

DeWitt County Friendship Center
410 East Main Street
Clinton Illinois 61727

RETURN SERVICE REQUESTED

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BLOOMINGTON IL 61727

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DECEMBER



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 12:30 PM to 3:00 PM
COLOR CONVERSATION COLORING GROUP 1:00 PM to 3:00 PM

TUESDAYS

BILLIARDS 12:30 PM to 3:00 PM
CARDS & GAMES 12:30 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 12:30 PM to 3:00 PM
CARDS & GAMES 12:30 PM to 3:00 PM

REFRESHMENTS SERVED! COME JOIN US!

CALL THE CENTER AT 217-935-9411 FOR DETAILS

DECEMBER BIRTHDAYS



ABNER GRIFFIN – 1
JUDY DENNY – 2
STACY HALVERSON – 5
DAVID BROWN – 8
JEAN RUMLEY – 12
SHARLENE HOKE – 13
DEBBIE BATESON – 17
CAROLYN RILEY – 26
CATHERINE FERGUSON – 28
EVELYN JOSS – 29
DARVIN VOLKER – 31
MICKIE SIMMONS – 31

COME IN FOR CAKE & ICE CREAM
WEDNESDAY, DECEMBER 11TH AT 10:30 AM
& CELEBRATE DECEMBER BIRTHDAYS
WITH US!

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



DeWitt County Food Mobile

When: Saturday, December 14, 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	\$1,669	\$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:

DECEMBER 2: CROCK POT COOKING CLASS – DESSERTS – MUST PRE-REGISTER

**DECEMBER 4: FESTIVAL OF LIGHTS
LEAVE @ 4 PM**

**DECEMBER 12: NUTCRACKER BALLET
LEAVE @ 8:00 AM REGISTRATION BEGINS 12/2/19**

**DECEMBER 18: HOLIDAY LUNCHEON @ 11:30 AM
AND CHRISTMAS BINGO FOLLOWS LUNCH
REGISTRATION BEGINS 12/2/19**

**DECEMBER 18: ELF THE MUSICAL
LEAVE @ 4:30 REGISTRATION BEGINS 12/2/19**

DECEMBER 19: LINE DANCE REFRESHER 9:30

DECEMBER 24, 25 & 31, JANUARY 1 CLOSED



LINE DANCING REFRESHER CLASS

THURSDAY: DECEMBER 19TH

TIME: 9:30 AM – UNTIL ?????

REFRESHMENT WILL BE SERVED



***JOIN US FOR
ART & THINGS***

DECEMBER 3RD & 17TH

10:00 AM TO 11:30 AM



MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH
THIS MONTH:

TUESDAY, DECEMBER 17, 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

DECEMBER 10TH

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



PLEASE JOIN THE FRIENDSHIP CENTER FOR

OUR ANNUAL

HOLIDAY LUNCHEON

WEDNESDAY, DECEMBER 18TH AT 11:30AM

SEATING IS LIMITED

SIGN UP STARTING DECEMBER 2ND TO RESERVE YOUR SEAT

SIGN UP DEADLINE IS DECEMBER 12TH

MENU:

HAM

MASHED POTATOES & GRAVY

GREEN BEANS

CHERRY/PINEAPPLE SALAD

ROLL

DESSERT

YOU MUST HAVE A RESERVATION!!!

NO CARRY OUTS AVAILABLE!!!

*This is not the meal delivered through Peace Meals. Peace Meals will be the regular menu for
December 18, 2019.*



CROCK POT COOKING CLASS

DESSERTS!

The Neighborhood Care Center is joining efforts with Pastor Paul Stroup from the Clinton Presbyterian Church to provide a Crock-Pot Class for local seniors to learn how to make easy, quick, and healthy meal. This special class will take place on December 2ND at 10:30AM at the Friendship Center. An added BONUS is that every NEW participant will take home a FREE crock-pot! You don't want to miss this special class!

*Space is limited to. If you would like to sign up for this class, please call the Neighborhood Care Center office at 217.935.6844. Submit your name, and Cody Monkman will give you a call back to confirm your sign up.

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, December 16th, 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

To obtain services or volunteer, contact
Kim Corsa 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



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.



**THE NUTCRACKER PRESENTED BY
THE PEORIA BALLET
THURSDAY, DECEMBER 12TH
LEAVE THE CENTER AT 8:00 AM RETURN BY 2:00 PM
COST: \$10.00
LUNCH @ BUSY CORNERS AFTER THE BALLET
YOU ARE RESPONSIBLE FOR YOUR LUNCH
SIGN UP BEGINS DECEMBER 1ST**



LIVE ON THE MAINSTAGE

Based on the beloved holiday film, this hilarious fish-out-of-water comedy follows Buddy the Elf in his quest to find his true identity. This modern day holiday classic is sure to make everyone embrace their inner elf. After all, the best way to spread Christmas Cheer is singing loud for all to hear.

WEDNESDAY, DECEMBER 18TH @ 7:30 PM

LEAVE THE CENTER AT 4:30

COST: \$45.00
INCLUDES DINNER AND MUSICAL

SIGN UP BEGINS DECEMBER 2ND. THERE IS A LIMITED NUMBER OF TICKETS AVAILABLE

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

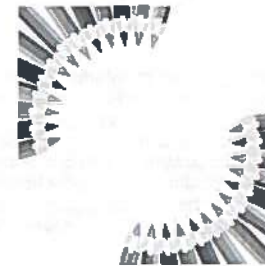
ANY MONDAY OF EACH MONTH

12:30 PM to 3:00 PM

THIS MONTH

DECEMBER 2, 9, 16, 23, 30

COLORED PENCILS & COLOR SHEETS PROVIDED



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, December 9, 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, December 6th
at 12:00 pm**

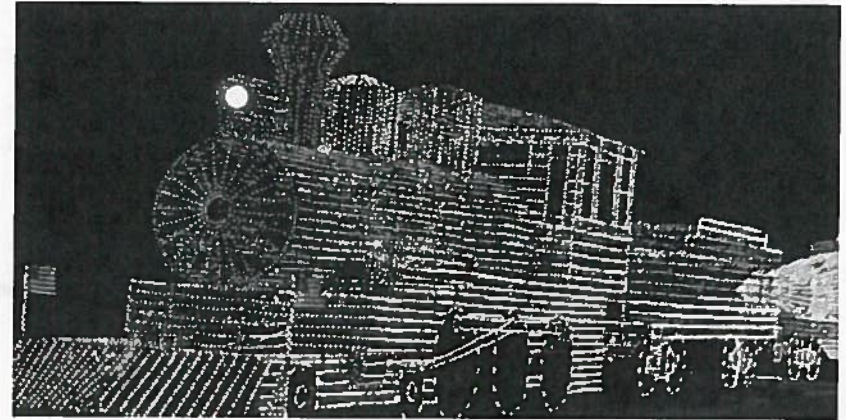
**Please let us know at that time if you need to bring your loved one with you,
and adult care services will be provided.**

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.....



JOIN US FOR A TRIP TO

THE EAST PEORIA FESTIVAL OF LIGHTS WINTER WONDERLAND LIGHT SHOW!

**The East Peoria Festival of Lights holiday light show
will mark 35 years of holiday cheer!**

**A spectacular holiday attraction featuring
a 2-mile drive-through electric park.
Numerous animated displays and many lighted floats from the
Parade of Lights.**

WEDNESDAY, DECEMBER 4TH, 2019

**LEAVE THE FRIENDSHIP CENTER AT 4:00 PM
RETURN BY 8:00 PM**

**COST IS \$10 PER PERSON
(includes: transportation & entrance fee)
Sandwiches, Chips, & Drink to be served on the bus**

**SPACE IS LIMITED
SIGN UP STARTS NOVEMBER 20TH**

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



Community Care Systems, Inc
410 E. Main St
Clinton, IL 61727

Don't forget to call and make an appointment with Diane Cusey after October 1st to come in and go over your Medicare Part D Prescription Plan. Appointments are limited! Open Enrollment is October 15th - December 7th. Call 217-935-4560 to schedule an appointment.

Medicare Open Enrollment

When's the Medicare Open Enrollment Period?

Every year, Medicare's open enrollment period is **October 15 - December 7**.

What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

When can people get information about next year's Medicare plans?

Information for next year's plans will be available beginning in October.



"Care is our middle name"



BEFORE YOU SEND MONEY CALL

**DeWitt County
Fraud Prevention Hotline
217-935-7867**



**Mike Walker
Sheriff**



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.

Friendship Center Newsletter
December 2019

"Comments from Caitlin"

December is Pear Month! Pears are in season through fall and winter, so expect to see more of them in stores.

- **Fresh Pears.** When buying fresh pears, look for those that are firm and do not have obvious soft spots. Pears ripen after being picked off the tree. In determining if pears are ripe, Pear Bureau Northwest recommends gently pressing on the neck of the pear, near the stem. If the pear feels soft, it is ready to eat. The exception is Bartlett varieties, which turn from green to yellow to indicate ripeness.
- **Canned Pears.** Either in metal cans or in plastic-packed cups, canned pears are an economical choice. Look for brands of pears in 100% juice or lite syrup instead of heavy syrup.

Honey Cinnamon Baked Pears (serves 4)

2 ripe pears, halved
1/2 Tbsp cold butter, cubed
1/4 cup pecans, finely chopped
3/4 tsp ground cinnamon
1/4 tsp ground nutmeg
1 Tbsp honey

1. Preheat oven to 350°F.
2. Spoon the seeds from the pears to create a small cavity in the flesh of the pears. Place pear halves in a rimmed baking dish, cavity side up. Distribute the butter cubes evenly among each pear half.
3. Mix together chopped pecans, cinnamon and nutmeg. Spoon mixture in the cavity of the pears and on the top. Drizzle the honey evenly over the pears. Bake uncovered for 25 minutes.
4. Serve the pears warm with yogurt, ice cream or whipped cream.

Nutritional analysis per serving: 130 calories, 7g fat, 1mg sodium, 19g carbohydrate, 4g fiber, 1g protein
Recipe from: North Dakota State University Extension Service

Have a great month.

Caitlin Mellendorf, MS, RD
Nutrition and Wellness Educator
University of Illinois Extension
Serving DeWitt, Macon, and Piatt Counties
chuth2@illinois.edu | 217-935-5764
go.illinois.edu/dmp



December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM CROCKPOT COOKING	3 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	4 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM BINGO 12:15 PM CARDS FESTIVAL OF LIGHTS 4 PM	5 COFFEE 8 AM BEAN BAG TOSS 1 PM—3 PM	6 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	7
8	9 COFFEE 8 AM ALZHEIMER'S SUPPORT GROUP 12 PM—1 PM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	10 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	11 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM BINGO 12:15 PM CARDS BIRTHDAY CAKE	12 COFFEE 8 AM BEAN BAG TOSS 1 PM—3 PM NUTCRACKER 8 AM	13 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	14 AMERICAN LEGION FOOD BANK 10—11:30 AM
15	16 COFFEE 8 AM DOMINOES 1-3PM COLOR CONVERSATION 1 PM—3 PM LOW VISION 10 AM	17 COFFEE 8 AM LIBERTY VILLAGE HEALTH CHECKS 9AM-10:30AM ART & THINGS 10 AM—11:30 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30- 3PM	18 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM BINGO 12:15 PM HOLIDAY LUNCHEON CARDS ELF THE MUSICAL	19 COFFEE 8 AM LINE DANCE REFRESHER 9:30 BEAN BAG TOSS 1 PM—3 PM	20 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	21
22	23 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	24 CLOSED FOR CHRISTMAS NO PEACE MEALS	25 CLOSED FOR CHRISTMAS NO PEACE MEALS CARDS	26 COFFEE 8 AM BEAN BAG TOSS 1 PM—3 PM	27 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	28
29	30 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	31 CLOSED FOR NEW YEARS EVE NO PEACE MEALS				

Peace Meal Senior Nutrition Program December 2019

2	Beef Sandwich Rosemary Roasted Potatoes Broccoli Bun Strawberry Oatmeal Bar	3	Beef Stew w/Vegetables Creamy Cole Slaw Dinner Roll Warm Fruit Crisp	4	Shepherd's Pie Harvard Beets Fresh Fruit Biscuit Graham Crackers	5	Ham and Beans Copper Carrots Cornbread Pineapple Pistachio Dessert	6	Meatloaf Mashed Potatoes w/Gravy Tomatoes and Zucchini Dinner Roll Pumpkin Pie
9	Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuits Warm Cinnamon Buttered Apples	10	Fried Chicken Mashed Potatoes w/Gravy Green Bean Casserole Texas Toast Peach Slices	11	Ham Casserole Corn Herbed Peas Whole Grain Wheat (1) Tropical Fruit	12	Vegetable Beef Soup Celery Sticks Cottage Cheese Salad Peanut Butter Cup Crackers Apricots	13	Taco Salad w/Meat, Lettuce, Beans, Tomatoes, Sour Cream and Taco Sauce Peas Taco Chips Pudding
16	Chicken and Dumplings Mashed Potatoes Seasoned Black-Eyed Peas Whole Grain Wheat (1) Grapes	17	Saucy Ham Loaf Creamed Peas and Potatoes Italian Mixed Veggies Dinner Roll Pineapple Slices	18	Cabbage Rolls in Sauce Corn Lyonnaise Carrots Whole Grain Wheat (1) Seasonal Dessert	19	Baked Ham Frosted Sweet Potatoes Seasoned Green Beans Dinner Roll Chutney Applesauce	20	Settlers Beef and Beans Seasoned Greens Fresh Fruit Biscuit Orange Bread
23	Country Fried Steak Mashed Potatoes w/Gravy Brussels Sprouts Fruit Juice Dinner Roll	24	CLOSED FOR CHRISTMAS HOLIDAY	25	CLOSED FOR CHRISTMAS HOLIDAY	26	Chicken Sandwich w/Mayo Pkt. Midori Blend Veggies Fresh Frit Bun Warm Deep Dish Cobbler	27	CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED
30	Beef Sandwich Rosemary Roasted Potatoes Broccoli Bun Strawberry Oatmeal Bar	31	CLOSED FOR NEW YEAR'S DAY HOLIDAY						

For Reservations Call 1-800-543-1770

Skin 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 congregant 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.