



MAY 2012



ROCK ISLAND COUNTY SENIOR CENTER
2221 - 11TH STREET
ROCK ISLAND IL 61201
(309) 788-6335

**APRIL SHOWERS
BRING MAY FLOWERS**

-Reminder

Project Now is pleased and honored to provide congregate and home delivered meals to you, but like all public services, we rely on your willingness to donate toward the services. A contribution of \$3.00 per meal for home delivered meal program and \$2.25 for congregate meal program goes a long way in keeping the meals available. If you have contributed, Thank You. If you have not, Please consider donating today. Your donation is very helpful in the future of these programs.

Thank you for volunteering.....

Show me a person who spends endless hours in training without pay,
And, I'll show you a volunteer
Show me a person who is devastated when lives are lost or maimed,
And, I'll show you a volunteer.
Show me a person who sacrifices home life, TV... even tender moments,
And, I'll show you a volunteer.
Show me a person who may be asked to give more than just dedication,
And, I'll show you a volunteer.
Show me a person who is asked to give more... and more... and more,
And, I'll show you a volunteer.

**Rock Island
County
(309)788-6335**



**Mercer
County
(309) 582-2644**

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










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ROCK ISLAND COUNTY
Senior Center
A SERVICE OF PROJECT NOW
MAY
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MENU

MON	TUE	WED	THU	FRI
THERE COULD BE SLIGHT VARIATIONS IN THE HOME DELIVERED MEALS MENU 	1. BBQ RIBLET SANDWICH PEAS GRAPE JUICE MILK	2. HAM CREAM CORN PINEAPPLE APPLE JUICE MILK	3. VEGETABLE LASAGNA SPINACH PEACHES OJ MILK	4. SALISBURY STEAK BAKED POTATO APRICOTS GRAPE JUICE MILK
7. SPAGHETTI PEAS PEARS GRAPE JUICE MILK	8. ROAST PORK BAKED YAMS FRESH APPLE OJ MILK	9. CHICKEN CAESER SALAD PINEAPPLE CRANBERRY JUICE MILK	10. CHEESEBURGER BAKED BEANS FRUIT COCKTAIL APPLE JUICE MILK	11. CHIPPED BEEF BRUSSEL SPROUTS MANDARIN ORANGE GRAPE JUICE MILK 
14. ITALIAN SAUSAGE GREEN BEANS PEARS APPLE JUICE MILK	15. CABBAGE ROLLS PEAS APPLE SAUCE OJ MILK	16. <u>HAPPY BIRTHDAY</u> CHICKEN QUARTER POTATO&GRAVY APRICOTS GRAPE JUICE MILK 	17. ROASTED PORK BUTTER BEANS BANANA CRANBERRY JUICE MILK	18. CHICKEN FILET CARROTS PEACHES APPLE JUICE MILK 
21. TACO SALAD PEACHES REFRIED BEANS OJ MILK	22. EGG SALAD 3 BEAN SALAD APRICOTS GRAPE JUICE MILK	23. SPAGHETTI BRUSSEL SPROUT PEACHES APPLE JUICE MILK 	24. SALISBURY STEAK MASHED POTATO PINEAPPLE CRANBERRY JUICE MILK	25. HOT DOG COLE SLAW FRUIT COCKTAIL OJ MILK
28. CLOSED FOR MEMORIAL DAY 	29. TURKEY SWEET POTATO ORANGES CORN MUFFIN GRAPE JUICE MILK 	30. SWEDISH MEAT BALLS BUTTER BEANS PEARS CRANBERRY JUICE MILK 	31. BBQCHICKEN 3 BEAN SALAD APRICOTS OJ MILK 	ALL MEALS ARE SERVED WITH MILK. HOME DELIVERED MEALS \$3.00 DONATION 