

DeWitt County Friendship Center
410 East Main Street
Clinton Illinois 61727

Non Profit Permit #1
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Clinton Illinois 61727

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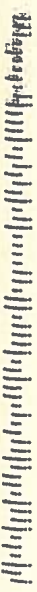
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1003 Maple Hill Road
Bloomington IL 61704-9327

6170559327 RC21



MARCH

2019



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

MARCH BIRTHDAYS



MARY COX – 4
SHIRLEY DEJAYNES – 5
MARY SHAW – 7
LUCRETIA POWLESS – 9
NANCY CHAPMAN – 11
MARY BROWY – 16
ANGIE WILLIAMS – 17
HENRY MARTIN – 22
MEL RIEGEL – 24
MARLEEN WILLIAMS – 24
CARM SARTIE – 26
ADA BLAKE – 31

COME IN FOR CAKE & ICE CREAM
WEDNESDAY, MARCH 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



Eastern Illinois
Foodbank

DeWitt County Food Mobile

When: Saturday, March 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	\$1,859	\$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.



DATES TO REMEMBER:

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**

**APRIL 5, 2019 – PEORIA BALLET PRESENTS
ALICE IN WONDERLAND & PAQUITA
LEAVE THE CENTER AT 8:45 AM
LUNCH AFTER THE SHOW AT BUSY CORNERS
REGISTRATION BEGINS MARCH 20TH**

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 ON SALE NOW AT THE CENTER



**JOIN US FOR
ART & THINGS**

MARCH 5TH & 19TH

10:00 AM TO 11:30 AM



MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH
THIS MONTH:

TUESDAY, March 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

MARCH 12TH & 26TH

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



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.

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, March 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: fiadewitt@gmail.com for more information.

Friendship Center Newsletter
March 2019

"Comments from Caitlin"

March is National Nutrition Month, hosted by the Academy of Nutrition and Dietetics. For more, visit eatright.org/nmm. One emerging area of focus in nutrition is reducing food waste. Try these tip to reduce food waste during March, and the rest of the year.

1. **Use all forms of fruits and vegetables – fresh, canned, frozen, and dried.** Canned and frozen fruits and veggies are packed often within hours of harvest, and retain most of their vitamins even after processing. Remember, fresh foods also start to lose vitamins after days traveling to your stores and waiting on shelves to be eaten.
2. **Freeze extra ingredients.** Opened a can of broth, but didn't use it all? Pour the rest into a freezer-safe container and freeze until you need broth again. This works well for a lot of ingredients, including tomato paste, lemon or lime juice, and bottle salsa or pasta sauces.
3. **Buy "ugly" foods.** Your apple doesn't have to be perfectly round to be delicious, and that potato with a few extra curves still makes a good baked potato. Some stores sell older or oddly-shaped fruits and veggies, often at a reduced price. Consider buying these "ugly" foods, particularly if you plan to eat them within a day or two. After all, wrinkly bell peppers are great cooked into stir-fry, and that funny-shaped tomato will still be great on a sandwich.

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

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: 8 breakfasts and 3 dinners
- Admission to TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION
- Three Dinner Shows: SOUL OF MOTOWN, AMERICA'S HIT PARADE, and THE HATFIELD-MCCOY SHOW
- One Evening Show: SMOKY MOUNTAIN OPRY
- One Morning Show: The MAGIC BEYOND BELIEF SHOW
- Free time in HISTORIC DOWNTOWN GATLINBURG
- GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK
- For more pictures, video and information visit: www.GroupTrips.com/DewittCountyFriendshipCenter

\$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 lapping your toes at the high-energy SOUL OF MOTOWN DINNER SHOW. Relive the great music of Motown Legends like the Drifters, 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 SMOKY MOUNTAINS NATIONAL PARK. Afterward, enjoy free time and lunch on your own in HISTORIC DOWNTOWN GATLINBURG. Then, enjoy a fabulous dinner show at the HATFIELD 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 SMOKY 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!

ADD PEACE OF MIND TO YOUR TRIP...
 With Diamond Tours Exclusive Travel Creditcard & Protection Plan if you have to unexpectedly cancel or cut your plans short. See back 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®

File Number of Travel Ref No. 57329-1

Form ID: 2400-7C1205

WA

Tour#: 1547487

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

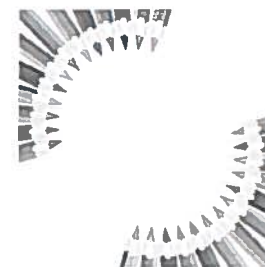
ANY MONDAY OF EACH MONTH

12:30 PM to 3:00 PM

THIS MONTH

MARCH 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 noon to 1 PM.

WHERE: AJ's 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.

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



"Care is our middle name"

- 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, March 11, 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, March 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.....



MARCH 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 CIRQUE MECHANIC @ SANGAMON AUDITORIUM 7:00 PM	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	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	27 COFFEE 8 AM SENIOR YOGA 8:15 AM MARCH BIRTHDAY CAKE & ICE CREAM 10:30 AM LOW VISION FAIR 10—12 BINGO 12:15 PM CARDS 1 PM—3 PM	28 COFFEE 8 AM BEAN BAG TOURNAMENT 12:30 PM—3 PM	29 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	30 THE RAINBOW FISH @SANGAMON AUD. LEAVE @9:30 AM LUNCH AFTER

Peace Meal Senior Nutrition Program March 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	Cheese Manicotti (2) w/Red Sauce Broccoli Corn Whole Grain Wheat (1) Banana	7	Meatloaf Delmonico Potatoes Spinach Dinner Roll Cranberry Apple Salad	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 with Baby Carrot & Celery Broccoli Cauliflower Bake Dinner Roll Tropical Fruit	13	Chicken Casserole Peas and Carrots Seasoned Green Beans w/Pimentos Whole Grain Wheat (1) Chunky Applesauce	14	Roast Beef in Gravy Mashed Potatoes Cabbage-Tomato Au Gratin Dinner Roll Overnight Fruit salad	15	Salmon 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 and Bacon Whole Grain Wheat (1) Mandarin Oranges	19	Ham and Beans Pickled Beets Cornbread Peaches	20	Beef Stew w/Potatoes, Carrots and Onions Seasoned Greens Biscuits Pears	21	Salisbury Beef Pattie Mashed Potatoes Mixed Vegetables Dinner Roll Banana Bread w/Cream Cheese	22	Whitefish Burger w/Sauce Pkt. Baked Beans Fruit Juice Bun Scalloped Pineapple
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	29	Salmon Burger with Sauce Packet Potato Casserole Venetian Blend Vegetables Dinner Roll Fresh Fruit

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.