



ROCK ISLAND COUNTY
Senior Center
A SERVICE OF PROJECT NOW

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



**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



www.shutterstock.com - 278991221

Symptoms & Prevention

Symptoms:

- ◆ Fever
- ◆ Aching Muscles
- ◆ Fatigue
- ◆ Cough
- ◆ Breathing Difficulty
- ◆ Sneezing
- ◆ Loss of ap-
petite
- ◆ Headache
- ◆ Nasal Con-
gestion
- ◆ Ear Pain

Prevention:

- ◆ Cover your nose and mouth with a tissue when you cough or sneeze/Throw tissue in the trash after you use it.
- ◆ Wash your hands often with soap and water.
- ◆ Avoid touching your eyes, nose or mouth.
- ◆ Try to avoid close contact with sick people.
- ◆ If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care for other necessities (Your fever should be gone without the use of a fever-reducing medicine)

**Medicare Open
Enrollment
runs through
December 7th,
2017.**

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

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

It's a Wonderful Life Holiday Parties at the Senior Center



Friday, December 1st 11:00 am-2:00 pm
Thursday, December 7th 11:00 am-2:00 pm
Thursday, December 14th 11:00 am-2:00 pm
Thursday, December 21st 11:00 am-2:00 pm

Call Michelle for more information 309-788-6335

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.

November, 2017 MENU

| MON | TUE | WED | THU | FRI |
|---|---|--|--|---|
|  |  | 1. BBQ PORK RIB CARROTS FRESH PINEAPPLE SUGAR COOKIE WHOLE WHEAT BREAD GRAPE JUICE & MILK | 2. SLICED ROAST BEEF CALIFORNIA BLEND VEGETABLES SLICED PEACHES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD ORANGE JUICE & MILK | 3. LEMON PEPPER COD CORN GLAZED CARROTS PEANUT BUTTER COOKIE DINNER ROLL APPLE JUICE & MILK |
| 6. SLICED ROAST BEEF MASHED POTATOES PEAS SUGAR COOKIE WHOLE WHEAT BREAD ORANGE JUICE & MILK | 7. BREADED CATFISH POTATO SALAD BROCCOLI FLORETS WHOLE WHEAT BREAD RANGER COOKIE APPLE JUICE & MILK  | 8. PORK CHOP BAKED YAM APPLESAUCE CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD GRAPE JUICE & MILK | 9. HAMBURGER ON BUN KETCHUP/MUSTARD OVEN BROWNED POTATOES FRENCH STYLE GREEN BEANS PEACHES OR PEARS ORANGE JUICE & MILK | 10. AGENCY CLOSED MEALS WILL NOT BE SERVED/DELIVERED  |
| 13. BEEF STIR FRY RICE FRESH PINEAPPLE DINNER ROLL ORANGE JUICE & MILK  | 14. BBQ CHICKEN MASHED POTATOES LIMA BEANS RICE KRISPIE SQUARE DINNER ROLL APPLE JUICE & MILK | 15. ROAST TURKEY STUFFING PEAS CRANBERRY SAUCE DINNER ROLL GRAPE JUICE & MILK | 16. SMOTHERED CHICKEN SWEET POTATOES ITALIAN VEGETABLES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD ORANGE JUICE & MILK | 17. SWISS STEAK RICE CARROTS FRUIT COCKTAIL WHOLE WHEAT BREAD APPLE JUICE & MILK |
| 20. PORK MEDALLIONS W/ MARSALA SAUCE NOODLES LIMA BEANS APPLESAUCE DINNER ROLL ORANGE JUICE & MILK | 21. SPAGHETTI W/ MEATSAUCE BROCCOLI FLORETS FRUIT COCKTAIL DINNER ROLL APPLE JUICE & MILK | 22. SWEDISH MEATBALLS RICE CARROTS APRICOTS WHOLE WHEAT BREAD GRAPE JUICE & MILK | 23. AGENCY CLOSED Call for a Holiday Home-Delivered Meal  | 24. AGENCY CLOSED MEALS WILL NOT BE SERVED/DELIVERED |
| 27. ROSEMARY PORK LOIN SUCCOTASH CAPRI VEGETABLES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD ORANGE JUICE & MILK | 28. BEEF STEW PEAS DINNER ROLL SUGAR COOKIE APPLE JUICE & MILK  | 29. SAUCY CHICKEN MACARONI AND CHEESE SAUTEED SPINACH EMERALD PEARS DINNER ROLL GRAPE JUICE & MILK | 30. PORK CHOP MASHED POTATOES TOSS SALAD W/ DRESSING CHOCOLATE CHIP COOKIE DINNER ROLL ORANGE JUICE & MILK | December 1st FILET OF COD AMANDINE MIXED VEGETABLES COTTAGE CHEESE APRICOTS SUGAR COOKIE WHOLE WHEAT BREAD APPLE JUICE & MILK |

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.