

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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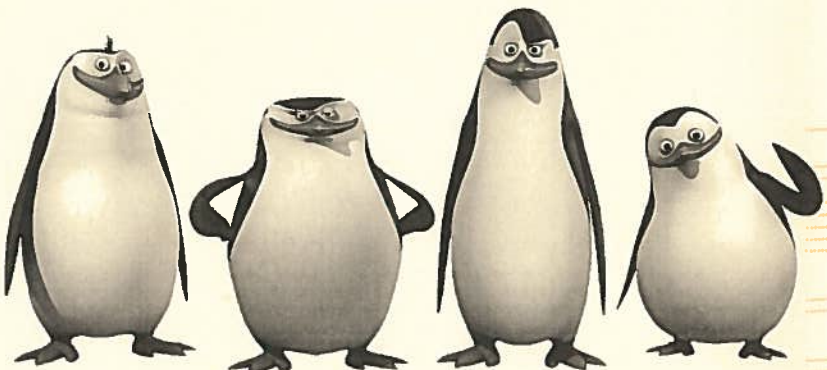
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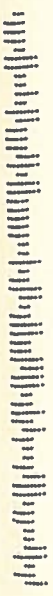
ECIAAA  
1003 MAPLE HILL, RD  
BLOOMINGTON IL 61705

JANUARY



2020

61705839327 R024



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

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**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***

**JANUARY BIRTHDAYS**



BARB TWIST -1  
CATHERINE BAILEY - 2  
WOODROW WILSON - 5  
PAULA JILES - 5  
JANISLEE PEACOCK - 6  
DONNA SYMPSON - 10  
DIANNA BALLENGER - 13  
JOAN TAYLOR - 16  
BARBARA JOHNSON - 19  
LOIS CHRISMAN - 20  
BETTY YOUNG - 21  
MIKE WEST - 23  
NORMAN BROOKS - 24  
LORETTA LIGHTHALL - 26

**COME IN FOR CAKE & ICE CREAM**  
**WEDNESDAY, JANUARY 22<sup>ND</sup> AT 10:30 AM**  
**& CELEBRATE JANUARY 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, January 11<sup>th</sup>, 2020

**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.*



## LINE DANCING REFRESHER CLASS

THURSDAY: JANUARY 16<sup>TH</sup>

TIME: 9:30 AM – UNTIL ?????

DEWITT COUNTY FRIENDSHIP CENTER PRESENTS

Charleston



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 8 nights lodging including 4 consecutive nights in the Charleston area
- ◆ 10 meals: 6 breakfasts and 4 dinners
- ◆ Horse and Carriage Tour of Charleston
- ◆ Relaxing Harbor Cruise in Charleston
- ◆ Visit to Famous and Historic Middleton Place
- ◆ Guided Tour of Charleston
- ◆ Tour of a Historic Charleston Home
- ◆ Visit to Magnolia Plantation and Gardens

For more pictures, video and information visit:  
www.GroupTrips.com/DewittCountyFriendshipCenter

**\$785 \***

**7 DAYS 6 NIGHTS**

PER PERSON, DOUBLE OCCUPANCY

**(Sun - Sat)**

**October**

**11 - 17, 2020**

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

Day 1. Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: Charleston, South Carolina! This evening you will stay at an en route hotel.

Day 2. Enjoy a Continental Breakfast. Today you will continue your journey, then enjoy a leisurely Dinner and check into a Charleston area hotel for a four night stay.

Day 3. After a Continental Breakfast, you'll head to historic Middleton Place. This impressive attraction contains 65 acres of America's oldest landscaping. After each member receives their welcome map, you'll experience the garden, animal stables, the Chapel, Rice Mill, and more! After lunch on your own and free time in Downtown Charleston, you'll enjoy a scenic Harbor Cruise. Enjoy the beauty of the Charleston Harbor and learn the rich history of the 'Holy City'. During this scenic and relaxing tour, you will see dozens of landmarks and points of interest as hundreds of years of history is covered. This evening, enjoy Dinner before heading back to your hotel for a good night's rest.

Day 4. After a Continental Breakfast, you'll head to Magnolia Plantation and Gardens. In addition to experiencing their award winning gardens, your group will also receive a tour of the Plantation's historic house. Later, you'll enjoy a Horse and Carriage Ride of Charleston. Experience 25-30 blocks of Charleston's historic downtown district. During your tour, you'll see houses, gardens, mansions, churches, parks, and more. Learn about buildings, history, architecture, flora, and the people that make up Charleston! This evening, enjoy Dinner before heading back to your hotel for a good night's rest.

Day 5. After a Continental Breakfast, you'll enjoy both a Guided Tour of Charleston and an intimate tour inside a Historic Charleston Home. Afterwards, you'll visit the Charleston Tea Plantation. At this unique plantation, your group will take a factory tour and see how tea is made, including free samples. A highlight of your tour of this plantation includes a trolley tour of the Plantation, including audio highlighting how tea is produced at this incredible attraction. This evening, enjoy Dinner before heading back to your hotel for a good night's rest.

Day 6. Enjoy Continental Breakfast before you head for The South Carolina State Museum located in Columbia, South Carolina. This state-of-the-art facility features four floors of permanent and changing exhibits, a new digital dome planetarium, 4D Interactive theater and an observatory. Tonight, you'll relax in an en route hotel.

Day 7. Enjoy a Continental Breakfast before departing for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!



Tour Charleston by Horse and Carriage



Cruise Around Charleston Harbor



Visit Middleton Place and Gardens



Tour Historic Magnolia Plantation

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel Confidence 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 \$315 for single occupancy. Final Payment Due: 8/4/2020

FOR INFORMATION & RESERVATIONS CONTACT:

**Paula Jiles @ (217) 935-9411**

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

File: Seller of Travel Ref No. 5712913.

Form ID: 6400-7H

WM

Tour#: 1692811



JOIN US FOR  
ART & THINGS

JANUARY 7<sup>TH</sup> & 21<sup>ST</sup>

10:00 AM TO 11:30 AM





## MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH  
THIS MONTH:

TUESDAY, JANUARY 21<sup>ST</sup> – 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

JANUARY 14<sup>TH</sup> & 28<sup>TH</sup>

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

## MARK YOUR CALENDARS

&

## SAVE THE DATE!

THE DEWITT COUNTY FRIENDSHIP CENTER

## ANNUAL HAM & BEAN / CAKE AUCTION FUNDRAISER

THIS YEAR TO BE HELD

SATURDAY, MARCH 7<sup>TH</sup>, 2020

5 PM – 7 PM

CAKE AUCTION TO BEGIN AT 6:15 PM

*CAKE AUCTION*  
*by*  
*LANCE SCHMID*

ADVANCE TICKETS GO ON SALE MONDAY, FEBRUARY 3<sup>RD</sup>



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 1<sup>st</sup> Wednesday 1:30- 4:00 pm, the 3<sup>rd</sup> Wednesday 8:30- Noon and on the 2<sup>nd</sup> Monday of every month from 2:00-4:00 at the Sunshine Center in Farmer City and also the 3<sup>rd</sup> 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, ECHAAA and Age Options. Donations are accepted but no one will be denied services based on inability to pay.*

## 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 SECOND MONDAY OF EACH MONTH

THE NEXT MEETING WILL BE  
Monday, January 13<sup>th</sup>, 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: [fidewitt@gmail.com](mailto:fidewitt@gmail.com) for more information.

## Take Charge of Your Diabetes



**American  
Diabetes  
Association.**  
Connected for Life

"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."



### Do you have Diabetes or

### Pre-Diabetes? Join us for a free six-week workshop

#### Learn about:

- Healthy eating and nutrition
- Stress and depression management
- Physical activity to increase your energy
- How to be a healthy caregiver
- Problem solving
- Meeting personal goals
- Partnering with your healthcare provider

Warner Public Library  
310 Quincy St.  
Clinton

01/10/2020– 02/14/2020  
1:30p–4:00p

To register please call  
Lynn Schmid @  
217-937-5276 or email  
[sherrilyn.schmid@warnerhospital.org](mailto:sherrilyn.schmid@warnerhospital.org)



FamilyService  
*Enriching lives across the generations*

Community  
Care Systems, Inc.  
Care for Illinois Seniors  
Since 1988



This document was supported in part by a cooperative agreement (90CSSG0007-01-01) from the Administration on Aging (AoA), Administration for Community Living (ACL), U.S. Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official AoA, ACL, or DHHS policy.



# **BEFORE YOU SEND MONEY CALL**

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



**Mike Walker  
Sheriff**

## **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**

**JANUARY 6, 13, 20, 27**

**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, January 13, 2020**  
**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, January 3<sup>rd</sup>**  
**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

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](http://alz.org/illinois) and click on "Support Groups"

**alzheimer's  association<sup>®</sup>**

**Join Us.....**



## 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.

"Comments from Caitlin"

January is National Slow Cooking Month and from meats to soups to desserts, a slow cooker is a versatile piece of kitchen equipment that makes a hot meal easy after busy days. Slow cookers don't take up much countertop space and use less electricity than an oven. Add a few simple sides like bread, crackers, or salad and dinner is ready in minutes.

Below are some tips for good quality, slow cooked meals:

- **Resist the urge to peek.** Do not lift the lid off as this releases heat and slows cooking.
- **Fill to the correct level.** Slow cookers cook best when half to two-thirds full. Under-filling may lead to dry or overcooked foods, while over-filling may lead to unsafely cooked foods.
- **Thaw all foods fully** since frozen items take longer to get out of the temperature danger zone of 41°F to 135°F, where foodborne bacteria like to grow.
- **Do not store or reheat leftovers in a slow cooker.** The heavy crock liner does not allow foods to cool safely and they will not heat up fast enough.

For other questions on slow cookers, visit "Slow Cookers and Food Safety" through the USDA at [fsis.usda.gov](https://fsis.usda.gov). Or, call your local Extension office.

**White Chicken Chili (8 servings)**

3 lbs bone-in, skin-on chicken thighs (or 2 lbs boneless, skinless thighs)  
2 cups frozen corn, thawed  
2 (15-oz) cans navy beans, rinsed and drained  
1 medium onion, chopped  
2 (4.5 oz) cans chopped green chilies  
2 garlic cloves, minced  
2 teaspoons cumin  
1 teaspoon oregano  
2 1/2 cups reduced-sodium, fat-free chicken broth  
Toppings: Shredded cheese, green onion, tortilla chips

1. Wash hands.
2. Pull skin off chicken thighs by hand or cut off using kitchen shears.
3. To a 6-quart slow cooker, add chicken, corn, beans, onion, green chilies, garlic, cumin, and oregano. Add broth and stir to combine.
4. Cook for 8-10 hours on low or 4-5 hours on high. Remove chicken and shred; return to slow cooker. If using bone-in thighs, remove bones before serving.
5. Serve with shredded cheese, green onion, and tortilla chips.

*Nutrition analysis per serving (without toppings):* 300 calories, 5g fat, 840mg sodium, 33g carbohydrate, 32g protein

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](mailto:chuth2@illinois.edu) | 217-935-5764  
[go.illinois.edu/dmp](http://go.illinois.edu/dmp)

## 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](http://uwdecatur.org).





# JANUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED HAPPY NEW YEAR	2 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM	3 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	4
5	6 COFFEE 8 AM DOMINOES 12:30 PM—3 PM COLOR CONVERSATION 12:30 PM—3 PM	7 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	8 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CONSUMER SCAMS CARDS 1 PM	9 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM	10 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	11 EASTERN ILLINOIS FOOD BANK 10—11:30 AM AMERICAN LEGION
12	13 COFFEE 8 AM ALZHEIMER'S SUPORT GROUP 12 PM—1 PM DOMINOES 12:30 PM—3 PM COLOR CONVERSATION 12:30 PM—3 PM LOW VISION 10 AM	14 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	15 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 1 PM	16 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM LINE DANCE REFRESHER 9:30 AM—????	17 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	18
19	20 COFFEE 8 AM DOMINOES 12:30 P—3 P COLOR CONVERSATION 12:30 PM—3 PM	21 COFFEE 8 AM LIBERTY VILLAGE HEALTH CHECKS 9AM-10:30AM ART & THINGS 10 AM—11:30 AM POOL 1 2:30 PM—3 PM CARDS & GAMES 12:30 PM-3PM	22 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 1 PM  JANUARY BIRTHDAY CAKE & ICE CREAM	23 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM	24 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	25
26	27 COFFEE 8 AM DOMINOES 12:30 PM—3 PM COLOR CONVERSATION 12:30 PM—3 PM	28 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	29 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:30 PM CARDS 1 PM	30 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM	31 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	

## Peace Meal Senior Nutrition Program January 2020

		1 CLOSED FOR NEW YEAR'S HOLIDAY	2 Salisbury Beef Pattie Mashed Potatoes Spinach Dinner Roll Banana Bread w/Cream Cheese	3 Pulled Pork Sandwich Baked Beans Fruit Juice Bun Scalloped Pineapple
6 Beef Stew with Potatoes, Carrots, and Onions Seasoned Greens Biscuits Tropical Fruit	7 Chili Mac Tossed Salad Dinner Roll Warm Cinnamon Peaches	8 Chicken Tetrazzini Peas and Onions Seasoned Green Beans w/Pinenutos Whole Grain Wheat (1) Chunky Applesauce	9 Roast Beef in Gravy Mashed Potatoes Cabbage Tomato Au Gratin Dinner Roll Overnight Fruit Salad	10 Baked Ham Frosted Sweet Potatoes Midori blend Vegetables Whole Grain Wheat (1) Pears
13 Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion & Bacon Texas Toast Mandarin Oranges	14 Ham and Beans Pickled Beets Cornbread Peaches	15 Turkey Pot Roast with Baby Carrots & Celery Corn Casserole Dinner Roll Pineapple Tidbits	16 Meatloaf Delmonico Potatoes Broccoli & Cauliflower Dinner Roll Cranberry Apple Salad	17 Stuffed Peppers Peas and Carrots Bean Medley Whole Grain Wheat (1) Gelatin with Fruit
20 Beef And Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat (1) Apricots	21 Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn & Lima Beans Bun Fruit Juice	22 Swissed Beef Patties w/Tomato, Onion, Celery, Green Pepper Creamy Coleslaw Dinner Roll Warm Fruit Crisp	23 Breakfast Casserole Warm Rosy Applesauce Fruit Juice Cinnamon Roll Cranberries	24 Chicken Parmesan Venetian Blend Vegetables Potato Casserole Dinner Roll Mandarin Oranges
27 Savory Sausage Stew with Beans Seasoned Carrots Biscuits Spiced Apple Rings	28 Fried Chicken Mashed Potatoes w/ Gravy Breaded Tomatoes Dinner Roll Seasonal Dessert	29 Ravioli w/Meat Sauce Broccoli Corn Whole Grain Wheat (1) Pudding	30 Salisbury Beef Pattie Mashed Potatoes Spinach Dinner Roll Banana Bread w/Cream Cheese	31 Pulled Pork Sandwich Baked Beans Fruit Juice Bun Scalloped Pineapple

**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 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.