

Project NOW

Community Action Agency

ROCK ISLAND COUNTY SENIOR CENTER

2221 - 11TH STREET

ROCK ISLAND IL 61201

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

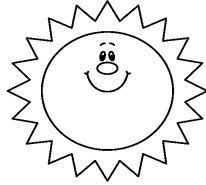


GOOD NUTRITION
IMPROVES ENERGY,
MENTAL HEALTH, AND
RESISTANCE TO ILLNESS
-AT ANY AGE.



#AgeOutLoud

Rock
Island
County
(309)
788-6335



May is Older Americans Month!

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, & engaging in their communities.

They're taking charge, striving for wellness, focusing on independence, and advocating for themselves & others. What it means to age has changed, & OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM!



Mercer
County
(309)
582-2644



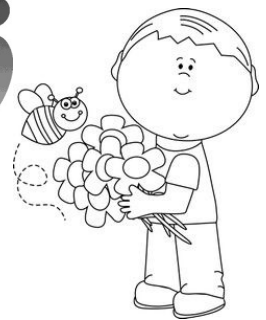
**Thanks
to Our
Volunteers!**



**OLDER
AMERICANS
MONTH**



AGE OUT LOUD: MAY 2017



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. Participants will not be denied service if they cannot or will not contribute to the cost of the meal. Senior Services funding provided by Western Illinois Area Agency on Aging.

MENU

Rock Island County
(309) 788-6335



MAY 2017

MON	TUE	WED	THU	FRI
1. MEATLOAF MASHED POTATOES PEAS WHOLE WHEAT BREAD COOKIES WATERMELON ORANGE JUICE & MILK	2. CHICKEN SALAD ON WHOLE WHEAT BREAD WITH LETTUCE/TOMATO MARINATED TOMATO SALAD PEACHES APPLE JUICE & MILK	3. CHICKEN CHOW MEIN WITH RICE ASIAN BLEND VEGGIES DINNER ROLL FRUIT ORANGE JUICE & MILK	4. HAMBURGER ON A BUN PARSHLEY POTATOES CARROTS FRESH PEAR APPLE JUICE & MILK	5. AMISH ROAST BEEF MACARONI & CHEESE FRENCH STYLE GREEN BEANS WHOLE WHEAT BREAD FRUIT COCKTAIL ORANGE JUICE & MILK
8. MEATLOAF MASHED POTATOES PEAS DINNER ROLL SUGAR COOKIES ORANGE JUICE & MILK	9. SAUTEED CHICKEN BREAST BAKED SWEET POTATO LIMA BEANS WHOLE WHEAT BREAD OATMEAL COOKIES APPLE JUICE & MILK	10. BBQ PORK ON A BUN ROTINI PASTA SALAD GREEN BEANS FRESH PEAR GRAPE JUICE & MILK	11. BEEF & MACARONI CASSEROLE MIXED VEGGIES WHOLE WHEAT BREAD APPLE JUICE & MILK	12. SEASONED CHICKEN MASHED POTATOES SPINACH WHOLE WHEAT BREAD CANTALOUPE CUBES ORANGE JUICE & MILK
15. BEEF & NOODLE CASSEROLE PICKLED BEETS DINNER ROLL FRESH APPLE APPLE JUICE & MILK	16. ROASTED CHICKEN BREAST AUGRATIN POTATOES SPINACH WHOLE WHEAT BREAD COOKIES ORANGE JUICE & MILK	17. CATFISH BABY RED POTATOES COLESLAW WHOLE WHEAT BREAD OAT. RAISIN COOKIES APPLE JUICE & MILK	18. COUNTRY STYLE RIB MASHED POTATOES CARROTS DINNER ROLL FRUIT COCKTAIL ORANGE JUICE & MILK	19. SPAGHETTI TOSS SALAD WITH DRESSING DINNER ROLL SUMMER FRUIT CUP APPLE JUICE & MILK
22. SWEET & SOUR CHICKEN WITH RICE BROCCOLI FLORETS DINNER ROLL FRESH APPLE ORANGE JUICE & MILK	23. HOT DOG ON A BUN BAKED BEANS BEETS PEACHES APPLE JUICE & MILK	24. ROAST PORK LOIN BAKED YAM HALF SUCCOTASH WHOLE WHEAT BREAD CHOC. CHIP COOKIES ORANGE JUICE & MILK	25. BAKED CHICKEN BREAST BAKED POTATO MIXED VEGGIES WHOLE WHEAT BREAD RANGER COOKIES APPLE JUICE & MILK	26. MEATLOAF MASHED POTATOES CARROTS WHOLE WHEAT BREAD RASPBERRY PASTRY APPLE JUICE & MILK
29. AGENCY CLOSED 	30. ROAST BEEF GARLIC MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD LEMON BARS ORANGE JUICE & MILK	31. TUNA SALAD ON A CROISSANT WITH LETTUCE & TOMATO PEA SALAD FRESH ORANGE ORANGE JUICE & MILK	JUNE 1. SMOTHERED PORK CHOP BAKED YAM HALF CALIFORNIA BLEND VEGETABLES BLONDE BROWNIE ORANGE JUICE & MILK	JUNE 2. CHICKEN MARSALA WITH RICE STEAMED CABBAGE WHOLE WHEAT BREAD FRESH FRUIT 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.