



HELPING PEOPLE.
CHANGING LIVES!



2221 11TH STREET
ROCK ISLAND IL 61201

(309) 788-6335 or (800) 788-6308

FLU SHOT SEASON
PLEASE CONTACT
THE SENIOR
CENTER IF YOU ARE
INTERESTED
IN A FLU
SHOT CLINIC
309-788-6335



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
LIHEAP begins October 1st for Seniors 60 or Older and disabled Individuals

Items needed for LIHEAP: Social Security Cards for everyone in the household, Photo ID, Current medical/Link card, Current utility bill, 30 days proof of ALL household income

SENIOR CENTER HAPPENINGS
LUNCH EVERY MONDAY- FRIDAY AT 11 AM
BINGO EVERY TUESDAY AT NOON
FREE BREAD EVERY THURSDAY-DONATED BY HY-VEE

10/1/18-CHAIR YOGA 10:30AM

10/3/18-JUMER'S SERVING LUNCH 11AM

10/8/18-AGENCY CLOSED- NO MEALS SERVED OR DELIVERED

10/9/18-WELLNESS CHECK WITH CARING HANDS 10AM

10/17/18-WEAR SOMETHING GAUDY CONTEST

10/15/18-CHAIR YOGA 10:30AM

10/18/18-GREETING CARD CRAFT W/ DONNA FROM STAMPIN' UP 12PM

10/22/18-MEDICATION EDUCATION W/HAPI 10AM

10/29/18-WAFFLE BREAKFAST BAR 9AM

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



Medication Education
Presented by
Healthy African Pioneers (HAPI)
Monday, October 22 at 10AM
Rock Island County Senior Center

A Frozen Holiday Celebration

*Save
The
Date*

Thursday, December 6th, 2018

10AM-2PM

Camden Center Milan, IL

Call **309-788-6335**

for more Information

Medicare Open Enrollment
Starts October 15th and
runs through December 7th, 2018.

Please call **309-788-6335** to schedule your appointment today!



Jumer's October Lunch Schedule for Meal Sites

October 3rd- Rock Island County Senior Center

October 17th-Westwood Terrace, 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 Area Agency on Aging.



PROUDLY SERVING
SENIORS SINCE 1968

October 2018 MENU

MON	TUE	WED	THU	FRI
<p>1. BEEF STIR FRY RICE FRESH PINEAPPLE DINNER ROLL MILK & ORANGE JUICE</p> 	<p>2. BBQ CHICKEN MASHED POTATOES LIMA BEANS RICE KRISPIE SQUARE DINNER ROLL MILK & APPLE JUICE</p>	<p>3. ROAST TURKEY STUFFING PEAS CRANBERRY SAUCE DINNER ROLL MILK & GRAPE JUICE</p>	<p>4. SMOTHERED CHICKEN SWEET POTATOES ITALIAN VEGETABLES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK & ORANGE JUICE</p>	<p>5. SWISS STEAK RICE CARROTS FRUIT COCKTAIL WHOLE WHEAT BREAD MILK & APPLE JUICE</p> 
<p>8. NO MEALS SERVED/ DELIVERED DUE TO COLUMBUS DAY</p> 	<p>9. SPAGHETTI MEATSAUCE BROCCOLI FLORETS FRUIT COCKTAIL DINNER ROLL MILK & APPLE JUICE</p>	<p>10. SWEDISH MEATBALLS RICE CARROTS APRICOTS WHOLE WHEAT BREAD MILK & GRAPE JUICE</p>	<p>11. ROAST BEEF BAKED POTATO PEAS OATMEAL RAISIN COOKIE WHOLE WHEAT BREAD MILK & ORANGE JUICE</p>	<p>12. ROAST TURKEY OVEN BROWNED POTATOES ITALIAN BLEND VEGETABLES SUGAR COOKIE DINNER ROLL MILK & ORANGE JUICE</p>
<p>15. ROSEMARY PORK LOIN SUCCOTASH CAPRI VEGETABLES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK & ORANGE JUICE</p>	<p>16. BEEF STEW PEAS DINNER ROLL SUGAR COOKIE MILK & APPLE JUICE</p>	<p>17. SAUCY CHICKEN MACARONI & CHEESE SAUTEED SPINACH EMERALD PEARS DINNER ROLL MILK & GRAPE JUICE</p> 	<p>18. PORK CHOP MASHED POTATOES TOSS SALAD/DRESSING CHOCOLATE CHIP COOKIE DINNER ROLL MILK & ORANGE JUICE</p>	<p>19. FILET OF COD ALMONDINE MIXED VEGETABLES COTTAGE CHEESE APRICOTS SUGAR COOKIE WHOLE WHEAT BREAD MILK & APPLE JUICE</p>
<p>22. CHICKEN SALAD CROISSANT TOSS SALAD/DRESSING APRICOTS MILK & ORANGE JUICE</p>	<p>23. MEATLOAF OVEN BROWNED POTATOES SUCCOTASH OATMEAL COOKIE WHOLE WHEAT BREAD MILK & APPLE JUICE</p>	<p>24. BBQ CHICKEN BAKED YAMS CORN SUGAR COOKIE WHOLE WHEAT BREAD MILK & GRAPE JUICE</p>	<p>25. HAMBURGER ON BUN KETCHUP/MUSTARD PEAS POTATO SALAD APPLESAUCE SKIM MILK & ORANGE JUICE</p>	<p>26. BAKED TILAPIA ASPARAGUS TIPS SHELL PASTA SALAD PEAS DINNER ROLL MILK & APPLE JUICE</p> 
<p>29. PORK LOIN SWEET POTATOES SUCCOTASH CHOCOLATE CHIP COOKIE MILK & ORANGE JUICE</p> 	<p>30. BEEF MACARONI CASSEROLE PEAS TROPICAL FRUIT SKIM MILK & APPLE JUICE</p>	<p>31. BBQ PORK RIB CARROTS FRESH PINEAPPLE SUGAR COOKIE WHOLE WHEAT BREAD MILK & GRAPE 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