATION

9/4/19-RULES OF THE ROAD
REVIEW COURSE
1:00-3:00PM

9/18/19-IL/IA CENTER FOR
INDEPENDENT LIVING
FRIENDS GROUP 10:00AM

9/10/19-UHC HOSTING BINGO
12:00PM

9/23/19-WAFFLE BREAKFAST
BAR 9:30AM
FIRST DAY OF FALL

9/27/19-SEPTEMBER POTLUCK
BIRTHDAY PARTY 10:30AM

Jumer's September Lunch
Schedule for Meal Sites

September 4th– Westwood Terrace,
Moline

September 18th–Colona House,
East Moline

*Please let us know 24 hours in
advance if you would like a meal*

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

September 2019 Menu

MON	TUE	WED	THU	FRI
<p>2. AGENCY CLOSED NO MEALS SERVED/ DELIVERED</p> 	<p>3. CHICKEN CHOW MEIN RICE ASIAN BLEND VEGETABLES DINNER ROLL FRUIT MILK & APPLE JUICE</p>	<p>4. EGG SALAD SANDWICH LETTUCE/TOMATO SLICE MARINATED TOMATO SALAD PEACHES MILK & ORANGE JUICE</p>	<p>5. HAMBURGER ON BUN PARSLEY POTATOES CARROTS FRESH PEAR MILK & APPLE JUICE</p> 	<p>6. AMISH ROAST BEEF MACARONI & CHEESE FRENCH GREEN BEANS WHOLE WHEAT BREAD FRUIT COCKTAIL MILK & ORANGE JUICE</p>
<p>9. TURKEY CLUB ON CROISSANT KIDNEY BEAN SALAD FRESH GRAPES MILK & APPLE JUICE</p>	<p>10. COUNTRY STYLE RIBS SPINACH POTATO SALAD FRESH ORANGE WHOLE WHEAT BREAD LEMON BARS MILK & ORANGE JUICE</p>	<p>11. BEEF MACARONI CASSEROLE PEAS WHOLE WHEAT BREAD FRESH APPLE MILK & APPLE JUICE</p> 	<p>12. ROAST BEEF MASHED POTATOES WITH GRAVY CORN WHOLE WHEAT BREAD MILK & ORANGE JUICE</p>	<p>13. BAKED COD OVEN BROWNED POTATOES ASPARAGUS WITH LEMON ALMOND WHOLE WHEAT BREAD FRESH PLUM MILK & APPLE JUICE</p>
<p>16. MEATLOAF MASHED POTATOES PEAS DINNER ROLL SUGAR COOKIE MILK & ORANGE JUICE</p>	<p>17. SMOTHERED CHICKEN BAKED SWEET POTATO LIMA BEANS WHOLE WHEAT BREAD OATMEAL COOKIE MILK & APPLE JUICE</p>	<p>18. BBQ PORK ON BUN ROTINI PASTA SALAD GREEN BEANS FRESH PEAR MILK & ORANGE JUICE</p> 	<p>19. BEEF MACARONI CASSEROLE MIXED VEGETABLES WHOLE WHEAT BREAD APPLESAUCE MILK & APPLESauce</p>	<p>20. SEASONED CHICKEN WITH LS CHICKEN GRAVY BAKED POTATO SPINACH CANTALOUPE CUBES WHOLE WHEAT BREAD COOKIES MILK & ORANGE JUICE</p>
<p>23. BEEF NOODLE CASSEROLE PICKLED BEETS DINNER ROLL APPLE MILK & APPLE JUICE</p> 	<p>24. ROASTED CHICKEN BREAST MASHED POTATOES SPINACH WHOLE WHEAT BREAD COOKIES MILK & ORANGE JUICE</p>	<p>25. CATFISH BABY RED POTATOES COLESLAW WHOLE WHEAT BREAD OATMEAL RAISIN COOKIE MILK & APPLE JUICE</p>	<p>26. COUNTRY STYLE RIBS AU GRATIN POTATOES CARROTS DINNER ROLL FRUIT COCKTAIL MILK & ORANGE JUICE</p>	<p>27. SPAGHETTI & MEATBALLS TOSS SALAD/DRESSING DINNER ROLL SUMMER FRUIT CUP MILK & APPLE JUICE</p>
<p>30. SWEET & SOUR CHICKEN RICE BROCCOLI FLORETS DINNER ROLL 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