

FEBRUARY

2019



61705339327 R021



ECIAAA

JAN 29 2019

RECEIVED

ECIAAA
1003 Maple Hill Road
Bloomington IL 61704-9327

DeWitt County Friendship Center
410 East Main Street
Clinton Illinois 61727

RETURN SERVICE REQUESTED

Non Profit Permit #1
U S Postage Paid
Clinton Illinois 61727

THE FRIENDSHIP CENTER OPERATING HOURS
MONDAY thru FRIDAY 8:00 AM – 3:00 PM
PEACE MEALS SERVED AT 11:30 AM
MONDAY thru FRIDAY

DAILY ACTIVITIES

MONDAYS

DOMINOES 1:00 PM to 3:00 PM
COLOR CONVERSATION COLORING GROUP 1:00 PM to 3:00 PM

TUESDAYS

BILLIARDS 1:00 PM to 3:00 PM
CARDS & GAMES 1:00 PM to 3:00 PM

WEDNESDAYS

SENIOR YOGA CLASS 8:15 AM
BINGO 12:15 PM to 1:00 PM
CARDS 1:00 – 3:00 PM

THURSDAYS

BEAN BAG TOSS TOURNAMENT
1:00 PM to 3:00 PM

FRIDAYS

BILLIARDS 1:00 PM to 3:00 PM
CARDS & GAMES 1:00 PM to 3:00 PM

REFRESHMENTS SERVED! COME JOIN US!

CALL THE CENTER AT 217-935-9411 FOR DETAILS

FEBRUARY BIRTHDAYS



BEVERLY DONNAN – 5
DOTTIE HENDRICKS – 5
IVAN STANWOOD – 10
IDA POLEN – 10
VERA BRIGHT – 12
ANGIE WALDEN – 16
BETTY WRIGHT – 18
KAY CARR – 18
JUDY PINE – 19
DORIS DORSETT – 19
CHARLENE WOOLRIDGE – 19
FAYE OGG – 20
DONNA MCMILLAN – 21
PEGGY SYMPSON – 22
KAREN SWEARINGEN – 23
FLOY HARMEN – 27
DONNA WILSON – 27

COME IN FOR CAKE & ICE CREAM
WEDNESDAY, FEBRUARY 27TH AT 10:30 AM
& CELEBRATE FEBRUARY BIRTHDAYS
WITH US!

IF YOU ARE NOT ON OUR BIRTHDAY LIST
& WOULD LIKE TO BE
PLEASE CALL US @ 217-935-9411



ARE YOU OK?

The DeWitt County TRIAD in collaboration with CENCOM has implemented the Telephone Reassurance Program entitled ARE YOU OK? This program is being used successfully in many locations around the United States and the state of Illinois. It is designed to help reduce the fear of being home alone by means of a DAILY computer generated call, (coordinated by CENCOM and 911) to elderly persons, home bound, those individuals living with disabilities, and latchkey kids.

The system will help to ease the concern of friends and family who may find it a challenge to maintain consistent reliable contact. For example, an 85-year-old senior citizen wants the independence of living in their home along with the security of being monitored. The ARE YOU OK? system can bring a sense of comfort into every subscriber's home **FREE OF CHARGE**.

Each day at a pre-arranged time, the system will make calls to the subscriber.

If the call is correctly answered, the system knows that "all is well".

If no answer, a repeat call is made. After a set number of repeat calls and no answer, steps are taken to make sure you are safe and OK.

Call the DeWitt County Sheriff's Office at 217-935-9507 for more information or to schedule an appointment to sign up.

DATES TO REMEMBER:

**FEBRUARY 4TH, 2019 – MATTER OF BALANCE
CLASS STARTS 2 – 4 PM**

FEBRUARY 14, 2019 – HAPPY VALENTINES DAY

FEBRUARY 26, 2019 – RULES OF THE ROAD

MARCH 9, 2019 – HAM & BEAN – CAKE AUCTION

**MARCH 17, 2019 – SANGAMON AUDITORIUM
CIRQUE MECHANICS PRESENTATION
LEAVE THE CENTER AT 5:00 PM
DINNER BEFORE THE SHOW
REGISTRATION BEGINS MARCH 1ST**

**MARCH 30, 2019 – SANGAMON AUDITORIUM
THE RAINBOW FISH PRESENTATION
LEAVE THE CENTER AT 9:30 AM LUNCH AFTER
THE SHOW
REGISTRATION BEGINS MARCH 1ST**

MARK YOUR CALENDARS
&
SAVE THE DATE!

THE DEWITT COUNTY FRIENDSHIP CENTER
**ANNUAL HAM & BEAN / CAKE AUCTION
FUNDRAISER**

THIS YEAR TO BE HELD
SATURDAY, MARCH 9, 2019
5 PM – 7 PM

CAKE AUCTION TO BEGIN AT 6:15 PM

CAKE AUCTION
by
LANCE SCHMID

ADVANCE TICKETS GO ON SALE MONDAY, FEBRUARY 4TH



WARNER HOSPITAL
& Health Services

422 W. White Street - Clinton, IL 61727 (217) 935 9671

Family Medicine Walk-In Clinic

- Common Cold Symptoms
- Rashes or other skin irritations
- Painful or burning urination
- Allergy Symptoms
- Pink Eye
- Earaches
- Cough
- Sore Throat
- Upper Respiratory Infection
- Sport Physicals

Hours:	
Monday	8am – 6:30pm
Tuesday	8am – 6:30pm
Wednesday	8am – 6:30pm
Thursday	8am – 4pm
Friday	8am – 4pm
Saturday	9am – 12:30pm

Closed 12pm – 1pm Monday thru Friday for lunch.



Warner Hospital and Health Services is excited to offer this **NEW** service to our community. The Walk In Clinic is open to individuals 5 years and older including new patients.

Always Caring, Close to Home.....Now More Convenient



Eastern Illinois
Foodbank

DeWitt County Food Mobile

When: Saturday, February 16th, 2019

Time: 10:00 am to 11:30 am

Where: American Legion

Clinton, 61727

All eligible residents of Dewitt County needing food are welcome to attend the Foodmobile distribution.

All Dewitt County residents who meet income eligibility criteria are welcome (see below).

Those attending are asked to bring bags or boxes to transport food.

Maximum monthly income per eligible household:

Maximum monthly income per eligible household (for each additional household member over 8, add \$644):								
Household Size	1	2	3	4	5	6	7	8
Monthly Income	\$1,889	\$2,504	\$3,148	\$3,793	\$4,437	\$5,081	\$5,726	\$6,370

Eastern Illinois Foodbank works to alleviate hunger in eastern Illinois through cooperation with a network of food pantries, agencies and other programs like the Foodmobile Program. The Foodbank distributes donated and discounted food throughout a 17-county service area in cooperation with 220 member agencies and programs. Through these agencies, the Foodbank provides food to more than 116,000 different men, women and children each year. The Eastern Illinois Foodbank is a member of Feeding America (formerly America's Second Harvest), Feeding Illinois, the United Way of Coles County, and the United Way of Champaign County.



JOIN US FOR CIRQUE MECHANICS

SUNDAY MARCH 17TH, 2019

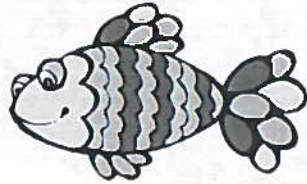
SANGAMON AUDITORIUM

LEAVE THE CENTER AT 5 PM

DINNER AT GOLDEN CORRAL

COST IS \$22.00

LIMITED SEATING – SIGN UP BEGINS MARCH 1ST



**JOIN US ON SATURDAY, MARCH 30, 2019
FOR A MATTINEE OF THE RAINBOW FISH
LEAVE THE CENTER AT 9:30 AM
LUNCH AT GOLDEN CORRAL AFTER THE SHOW
COST IS \$22.00
SIGN UP BEGINS MARCH 1ST**

The Rainbow Fish will enchant even the youngest audiences with his silver scales and heart of gold in this new adaptation of Marcus Pfizer's award-winning books about the beautiful fish who learned to share his most prized possession. Mermaid Theatre of Nova Scotia's elegant puppet show will include an original stage adaptation of the colorful story as well two of the author's companion tales: *Rainbow Fish Discovers the Deep Sea* and *Opposites*. Mermaid Theatre has earned international acclaim for its productions of stories of Eric Carle and Leo Lionni, incorporating innovative puppetry, striking scenic effects, and evocative original music to provide very young audiences with an effortless introduction to the performing arts and the excitement of reading.



**JOIN US FOR
ART & THINGS**

FEBRUARY 5TH & 19TH

10:00 AM TO 11:30 AM



MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH
THIS MONTH:

TUESDAY, FEBRUARY 19TH, 2019 – 9:00 AM to 10:30 AM

TO CHECK:

**BLOOD PRESSURE, HEART RATE, RESPIRATORY CHECKS,
WEIGHT**

**OXYGEN READINGS TO DETERMINE OXYGEN IN THE BLOOD
PULSE, BLOOD SUGAR SCREENING**

**(PLEASE NOTE: FREQUENCY OF BLOOD SUGAR TESTING WILL BE DETERMINED BY
PREVIOUS RESULTS OR AS INDICATED)**

**PLEASE TAKE ADVANTAGE OF THIS FREE SERVICE PROVIDED BY
LIBERTY VILLAGE!**

FOR MORE INFORMATION, CALL THE FRIENDSHIP CENTER
AT 217-935-9411



THE HEARING AID CENTER

JOYCE DEARTH FROM
THE HEARING AID CENTER

WILL BE HERE

FEBRUARY 12TH & 25TH

9:30 AM to 11:00 AM

SHE WILL PROVIDE:

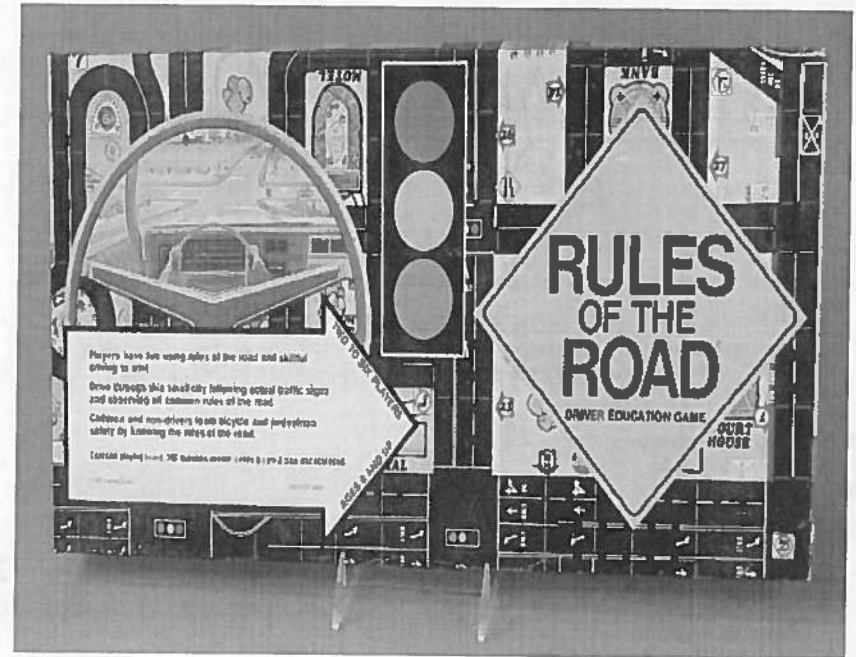
FREE HEARING CHECK UPS

FREE HEARING AID CLEANING

**& TUBING FOR BEHIND THE EAR HEARING INSTRUMENTS HEARING
AID BATTERIES WILL ALSO BE AVAILABLE**



FOR MORE INFORMATION, CALL THE CENTER 217-935-9411



FREE RULES OF THE ROAD

REVIEW

TUESDAY, FEBRUARY 26TH, 2019

1:30 PM – 3:30 PM

DO YOU HAVE CONCERNS ABOUT FALLING?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning Program designed to manage falls and increase activity levels.

This program emphasizes
Practical strategies to
Manage falls.

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall Risks at home
- Exercise to increase strength And balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving Balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted Activities because of falling Concerns

 **CCSI**
Case Coordination LLC
Case Management Services

DeWitt County Friendship Center
Clinton, IL

Classes will begin on February 4th for 8 weeks. We will meet every Monday beginning February 4 – March 25, 2019 from 2 – 4 pm.
Registration is required. Please call 217-935-9411 to sign up.

For more information please call
Diane Cusey @ 935-4560 or
Paula Jiles @ 935-9411

LOW VISION SUPPORT GROUP

Do you have visual issues such as, reading a newspaper, telephone book, telling time, using appliances, or dialing a telephone?

Do you know someone who has these problems?

Would you like to know about: adaptive aids, resources, counseling, improving the quality of life for someone, providing them a free resource to make the low vision person more independent?

Perhaps this support group would be beneficial to you!

MEETINGS ARE HELD THE THIRD MONDAY OF EACH MONTH

THE NEXT MEETING WILL BE
Monday, February 18th, 2019

DEWITT COUNTY FRIENDSHIP CENTER
410 EAST MAIN STREET
CLINTON, ILLINOIS
10:00 AM – 11:00 AM

THESE MEETINGS ARE FREE & EDUCATIONAL

CONTACT: KIM TARKOWSKI
LIFE CENTER FOR INDEPENDENT LIVING
2201 EASTLAND DRIVE, SUITE #1
BLOOMINGTON, IL 61704
309-663-5433
or
DEWITT COUNTY FRIENDSHIP CENTER
217-935-9411

FRIENDS IN ACTION

Of DeWitt County
Located at the DeWitt County Friendship Center

Friends In Action of DeWitt County is a program that provides spiritual/emotional and physical support and friendly assistance to help seniors keep their dignity and quality of life while living independently.

Services Offered Include:

Transportation for Medical and RX needs /
Friendly Visits & Phone Calls
Assistance with necessary Errands &
Grocery Shopping
Ramp Building

To obtain services or volunteer, contact
Betsy Parker Coordinator of
Friends in Action @ 217-935-9411
or stop by the office
Monday thru Friday - 8 am - 3 pm
The Friendship Center
410 E. Main
Clinton, IL



Friends in Action
of DeWitt County

We are a caring group of volunteers that help provide transportation and other services for those in need in DeWitt County. We also help to build ramps for those that are in need and cannot afford them on their own. We are in need of volunteers to help provide our services in our community. Your help is necessary for us to continue our program. Just one or two hours per month could make a difference in someone's life. Would you consider helping us help others? Please contact Friends in Action at the telephone number given above or email at: fidewitt@gmail.com for more information.

DEWITT COUNTY FRIENDSHIP CENTER PRESENTS

Pigeon Forge and Smoky Mountains Show Trip

INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 8 nights lodging including 3 consecutive nights in the Smokies
- ◆ 8 meals: 6 breakfasts and 2 dinners
- ◆ Admission to **TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION**
- ◆ **Three Dinner Shows: SOUL OF MOTOOWN, AMERICA'S HIT PARADE, and THE MATFIELD-MCCOY SHOW**
- ◆ One Evening Show: **SMOKEY MOUNTAIN OPRY**
- ◆ One Morning Show: **The MAGIC BEYOND BELIEF SHOW**
- ◆ Free time in **HISTORIC DOWNTOWN GATLINBURG**
- ◆ **GUIDED TOUR OF THE GREAT SMOKEY MOUNTAINS NATIONAL PARK**
- ◆ *For more pleasure, value and information visit our web Group Trip page: DeWitt County Friendship Center*

\$565 *

6 DAYS 5 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Sat)

Sep 30 - Oct 5

2019

Departure: United Methodist Church, 308 E. Main St, Clinton, IL @ 8 am

Day 1: Depart your group's location in a spacious, restroom and video equipped motorcoach and set off for the breathtaking Smoky Mountains! This evening, you'll check into your en route hotel for a good night's rest!

Day 2: Today, after enjoying a Continental breakfast, you'll continue towards your destination - the Smoky Mountains. Later, you'll check into your hotel for a 3 night stay. Tonight, enjoy Dinner while enjoying your toes at the high-energy **SOUL OF MOTOOWN DINNER SHOW**. Relive the great music of Motown Legends like the O'Jays, the Platters, Sam Cooke, Smokey Robinson, the Jackson Five, Aretha Franklin, Gladys Knight, Diana Ross, and more!

Day 3: Start your day with a Continental Breakfast, before heading off on a **GUIDED TOUR OF THE GREAT SMOKEY MOUNTAINS NATIONAL PARK**. Afterward, enjoy free time and lunch on your own in **HISTORIC DOWNTOWN GATLINBURG**. Then, enjoy a fabulous dinner show at the **MATFIELD-MCCOY DINNER THEATER**, known as the Romeo and Juliet of the Smoky Mountains...with Blue Grass Country Music, singing, dancing, hilarious comedy and fun. This evening, the **SMOKEY MOUNTAIN OPRY SHOW** brings the heart and soul of music onstage with its fabulous high-energy entertainment, featuring spectacular singing, outstanding choreography, and thrilling special effects!

Day 4: Today, you'll start your day by enjoying a Continental Breakfast before departing for the **MAGIC BEYOND BELIEF MORNING SHOW**. Magic Beyond Belief, starring Darren Romeo brings magic and music together for an incredible show. Darren Romeo creates a multi-million dollar "Magic Beyond Belief" style. Featuring a talented cast, Darren's magical illusions, musical tributes, levitations, and much more! Darren is the only magician in the world allowed to perform Harry Blackstone's famous legacy of the floating light bulb. State-of-the-art special effects, lights, sound and lasers enhance this one-of-a-kind magical production! This evening, you will enjoy Dinner and see the **AMERICA'S HIT PARADE DINNER SHOW**. Spanning the Fifties to the Eighties and beyond, this high-energy show features singing, dancing, colorful costumes, and a special one-of-a-kind Military Tribute to the men and women of the Armed Forces.

Day 5: Enjoy a Continental Breakfast before starting your morning at the impressive **TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION**. You can experience the hallways, parlors, cabins, and Grand Staircase of this replica of the world's most famous luxury liner, view actual artifacts, and more. You can also hear passenger stories and pay tribute to their memory. This evening, relax at your en route hotel.

Day 6: Today, after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!

AMERICA'S HIT PARADE SHOW

TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION

SOUL OF MOTOOWN

SMOKEY MOUNTAIN OPRY

ADD PEACE OF MIND TO YOUR TRIP...
With Unsurpassed Excellence, Travel Confidence & Protection Plan if you have to unexpectedly cancel or cut your plans short.
See web for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$219 for single occupancy.
Final Payment Due: 7/23/2019

FOR INFORMATION & RESERVATIONS CONTACT:

Dewitt Friendship Center
(217) 935-9411

Diamond Tours inc.
Bringing Group Travel to a Higher Standard®

Friendship Center Newsletter
February, 2019

"Comments from Caitlin"

February is American Heart Month. The "Millions Hearts" initiative through Centers for Disease Control and Prevention (CDC) and the Centers for Medicare & Medicaid Services (CMS) recommends following the ABCS - four ways to improve your heart health. For more, visit <https://millionhearts.hhs.gov/>.

- A: Take aspirin as directed by your health care professional
- B: Control your blood pressure
- C: Manage your cholesterol
- S: Don't smoke

Garlic-Parmesan Broccoli (Serves 4)

1 head of fresh broccoli, cut into florets (about 3-1/2 cups florets)
1 tsp. garlic powder
1/2 cup shredded Parmesan Cheese
Freshly ground pepper
Dash crushed ground pepper flakes (optional)

1. Steam or microwave broccoli florets until bright green and crisp-tender, drain.
2. Heat in a skillet prepared with nonstick spray over medium-heat. Add broccoli and sauté until slightly browned.
3. Add garlic powder and parmesan cheese and toss to combine. Season to taste with salt, pepper, and crushed pepper flakes if desired.

Nutrition Facts (per serving): 45 calories, 4.5 fat (0.5g saturated fat), 70mg sodium, 4g carbohydrate, 2g fiber, 3g protein

Recipe from: Meals for a Healthy Heart, University of Illinois Extension

For upcoming health and wellness classes from UI Extension, come by our office and find us online at <http://web.extension.illinois.edu/dmp/>.

Have a great month,

Caitlin Mellendorf, MS, RD
Nutrition and Wellness Educator
University of Illinois Extension
go.illinois.edu/dmp
217.935.5764

IT'S TIME TO RELAX!

THE LATEST THING

A "NO RULES" STRESS RELIEVER!

COME JOIN US – IT'S FUN!

TRY SOME ANTI-STRESS ART THERAPY FOR ADULTS!

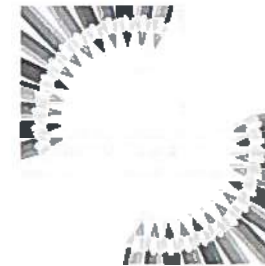
COLOR CONVERSATION

ANY MONDAY OF EACH MONTH
12:30 PM to 3:00 PM

THIS MONTH

FEBRUARY 4, 11, 18, 25

COLORED PENCILS & COLOR SHEETS PROVIDED



Join Liberty Village for a community lunch and learn. A speaker from the community will be presenting a topic relevant to an aging population.

WHEN: The Third Wednesday of each month from 12:00 to 1 PM.

WHERE: AJ Fitness Center at Liberty Village. Go to the Bounce Back entrance on the east end of the parking lot.

RSVP: The event is free however you must RSVP by the second Wednesday of this month. Call the receptionist at Manor Court, 217-935-8500, option 1.

Lunch will be provided.

For more information find us on Facebook at [facebook.com/libertyvillageofclinton](https://www.facebook.com/libertyvillageofclinton).

Liberty Village is a Not-for-Profit Provider.

Diane Cusey
Senior Info Services/ CPOE
410 E Main St
Clinton, IL 61727
(217) 935-4560
Diane.cusey@ccsicares.com



- Community Care Systems (CCSI) is located at the DeWitt County Friendship Center and may be reached by calling (217) 935-4560. Outreach events are held the 1st Wednesday 1:30- 4:00 pm, the 3rd Wednesday 8:30- Noon and on the 2nd Monday of every month from 2:00-4:00 at the Sunshine Center in Farmer City and also the 3rd Thursday of every month 11:00 am- 12:30 pm at the Weldon Village Hall in Weldon. We will also be out at the Kenney Community Center on the last Wednesday of September, October and November from 8:30-9:30 am during Open Enrollment Period.
- As the Coordinated Point of Entry for DeWitt County, CCSI is happy to provide the following services:
 - Link seniors and disabled adults to local services that are available to meet their needs
 - Nutrition Services
 - Housing Needs
 - Home Care Assistance
 - Transportation
 - Prescription Assistance Plans
 - Caregiver Support Services
 - Conduct home visits and well-being checks to ensure individual is in a safe and appropriate setting
 - Discuss care options for individuals and assist to make an educated decision best suited for their situation
 - SHIP Medicare counseling services to help navigate:
 - New to Medicare
 - Part D Prescription Drug plan
 - Medicare Advantage plan
 - Medicare Savings program
 - Low Income Subsidy "Extra Help" for medications
 - Assistance with Medicare related insurance claim denials
 - Application assistance for SNAP (Food stamps), Medicaid, and Safelink phone (and other application assistance as needed)
 - Evidence-based Healthy Aging programs
 - Diabetes Self- Management
 - Matter of Balance Fall Prevention
 - Benefits Access Application assistance (formerly known as the Circuit Breaker- license plate sticker discount)

Funding for services & programs come from Community Care Systems, Inc., IDOA, ECLAAA and Age Options. Donations are accepted but no one will be denied services based on inability to pay.

COME TO THE FRIENDSHIP CENTER TO EXERCISE!

**EACH WEDNESDAY AT 8:15 AM
JOIN US FOR SENIOR YOGA**

YOGA CAN HELP REGAIN BALANCE, INCREASE FLEXIBILITY,
REDUCES ACHES AND PAINS, AND
LEAVE YOU FEELING FOREVER YOUNG!



United Way supports seniors in DeWitt County

United Way cares about DeWitt County seniors and we invest in programs that seniors love. We fund the DeWitt County Friendship Center, helping with some senior programming there. We also invest in Peace Meal, helping ensure seniors who can't afford the meal service still have access to it and can remain independent in their homes. For more information about United Way's efforts in DeWitt County, you can visit uwdecatur.org.



Do you care for someone diagnosed with Alzheimer's Disease or a related dementia?
Are you looking for information and support?
You are not alone.

Alzheimer's Association Support Group

Come and join a *casual, caring group* that provides emotional, educational, and social support for family and friends of individuals with Alzheimer's Disease and other related dementias.

Monday, February 11th, 2019

12:00 pm to 1:00 pm

DeWitt County Friendship Center

410 E. Main St

Clinton, IL 61727

Please call 217-935-9411 to register by Friday, February 8th at 12:00 pm

Please let us know at that time if you need to bring your loved one with you, and adult care services will be provided.

This support group will continue to meet the second Monday of each month at 12:00 pm with food & beverages provided.

These support groups are intended for family caregivers of individuals in the middle to later stages of Alzheimer's Disease/other dementias. For more information on this support group, call 217-935-9411. For more information, call the Alzheimer's Association, Greater Illinois Chapter at 800-272-3900 or go to alz.org/illinois and click on "Support Groups"

alzheimer's  association®

Join Us.....



FEBRUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	2
3	4 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	5 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3P M	6 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 1:00—3:00	7 COFFEE 8 AM BEAN BAG TOURNAMENT 12:30 PM—3 PM	8 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	9
10	11 COFFEE 8 AM ALZHEIMER'S SUPORT GROUP 12 PM—1 PM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	12 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	13 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 1:00—3:00	14 COFFEE 8 AM BEAN BAG TOURNAMENT 12:30 PM—3 PM	15 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	16 FOOD BANK @ AMERICAN LEGION
17	18 COFFEE 8 AM LOW VISION SUPPORT GROUP 10 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	19 COFFEE 8 AM LIBERTY VILLAGE HEALTH CHECKS 9AM-10:30AM ART & THINGS 10 AM—11 :30 AM POOL 1 PM—3 PM CARDS & GAMES 1PM-3PM	20 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 1:00—3:00	21 COFFEE 8 AM BEAN BAG TOURNAMENT 12:30 PM—3 PM	22 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM RODEO 5PM	23
24	25 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PB—3 PM	26 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM RULES OF THE ROAD 1:30	27 COFFEE 8 AM SENIOR YOGA 8:15 AM FEBRUARY BIRTHDAY CAKE & ICE CREAM 10:30 AM BINGO 12:15 PM CARDS 1 PM—3 PM	28 COFFEE 8 AM BEAN BAG TOURNAMENT 12:30 PM—3 PM		

Peace Meal Senior Nutrition Program February 2019

4	Savory Sausage Stew w/Beans Pineapple Tidbits Biscuits Warm Fruit Strudel Bites	5	Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Seasonal Dessert	6	Ravioli w/Meat Sauce Broccoli Corn Whole Grain Wheat (1) Banana	7	Meatloaf Delmonico Potatoes Spinach Dinner Roll Cranberry Apple Salad	8	Tuna Noodle Casserole Peas and Carrots Bean Medley Whole Grain Wheat (1) Gelatin with ½ C Fruit	1	Mushroom Crusted Chicken Breast Potato Casserole Venetian Blend Vegetables Dinner Roll Fresh Fruit		
11	Chili Mac Tossed Salad w/Dressing Dinner Roll Warm Cinnamon Peaches	12	Turkey Pot Roast w/Baby Carrots & Celery Broccoli Cauliflower Bake Dinner Roll Tropical Fruit	13	Chicken Casserole Peas and Carrots Seasoned Green Beans w/Pimientos Whole Grain wheat (1) Chunky Applesauce	14	Roast Beef in Gravy Mashed Potatoes Cabbage-Tomato Au Gratin Dinner Roll Overnight Fruit Salad	15	Ham Loaf Frosted Sweet Potatoes Midori Blend Veggies Whole Grain Wheat (1) Fresh Fruit	18	Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion & Bacon Whole Grain Wheat (1) Mandarin Oranges		
25	Chicken and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat (1) Apricots	26	Shepherd's Pie w/Veggies Creamy Cole Slaw Dinner Roll Warm Fruit Crisp	27	Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn Bun Fruit Juice	28	Beefy Vegetable & Lentil Soup Sliced Pears Peanut Butter Cup Crackers Oatmeal Raisin Cookie	22	Pulled Pork Sandwich Baked Beans Fruit Juice Bun Scalloped Pineapple	21	Salisbury Beef Pattie Mashed Potatoes Mixed Vegetables Dinner Roll Banana Bread w/Cream Cheese	20	Beef Stew w/Potatoes, Carrots and Onions Seasoned Greens Biscuits Pears

For Reservations Call 1-800-543-1770

Skim milk and desserts with no sugar added are available in many locations.
Ask the Site Supervisor for information.

Sometimes we need to substitute on our menus. We still guarantee a nutritious meal.

The Peace Meal Senior Nutrition Program suggests a donation of \$3.50 for each congregate and home delivered meal. No older person shall be denied a meal because of their inability to contribute towards the cost of the meal.

We accept the Illinois Link Card.