






February 2019

Project NOW
Community Action Agency
(309) 582-2644

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. French Bread Pizza (Sausage & Pepperoni) Corn Salad Mixed Fruit 
4. Salisbury Steak Mashed Potatoes California Blend Veggies Apricots	5. BBQ Rib Patty Corn Green Beans Jell-O with Bananas	6. Baked Spaghetti Tossed Salad with Tomato Peaches	7. Italian Chicken Au Gratin Potatoes Peas Applesauce	8. Chili Carrot Sticks Crackers Pears
11. Mac n Cheese with Ham Normandy Veggies Peaches	12. BBQ Chicken Coleslaw Corn Wild Rice Plums	13. Goulash Green Beans Stewed Tomatoes Pineapple Lush Cake	14. Beef & Noodles Mashed Potatoes Asparagus Orange 	15. Cod Fillets Baked Potato Broccoli with Cheese Tropical Fruit
18. CLOSED 	19. Chicken Enchilada Casserole Corn & Black Beans Shredded Lettuce Banana	20. Cheesy Maid Rite Au Gratin Potatoes Winter Squash Fruit Cocktail	21. Meatball Sandwich Sweet Potatoes Salad Strawberry Cake	22. Chili Mac Carrots Crackers Apricots
25. Chicken Parmesan Peas Garlic Bread Blueberry Cobbler	26. Chipped Beef Mashed Potatoes Capri Veggies Biscuit Orange	27. Taco Salad Lettuce & Tomatoes Chili Cheese Fritos Baked Apples	28. Potato Soup Cottage Cheese Green Beans Corn Bread Tropical Fruit 	ALL MEALS ARE SERVED WITH 1 % MILK



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.

Lunch is served at 11:30, Monday—Friday at our Aledo Meal Site.

Reservations for congregatemeals must be called in prior to 12:30 the day before by calling Deb at (309) 582-5492.



ROCK ISLAND, MERCER, HENRY County- "Do you need help with your utility bills?"

LIHEAP assistance programs available to all households at or below 150% of poverty level throughout Rock Island, Henry and Mercer counties. Please call your local Project NOW office to make an appointment. Please contact a local office

Project NOW Office Locations:

Rock Island Office- 309-793-6391 **Moline Office-** 309-764-8092 **Henry County-** 309-852-4565

Mercer County- 309-582-2644 **Rock Island County Senior Center-** 309-788-6335



Every Saturday, starting
February 2nd, 2019
AARP will be assisting with
Income Tax Preparation at the
Rock Island County Senior Center
from 9:00AM to 1:00 PM
To schedule an appointment call:
211 (land line) or 563-355-9900



The best way look after your heart is with a healthy lifestyle!

- ⇒ Be smoke free
- ⇒ Manage your blood cholesterol
- ⇒ Manage you blood pressure
- ⇒ Manage diabetes
- ⇒ Be physically active
- ⇒ Achieve & Maintain a healthy weight
- ⇒ Enjoy a variety of nutritious foods
- ⇒ Look after you mental health

heartfoundation.org.au

**PROJECT NOW HAS RENTAL PROPERTIES IN
VIOLA, KEITHSBURG, AND
NEW BOSTON!**



WE ARE CURRENTLY ACCEPTING
APPLICATIONS FOR 1, 2, & 3 BEDROOM APART-
MENTS. OUR APARTMENTS ARE ONE LEVEL AND
HANDICAP ACCESSIBLE. PLEASE CALL (309)582-
2644 FOR AN APPLICATION TODAY!

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

TTY 1-800-526-0844

ridetherim.org



In case of inclement weather: Congregate meal sites may be closed, and Home Delivered Meals may be cancelled. Listen to WRMJ (102.3) or watch Channel 6 or 8 for more information. Please make sure you are prepared in case we are unable to provide your meal.

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.