

HELPING PEOPLE.  
CHANGING LIVES!



# August 2024

## License Plate Sticker Discount/ Free Bus Pass

Good For Up to Two Years/  
Renewed Every Other Year  
Must be either:

65 Years of Age or Older/  
16 Years of Age or Older with a  
Disability

Please Call the Senior  
Center at **309-788-6335** to see if  
You Qualify

Our Meal sites are open. Meals are served Monday through Friday at 11:00 am. We do have To-Go meals. If you are interested in receiving a meal give us a call the day before to order a meal.

Do you need help with your utilities? LIHEAP may help. Call to schedule an appointment.

Do you need help paying your Part B Premium or help with medication cost? Call and schedule an appt. with a SHIP counselor to see if you qualify.

Are you helping someone with medications, errands, dressing, bathing or any kind of help at all? Being a caregiver can be stressful we are here to help. Call us to get connected with a caregiver specialist and ask about TCARE.

If you are a grandparent raising a grandchild, you are not alone and there are programs designed to help.

Do you provide care for a loved one with Parkinson's disease, Alzheimer's, stroke? Stress Busting classes might be for you. This free class starts Monday, August 12 from 1-2:30 PM at Alternatives 1803 7th St. Moline. Call for details.

Call **309-788-6335** to inquire about any programs or classes.

### **DATES TO REMEMBER!**

Aug. 6th & 19th-Bingo-Senior Center-Noon  
Aug. 7th & 20th-Bingo Online only-Noon  
Aug. 12th-Stress Busting-1-2:30pm-Alternatives  
Aug. 26th Matter of Balance-10-12pm-WIAAA  
Aug. 30th-Celebrate August Birthdays! Noon  
Sept. 4th-Rules of the Road-1-3pm-Senior Center



### **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**

**Thank you for your  
continued support  
and your donations!**  
Every donation the  
Senior Center  
receives helps fund  
the program and  
helps supply more  
meals and services to  
Seniors!

**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.**