

DeWitt County Friendship Center
410 East Main Street
Clinton Illinois 61727

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

RETURN SERVICE REQUESTED

ECIAAA

JUL 30 2018

RECEIVED

ECIAAA
1003 Maple Hill Road
Bloomington IL 61704-9327



217-935-9411

hello
august
AUGUST
2018

THE FRIENDSHIP CENTER OPERATING HOURS
MONDAY thru FRIDAY 8:00 AM – 3:00 PM
PEACE MEALS SERVED AT 12:00 PM
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 BASEBALL
12:30 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

AUGUST BIRTHDAYS



MIKE HAGER - 2
KATHY PARSON - 3
REBA BATESON - 5
VICKY DUBSON - 6
BOBBY RODGERS - 6
MOSELLE COTNER - 6
ANN ELLIS - 10
ROSE MARIE ELLRICK - 10
JENNY RITTENHOUSE - 12
LOIS EHLENG - 15
BETTY RUBLE - 16
SHERYL HODGES - 17
KIM QUINN - 21

COME IN FOR CAKE & ICE CREAM
WEDNESDAY AUGUST 22ND AT 10:30 AM
& CELEBRATE AUGUST BIRTHDAYS
WITH US!

IF YOU ARE NOT ON OUR BIRTHDAY LIST
& WOULD LIKE TO BE
PLEASE CALL US!



DeWitt County Food Mobile

When: Saturday, August 18, 2018

Time: 10:00 am to 11:30 am

Where: Clinton American Legion
219 N. Elizabeth St, 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	\$1,858	\$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.



SENIOR CITIZENS DAY

MONDAY, AUGUST 13TH, 2018

LIMITED SEATING

BUS LEAVES AT 8:30 AM

RETURNS AT 3:00 PM



FUNDRAISER

**TO BE HELD AT THE FRIENDSHIP CENTER
WEDNESDAY, SEPTEMBER 12TH, 2018
6:00 PM – 9:00 PM
COST: \$40.00**



**THIS IS A GREAT OPPORTUNITY TO GET
TOGETHER WITH OLD FRIENDS
OR MAKE NEW ONES!
LIMITED SPACE-RESERVATIONS REQUIRED
REGISTER AT THE CENTER OR CALL 935-9411**

REFRESHMENTS ARE PROVIDED



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

AUGUST 7TH

&

AUGUST 23RD

10:00 AM TO 11:30 AM



MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH
THIS MONTH:

TUESDAY, AUGUST 21, 2018 – 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

AUGUST 14th & 28th

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

Brain Health Series

Brain Health is a free, interactive four-part series designed to help us better understand our brains as we mature. It's full of tips and strategies to help maintain and enhance brain function and memory



Hold That Thought! - August 8

Have you ever gone into a room and couldn't remember why? Have you ever misplaced your keys or cell phone? You are not alone! Memory changes as we age, but forgetfulness is common for people at all stages of life. This workshop will look at the memory process and what researchers say contributes to brain health, as well as strategies for helping with everyday forgetfulness.

FIT WITS - August 15

Keeping your wits fit is more than doing crossword puzzles and word searches? Research shows that brain health is directly related to body health! People often think more about keeping their bodies fit, but we shouldn't forget about our brains!

Head Strong - August 22

Are you headstrong about keeping your head strong? Challenging the brain, especially as you grow older, can be beneficial. Many of us enjoy puzzles and games that require us to think and stretch our minds. Join us and explore several exercise strategies to challenge our brain.

10 Signs: Early Detection Matters

August 29

The warning signs of Alzheimer's disease are often dismissed as part of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to get the facts. Learn the 10 warning signs of Alzheimer's and separate fact from fiction.

Presented by the Alzheimer's Association



Wednesdays, August
8-29 1-2:30pm

MACON
COUNTY
EXTENSION
OFFICE

3351 N. President Howard
Brown Blvd., Decatur, IL

FREE!

Participants are
encouraged to attend all
four sessions.

REGISTER

Sign up at least one week
before the session by calling
the Macon County Extension
Office at 217.877.6042. Or
sign up online at
go.illinois.edu/dmp.



IGA COOKOUT

Where: IGA

When: Friday, August 10th - 10am-6pm

Saturday, August 11th - 10am-2pm

Goal: Fundraiser for DeWitt County Friendship Center

Meal: Sandwich, Chips & Drink

Pulled Pork sandwich - \$5

Pulled Pork Meal - \$6



Friendship Center Newsletter
August 2018

"Comments from Caitlin"

I am very excited to see local peaches arriving at farmer's markets and local orchards near us. One medium peach contains around 60 calories, 15g carbohydrates, 2g fiber, and vitamins and minerals, including vitamin C, folate, and potassium. Peaches contain no significant fat, sodium, and protein.

- **Buy:** Look for fresh peaches that are firm with limited bruising. For canned and plastic-packed cups of peaches, look for those canned in 100% juice rather than syrup. For frozen peaches, buy those without added sugar.
- **Price:** According to the U.S. Department of Agriculture, fresh peaches average about \$1.68 per pound. Around 3 medium peaches will equal a pound, so each peach would be around \$0.56.
- **Store:** Store fresh peaches at room temperature. When peaches give gently to pressure, eat them soon or refrigerate for a few days.
- **Prepare:** Wash peaches before eating. Remember to remove the pit inside each peach. Some peaches twist off of their pits easily ("freestone"), while others tend to cling to the pit ("clingstone"). Cut around the pit on clingstone peaches as best you can.
- **Wrinkles or Bruises:** As peaches ripen, their skin may start to wrinkle. This is not a problem of safety, but rather of quality. If it is bothersome, peel the skin off. For peaches that are mealy when ripened, use them in a smoothie or muffin recipe. For peaches that never seem to ripen, try cooking in a dish like cobbler. Or try your hand at preserving peaches at home, with instructions from the National Center for Home Food Preservation.

Freezing Peaches or Nectarines - Syrup Pack

Preparation - Select well-ripened fruit and handle carefully to avoid bruising. Sort, wash and peel.

Syrup Pack - Use 40 percent syrup (2 3/4 cups sugar in 4 cups water). For a better quality product, add 1/2 teaspoon (1500 mg) ascorbic acid per quart of syrup. Put peaches directly into cold syrup in container - starting with 1/2 cup syrup to a pint container. Press fruit down and add syrup to cover, leaving headspace. Place a small piece of crumpled water-resistant paper on top to hold fruit down. Seal and freeze.

Instruction from National Center for Home Food Preservation, <https://nchfp.uga.edu/>

For upcoming health and wellness classes from UI Extension, come by our office and find us online at go.illinois.edu/dmp.

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

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, August 20th, 2018

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



Calvert & Metzler
Memorial Homes
Presents the 11th annual

McLean County Senior Expo

Wednesday, September 5th, 2018 • 9:00 a.m. – 1:30 p.m.

McLean County's Largest & Longest-Running Senior Expo


Interstate Center

1106 Interstate Dr. in Bloomington

Every person who attends has a chance to win exciting cash prizes & giveaways every 30 minutes!

All Expo visitors who bring a non-perishable food item(s) to the McLean County Senior Expo, as part of the Calvert Cares Community Food Drive to benefit Midwest Food Bank and all McLean County food pantries, will receive a Denny's Doughnuts and Bakery free doughnut coupon, an extra "Ticket To Win It" and entry into a \$250 cash giveaway.



- FREE Admission/Parking/Shuttle Service to the door
- FREE Car's Ice Cream Social starting at 12:30 p.m. (while supplies last) 
- FREE Heartland Bank and Trust Company Expo Bingo and Money Seat Seminars with the largest cash prizes ever
- FREE Oglesby's Photographic Arts Photo Booth
- FREE Games and Activities including our newest offering "Ticket To Win It" plus hourly entertainment on the Expo Stage
- FREE Refreshments & Taste of the Expo food sampling hosted by area retailers and vendors
- All attendees receive a 2019 McLean County Calendar and entry into the McLean County Senior Expo Massive Grand Prize Giveaway
- Too much to list...so much to do at this event dedicated to central Illinois senior adults!

 Like us on Facebook by searching for Calvert & Metzler Memorial Home McLean County Senior Expo to be entered into the Facebook frenzy prize giveaway that will be conducted on Facebook leading up to the event!

Presenting Sponsors:

- Advocate BroMenn Medical Center • Bloomington-Normal Audiology
- Dermatology & Mohs Surgery Institute • Evergreen Memorial Cemetery
- Evergreen Senior Living • Heartland Foot and Ankle Associates, P.C. • Luther Oaks
- Meyer Bramley Insurance • OSF Healthcare • Pontiac Granite Company, Inc.
- The VEIN Specialists • Villas of Hollybrook and Reflections
- We'brook at Bloomington • Westminster Village
- Media Sponsors: Healthy Cells Magazine, 50 Plus News & Views, The Pantagraph & WJBC



Free Admission • Free Parking • Unlimited fun

We will leave the Center at 8:00 am. There is limited seating, so if you are interested, sign up now! Cost \$10.00

**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.



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
April Harvey 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.

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

AUGUST 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, August 13, 2018

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, August 10th 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 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](https://www.facebook.com/libertyvillageofclinton).

Liberty Village is a Not-for-Profit Provider.



Upcoming dates to be aware of:

- I will be in Farmer City Outreach on the following days:
 - Wednesday August 1st from 1:30-4:00
 - Monday August 13th from 2:00-4:00
 - Wednesday August 15th from 2:00-4:00
- I will be in Weldon Outreach on Thursday August 16th from 11:00-12:30
- I will be at the DeWitt County Senior Academy on Thursday August 9th, 16th & 23rd in Farmer City from 9:30-11:30 am. Please come out and join us. There will be speakers and a lot of valuable information and speakers regarding topics concerning seniors.

Just a reminder about our hours: we do walk in clients in the mornings from 8:00-11:30 unless I am out at an outreach site. Afternoons are appointments only. If you would like to make an appointment, please call my office at 217-935-4560.

Thank You,

Diane Cusey
Community Care Systems, Inc

DeWitt County Community Resource Guide

Services for Seniors and/or Disabled Population

Clothing

Encore Thrift Store	217-935-2218	Emergency Housing/ Homeless Services	217-935-2455
1700 State Hwy 10, Clinton		Community Action	
Farmer City Resource Center	309-928-3041	45 Cedar Square, Clinton	
701 E Clinton Ave, Farmer City		Homeless Veteran Services	309-827-4005
Lighthouse Family Thrift Store	217-935-0800	PATH- 201 E Grove St, Bloomington	
520 S Grant St, Clinton			

Food Pantries

Each Food Pantry has its own specific days/hours of service. Please call each one for specific info.

Love It Once More	217-731-4141	Assembly of God	217-935-8316
1044 E Jemima St, Clinton		801 S Mulberry, Clinton	
Dental Care		Community Action	217-935-2455
DeWitt- Platt Health Dept	217-935-3427	45 Cedar Square, Clinton	
5924 Revere Rd, Clinton		DOVE, Inc	217-935-6619

Emergency Numbers

Adult Protective Service Hotline	866-800-1409	803 W Leander St, Clinton	
CHELP -local Adult Protective Serv	217-422-9888	Eastern IL Mobile Food Pantry	217-328-3663
1429 N Jasper St, Decatur		Farmer City Resource Center	309-928-9400

Ambulance

	911	First Christian Church	217-935-3139
Fire Dept	911	100 N Jackson St, Clinton	
	911	First Church of the Nazarene	217-935-9516
		1220 Kleeman Dr, Clinton	

DeWitt Co Sheriff Department

Non-Emergency	217-935-9507	911 Home & Community-based Services	
		BEAM unit for MMAI referrals	855-228-6516

DOVE, Inc -Domestic Violence	217-935-6619	Cumberland Assoc (60+ year olds)	877-626-7911
803 W Leander St, Clinton			

Growing Strong- Sexual Assault	217-428-0770	Dept of Rehab Services (Disabled)	217-875-8703
270 W Prairie Ave, Decatur		LIFE Center for Independent Living	309-663-5433

PATH- 24/7 Crisis, Info & Referrals

Scam Hotline	217-935-7867	211 PrairieLand Service Courd, Inc	217-362-6128
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Suicide Hotline

	800-273-8255	Veterans Administration- Decatur	217-875-2670
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Veterans Crisis Line

	800-273-8255	<i>**Provider listing on back page**</i>	
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Income Assistance

Community Care Systems, Inc	217-935-4560	Rent & Utilities Assistance	217-935-2506
		Clintonia Township	

* Assistance to file only*				Community Action, Mid Central	217-935-2455
				DAX (Dove office)	217-935-6619
Social Security Admin- SSI, SSDI	877-405-4640			First Christian Church	217-935-3139
207 N Williamsburg, Bloomington				Santa Anna Township	309-928-3321
				St. John's Catholic Church	217-935-3727
Logan Co Resource Center	217-735-2306			Senior Services	
DHS office- TANF, SNAP, Medicaid				Community Care Systems, Inc	217-935-4560
Legal Assistance				<i>CPOE, Medicare SHIP counselor</i>	
Land of Lincoln Legal Assistance	217-356-1351			DeWitt County Friendship Center	217-935-9411
Medical				Friends in Action (volunteers)	217-855-6036
Family Medicine	217-937-5284			Peace Meals- Congregate & Home delivered	
427 W White St, Clinton				Clinton- 410 E Main St	217-935-9411
DeWitt- Piatt Health Dept	217-935-3427			Farmer City	309-928-3321
5924 Revere Rd, Clinton				DeWitt Co rural home delivered meals	800-543-1770
Farmer City Rehab & Healthcare	309-928-7118			Sunshine Senior Center, Farmer City	309-928-9400
404 Brookview Dr, Farmer City				USDA - Home repair grants/ loan	217-352-3536
Warner Hospital & Health Services	217-935-9571			Subsidized Housing	
422 W White St, Clinton				DeWitt County Housing Authority	217-935-8804
Liberty Village- LTC, Rehab, SFL	217-935-8500			100 S Railroad St, Clinton	
1 Park Lane West, Clinton				Village Apartments	217-935-6132
OSF Physician office	217-935-5022			Substance Abuse Services	
1231 Kleeman Dr, Clinton				Alcoholics Anonymous	309-828-7092
Medical Equipment- loan program				Narcotics Anonymous	217-428-4672
American Legion	217-935-5183			Transportation	
AmVets (Darvin Volker)	935-3551			Friends in Action (volunteers)	217-855-6036
Life Center for Independent Living	309-663-5433			SIOW Bus (call 24 hrs ahead)	800-525-2454
2201 Eastland Dr Ste #1, Bloomington				Volunteer Opportunities	
Provider- Home & Community-based Services				Friends in Action	217-855-6036
Addus Healthcare	217-428-1724			Retired Senior Volunteer Program	217-935-7241
Advocate BroMenn Adult Day-Normal	309-268-1710				
Alpha-Care Health Professionals	217-398-4100			Other Important Numbers:	
Champaign County Adult Day Care	217-689-2566			Alzheimer Association	800-272-3900
Circle of Friends Adult Day-Champaign	217-359-7937			Alzheimer Support Group	217-935-9411
Community Care Systems	888-267-2306			Low Vision Support Group	217-935-9411
Help at Home	800-404-3191			MS Talk, Inc (Support)	217-519-4332
Home Helpers & Direct Link EHRS	217-935-4357				
KTB Financial Services	309-200-8664				
Molina Healthcare-MMAI provider	877-901-8181				
Phillips Lifeline -EHRS	855-655-4400				
St. Mary's Adult Day- Decatur	217-464-2983				
Vital Wellness	309-829-7100				
St. Mary's Adult Day- Decatur	217-464-2983				
Vital Wellness	309-829-7100				

Peace Meal Senior Nutrition Program August 2018

		1 Brat Pea and Cauliflower Salad Tomatoes and Zucchini Bun Warm Blueberry-Apple Crisp	2 Fried Chicken Mashed Potatoes w/Gravy Seasoned Green Beans w/Wheat Dinner Roll Pears	3 White Chili Sunshine Salad Perky Cottage Cheese Crackers Peaches
6 Country Fried Steak Mashed Potatoes w/Gravy Corn and Lima Beans Texas Toast Apricots	7 Sub Sandwich w/Lettuce and Tomato Broccoli Soup Kidney Bean Salad Bun Hawaiian Salad	8 Baked Spaghetti Tossed Salad w/Dressing Packet Chunky Applesauce Whole Grain Wheat Oatmeal Raisin Cookie	9 Chicken Parmesan Zucchini Bake Cucumber and Onion Salad Dinner Roll Cake with Fruit	10 Meatloaf Mashed Potatoes w/Gravy Italian Green Beans Whole Grain Wheat Peaches
13 Pulled Pork Creamed Peas and Potatoes Mexi Corn Bun Mandarin Oranges	14 Salisbury Beef Pattie Mashed Potatoes Lyonnais Carrots W/Wheat Dinner Roll Fruit Juice	15 Chicken Broccoli Alfredo Mixed Vegetables Creamy Coleslaw W/Wheat Dinner Roll Fresh Fruit	16 Shepherd's Pie Harvard Beets Biscuit Sliced Pears	17 Hamburger Potato Salad Baked Beans Bun Warm Peach-Pineapple Crumble
20 Chicken Sandwich Scalloped Corn Red Cabbage w/Sour Sauce Bun Applesauce	21 Salmon Boat Macaroni and Cheese w/Peas Mildori Blend Veggies Whole Grain Wheat Pineapple	22 Taco Salad w/Meat, Cheese and Beans Lettuce, Tomato, Sour Cream and Taco Sauce Cantaloupe Taco Chips Pudding	23 Turkey Salad w/Grapes on Lettuce Leaf Creamy Potato Soup Crackers Gelatin Salad with ½ Cup Fruit	24 Pork Chop in Gravy Mashed Potatoes Breaded Tomatoes Whole Grain Wheat Fruit Salad
27 Chicken and Noodles Mashed Potatoes Broccoli Whole Grain Wheat Tropical Fruit	28 Settlers Beef and Beans Carrots Biscuits Melon Chunks	29 Brat Pea and Cauliflower Salad Tomatoes and Zucchini Bun Warm Blueberry-Apple Crisp	30 Fried Chicken Mashed Potatoes w/Gravy Seasoned Green Beans W/Wheat Dinner Roll Pears	31 White Chili Sunshine Salad Perky Cottage Cheese Crackers Peaches

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.



August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 COFFEE—8 AM SENIOR YOGA—8:15 AM BINGO—12:15 PM CARDS 2 PM	2 COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	3 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	4
5	6 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	7 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3P M	8 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 2PM	9 COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	10 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM IGA COOKOUT 10 AM—6 PM	11 IGA COOKOUT FUNDRAISER 10 AM—2 PM
12	13 COFFEE 8 AM ALZHEIMER'S SUPPORT GROUP 12 PM—1 PM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM STATE FAIR SENIOR DAY	14 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	15 COFFEE 8 AM SENIOR YOGA 8:15 AM LIZ CACHEY WELDON SPRINGS PROGRAM 11:45 AM BINGO 12:15 PM CARDS 2PM	16 COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	17 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	18 AMERICAN LEGION FOOD BANK
19	20 COFFEE 8 AM LOW VISION SUPPORT GROUP 10 AM DOMINOES 1 P—3 P COLOR CONVERSATION 1 PM—3 PM	21 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	22 COFFEE 8 AM SENIOR YOGA 8:15 AM AUGUST BIRTHDAY CAKE & ICE CREAM—10:30 AM BINGO 12:30 PM CARDS 2PM	23 COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	24 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	25
26	27 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	28 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	29 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:30 PM CARDS 2PM	30 COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	31 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	