

Project NOW

Community Action Agency



HELPING PEOPLE.
CHANGING LIVES!

ROCK ISLAND COUNTY Senior Center

A SERVICE OF PROJECT NOW

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

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



**RIM RURAL
PUBLIC TRANSIT**
Serving
Rural Rock Island
& Mercer Counties
Hours: M-F
8:00 am—4:00 pm



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

LIHEAP Sites Dates and Times

- Wednesday, October 4th, 2017 - **Deerfield Apartments** 9am-3pm
 - Thursday, October 5th, 2017 - **Westwood Apartments** 9am-3pm
 - Tuesday, October 10th, 2017 - **Watch Hill Apartments** 9am-3pm
 - Monday, October 16th, 2017 - **Langman Apartments** 9am-3pm
 - Tuesday, October 17th, 2017 - **Langman Apartments** 9am-3pm
 - Thursday, October 19th, 2017 - **Colona House** 9am-3pm
 - Monday, October 23rd, 2017 - **Coventry Apartments** 9am-3pm
 - Tuesday, October 24th, 2017 - **Coventry Apartments** 9am-3pm
 - Thursday, October 26th, 2017 - **William Young Apartments** 9am-4pm
- * Contact your Apartment Office to schedule an appointment**

Medicare Open Enrollment starts October 15th

and runs through December 7th, 2017.




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



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, 2017 MENU

MON	TUE	WED	THU	FRI
2. LOOSE MEAT SANDWICH HASHBROWN WEDGE COLESLAW APRICOT HALVES APPLE JUICE & MILK	3. ROAST BEEF GARLIC MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD LEMON BAR ORANGE JUICE & MILK	4. TUNA SALAD ON CROISSANT LETTUCE/TOMATO SLICES PEA SALAD FRESH ORANGE ORANGE JUICE & MILK	5. SMOTHERED PORK CHOP BAKED YAM HALF CALIFORNIA MEDLEY WHOLE WHEAT BREAD BLONDE BROWNIE ORANGE JUICE & MILK	6. CHICKEN MARSALA RICE STEAMED CABBAGE WHOLE WHEAT BREAD FRESH FRUIT APPLE JUICE & MILK
9. AGENCY CLOSED. MEALS WILL NOT BE SERVED OR DELIVERED.  Columbus Day	10. CHICKEN SALAD ON WHOLE WHEAT BREAD LETTUCE/TOMATO SLICES MARINATED TOMATO SALAD PEACHES APPLE JUICE & MILK	11. CHICKEN CHOW MEIN RICE ASIAN BLEND VEGETABLES DINNER ROLL FRUIT ORANGE JUICE & MILK	12. HAMBURGER ON BUN PARSLEY POTATOES CARROTS FRESH PEAR APPLE JUICE & MILK	13. AMISH ROAST BEEF MACARONI & CHEESE FRENCH GREEN BEANS WHOLE WHEAT BREAD FRUIT COCKTAIL ORANGE JUICE & MILK
16. TURKEY CLUB CROISSANT KIDNEY BEAN SALAD FRESH GRAPES APPLE JUICE & MILK	17. BEEF MACARONI CASSEROLE PEAS WHOLE WHEAT BREAD FRESH APPLE ORANGE JUICE & MILK	18. COUNTRY STYLE RIBS SPINACH POTATO SALAD FRESH ORANGE WHOLE WHEAT BREAD	19. ROAST BEEF MASHED POTATOES & GRAVY CORN WHOLE WHEAT BREAD ORANGE JUICE & MILK	20. BAKED FISH SANDWICH OVEN BROWNE POTATOES ASPARAGUS W/ LEMON & ALMOND FRESH PLUM APPLE JUICE & MILK
23. MEATLOAF MASHED POTATOES PEAS DINNER ROLL SUGAR COOKIES ORANGE JUICE & MILK	24. SAUTEED CHICKEN BREAST BAKED SWEET POTATO LIMA BEANS WHOLE WHEAT BREAD OATMEAL COOKIE APPLE JUICE & MILK	25. BBQ PORK ON BUN ROTINI PASTA SALAD GREEN BEANS FRESH PEAR GRAPE JUICE & MILK 	26. BEEF MACARONI CASSEROLE MIXED VEGETABLES WHOLE WHEAT BREAD APPLESAUCE APPLE JUICE & MILK	27. SEASONED CHICKEN MASHED POTATOES SPINACH CANTALOUPE CUBES WHOLE WHEAT BREAD COOKIES ORANGE JUICE & MILK
30.  BEEF NOODLE CASSEROLE PICKLED BEETS DINNER ROLL APPLE APPLE JUICE & MILK	31. ROASTED CHICKEN BREAST AU GRATIN POTATOES SPINACH WHOLE WHEAT BREAD COOKIES ORANGE JUICE & MILK	NOVEMBER 1ST CATFISH BABY RED POTATOES COLESLAW WHOLE WHEAT BREAD OATMEAL RAISIN COOKIE APPLE JUICE & MILK	2. COUNTRY STYLE RIBS MASHED POTATOES CARROTS DINNER ROLL FRUIT COCKTAIL ORANGE JUICE & MILK	3. SPAGHETTI & MEATBALLS TOSS SALAD/DRESSING DINNER ROLL SUMMER FRUIT CUP 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.