

DeWitt County Friendship Center
410 East Main Street
Clinton Illinois 61727

RETURN SERVICE REQUESTED

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

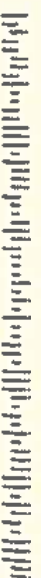
ECIAAA

DEC 04 2018

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ECIAAA
1003 Maple Hill Road
Bloomington IL 61704-9327

6170559327 RC21



DECEMBER
2018



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 BASEBALL
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

DECEMBER BIRTHDAYS



VICKY GASH – 6
JEAN RUMLEY – 9
PHYLLIS ALWOOD – 12
SHARLINE HOKE – 13
ROBERTA MILLER – 16
SHARON GARDNER – 17
CAROLYN RILEY – 26
SALLY BOYD – 27
CATHERINE FERGUSON – 28
THOMAS BRAY – 31
DARVIN VOLKER – 31

COME IN FOR CAKE & ICE CREAM
WEDNESDAY DECEMBER 26TH AT 10:30 AM
& CELEBRATE OCTOBER BIRTHDAYS
WITH US!

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



ARE YOU OK?

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

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

Each day at a pre-arranged time, the system will make calls to the subscriber. If the call is correctly answered, the system knows that "all is well". If no answer, a repeat call is made. After a set number of repeat calls and no answer, steps are taken to make sure you are safe and OK.

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

**ARE YOU LEAVING FOR THE WINTER?
HAVE YOU MOVED TO A NEW ADDRESS?**

JUST A FRIENDLY REMINDER...

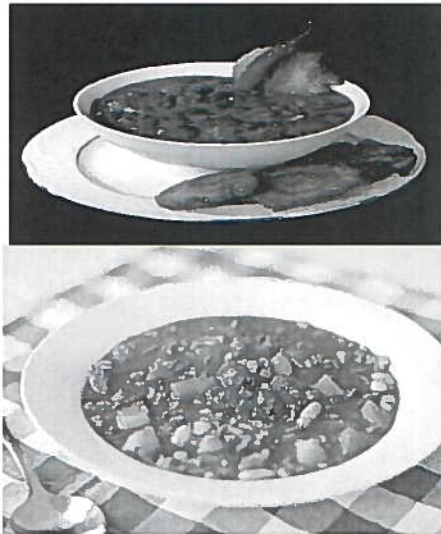


**IF YOUR ADDRESS CHANGES
OR
YOU PLAN ON BEING AWAY
FOR A WHILE,
PLEASE LET US KNOW.
WE'LL BE HAPPY TO CHANGE YOUR ADDRESS
ON OUR MAILING LIST
OR
TEMPORARILY STOP YOUR NEWSLETTER
UNTIL YOU GET BACK.**



THANK YOU!

**DEWITT COUNTY FRIENDSHIP CENTER
CHILI AND VEGETABLE SOUP
FUNDRAISER
CHILI**



WHEN: FRIDAY, DECEMBER 7, 5:00 – 7:00 PM

**MENU: CHILI OR VEGETABLE SOUP & FIXINGS
SANDWICH, VEGETABLES, CRACKERS
AND CAKE FOR DESSERT, COFFEE & TEA**

PRICE: \$6.00 FOR ADULTS & \$2.00 FOR KIDS 5 & UNDER

WE WILL ALSO BE HAVING A SILENT AUCTION!!



DeWitt County Food Mobile

When: Saturday, December 1, 2018

Time: 10:00 am to 11:30 am

Where: Clinton High School Auditorium
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.





*JOIN US FOR
ART & THINGS*

DECEMBER 4TH

&

DECEMBER 18TH

10:00 AM TO 11:30 AM



DATES TO REMEMBER:

DECEMBER 5 – CANVAS & CORKS

DECEMBER 7 – CHILI FUNDRAISER

DECEMBER 10 – PEORIA FESTIVAL OF LIGHTS

DECEMBER 12 – CHARLIE BROWN XMAS

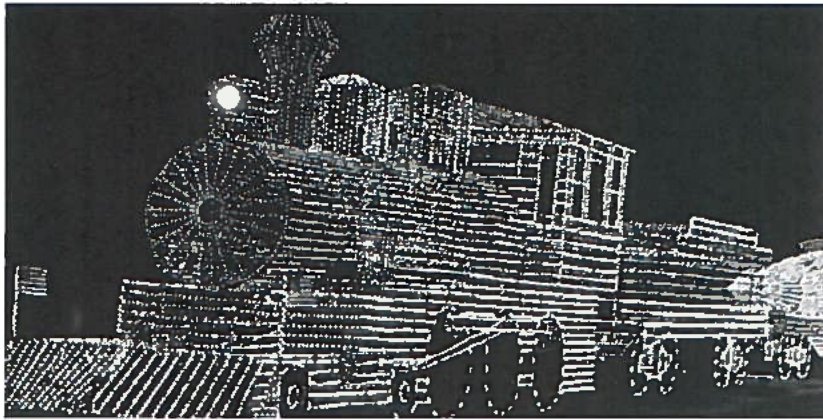
DECEMBER 19 – HOLIDAY LUNCHEON

DECEMBER 24 & 25 – CLOSED NO PEACE MEALS

DECEMBER 31 – CLOSED – NO PEACE MEAL

JANUARY 1, 2019 – CLOSED – NO PEACE MEAL

JANUARY 17, 2019 – PEORIA RIVERBOAT



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 34 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.

MONDAY, DECEMBER 10TH, 2018

**LEAVE THE FRIENDSHIP CENTER AT 4:30 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
CALL 217-935-9411 TODAY!**

MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH
THIS MONTH:

TUESDAY, DECEMBER 18TH, 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

DECEMBER 11

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

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 17th, 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



FUNDRAISER

TO BE HELD AT THE FRIENDSHIP CENTER
WEDNESDAY, DECEMBER 5TH, 2018

6:00 PM – 9:00 PM

COST: \$40.00



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

REFRESHMENT ARE PROVIDED



**WE ARE GOING TO SEE
A CHARLIE BROWN XMAS LIVE ON STAGE
AT THE SANGAMON AUDITORIUM
WEDNESDAY, DECEMBER 12TH, 2018**

SIGN UP BEGINS NOVEMBER 15TH

**WE WILL LEAVE THE CENTER AT 5 PM
AND EAT AT GOLDEN CORRAL
COST IS \$20.00 PER PERSON
VERY LIMITED SEATING
PAYMENT IS REQUIRED AT TIME OF REGISTRATION**

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**



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

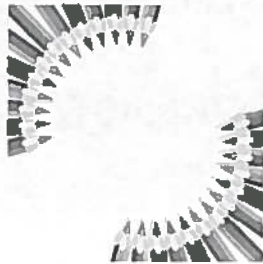
ANY MONDAY OF EACH MONTH

12:30 PM to 3:00 PM

THIS MONTH

DECEMBER 3, 10, 17

COLORED PENCILS & COLOR SHEETS PROVIDED



PLEASE JOIN THE FRIENDSHIP CENTER FOR

OUR ANNUAL

HOLIDAY LUNCHEON

WEDNESDAY, DECEMBER 19TH AT 11:30AM

SEATING IS LIMITED

CALL 217-935-9411 STARTING DECEMBER 3RD TO RESERVE YOUR SEAT

SIGN UP DEADLINE IS DECEMBER 12TH

MENU:

HAM

MASHED POTATOES & GRAVY

CORN

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 19, 2018.

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 & 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 Show in HISTORIC DOWNTOWN GATLINBURG
- ◆ GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK
- ◆ Four more pictures, video and information visit www.OTG-Trips.com/DeWittCountyFriendshipCenter

\$565 *

6 DAYS 5 NIGHTS

PER PERSON, DOUBLE OCCUPANCY
(Mon - Sat)

**Sep 30 - Oct 5
2019**



AMERICA'S HIT PARADE SHOW



TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION



SOUL OF MOTOWN



SMOKY MOUNTAIN OPRY

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 tapping 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, awe-inspiring 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. Spinning 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 Standard Terms Initiative Travel Certificate: Protection Plan if you have to unexpectedly cancel or cut your plans short.
 See back for details...

\$75 Due Upon Signaling. *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
(917) 933-9411



Ill. State of Travel Ref. No. 0722913

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

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

WHERE: AP 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.

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 10, 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, December 7th 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.....

December 2018

"Comments from Caitlin"

Happy Holidays from UI Extension! Many thanks to Paula, and all those who joined me in November when I talked shortly about diabetes and carbohydrates in food.

With flu and colds in this holiday season, let's talk about ways to keep from getting sick from our foods.

Q: Our family grazes on food all day on Christmas. How long can I leave cooked foods out?

A: Put cooked foods – cooked turkey, green bean casserole, etc. – into the refrigerator or freezer two hours after coming out of the oven, off the stove, or out of the slow cooker.

Q: Can I eat on leftover ham, mashed potatoes, and casseroles all week?

A: Nope! All leftovers should be eaten within four days. On day four, eat it, freeze it, or throw it out!

Q: What is the best way to prevent foodborne illness – or getting sick from food?

A: Wash hands! Scrub those hands with soap and warm water for 20 seconds and try on a clean towel.

Braised Napa Cabbage with Carrots and Leek (Serves 6)

Any green cabbage will work in this recipe. If you do not have leeks available, shallots or onions are good substitutes.

Half a head of Napa cabbage, core removed and cut into thin strips

4 carrots – cut into coins

1 large leek, removed of green leaves and end of stem

1 cup fat-free, reduced-sodium chicken broth

1 Tbsp. oil

1 Tbsp. dried thyme

1/2 tsp black pepper

1/4 tsp paprika

1. Cut trimmed leek into thin rings. Rinse to remove any soil trapped between leek's layers.

2. In a large skillet, add cut cabbage, carrots, leek, chicken broth, and oil. Cook over medium heat for 10 minutes, stirring occasionally.

3. Add thyme, paprika, and pepper, and stir to combine. Continue cooking another 10 minutes, until most of the broth is evaporated and vegetables are tender.

Nutritional analysis per serving: 60 calories, 3g fat, 170mg sodium, 8g carbohydrate, 2g fiber, 2g 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 | 217-935-5764
go.illinois.edu/dmp

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 Weidon Village Hall in Weidon. 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, 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.





December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 FOOD BANK AT THE HIGH SCHOOL 10 AM—11:30 AM
2	3 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	4 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	5 COFFEE—8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS & GAMES 1 PM CANVAS & CORKS 6:00 PM—9:00 PM	6 COFFEE 8 AM BEAN BAG BASEBALL 1:00 PM—3 PM	7 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM CHILI/VEG SOUP FUNDRAISER 5 PM—7 PM	8
9	10 COFFEE 8 AM ALZHEIMER'S SUPPORT GROUP 12 PM—1 PM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM PEORIA FESTIVAL OF LIGHTS LEAVE AT 4:30	11 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	12 COFFEE—8 AM SENIOR YOGA 8:15 AM BINGO—12:15 PM CHARLIE BROWN XMAS LEAVE AT 5 PM	13 COFFEE 8 AM BEAN BAG BASEBALL 1:00 PM—3 PM	14 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	15
16	17 COFFEE 8 AM LOW VISION SUPPORT GROUP 10 AM DOMINOES 1 P—3 P COLOR CONVERSATION 1 PM—3 PM	18 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	19 COFFEE—8 AM SENIOR YOGA 8:15 AM HOLIDAY LUNCHEON 11 :30 AM BINGO 12:15 PM	20 COFFEE 8 AM BEAN BAG BASEBALL 1:00 PM—3 PM	21 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	22
23	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS MERRY CHRISTMAS 	26 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM DECEMBER BIRTHDAY CAKE & ICE CREAM 10:30 AM BINGO 12:15PM CARDS & GAMES 1 PM	27 COFFEE 8 AM BEAN BAG BASEBALL 1:00 PM—3 PM	28 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	29
30	31 CLOSED FOR NEW YEARS EVE HAPPY NEW YEAR					

Peace Meal Senior Nutrition Program December 2018

3	Sausage in Gravy Mini Potato Bakers Warm Fruit Compote Whole Grain Biscuit Fruit Juice	4	Beef and Noodles Mashed Potatoes Mixed Veggies Whole Grain Wheat Apricots	5	Cabbage Rolls Corn Chunky Applesauce Dinner Roll Frudel Bar	6	Ham and Beans Pickled Beets Cornbread Peaches	7	Chicken Sandwich w/May Pkt. Warm German Potato Salad Tarragon Carrots Bun Fresh Grapes
10	Chicken Pot Pie with Vegetables Brussels Sprouts Whole Grain Biscuit Sliced Pears	11	Mostaccioli w/Meat Sauce Winter Mix Vegetables Tossed Salad w/Dressing Pkt. Dinner Roll Mandarin Oranges	12	Tangy Pork Choppe w/Vegetables over Brown Rice Green Beans Rye Warm Cinnamon Apple Slices	13	Fried Chicken Mashed Potatoes w/Gravy Seasoned Venetian Vegetables Whole Grain Wheat Seasonal Dessert	14	Vegetable Beef soup Creamy Cole Slaw Peanut Butter Crackers Raisins
17	Roasted Turkey Mashed Potatoes w/Gravy Green Bean Casserole Dressing Peaches	18	Chili w/Beans Mixed Lettuce Salad w/Dressing Pkt. Crackers Waldorf Salad	19	Beef Stroganoff over Noodles Corn Broccoli Whole Grain Wheat Banana	20	Ham Frosted Sweet Potatoes Midori Blend Veggies Dinner Roll Cranberry Gelatin Salad	21	Liver and Onions Scalloped Potatoes Buttered Peas Graham Crackers Whole Grain Wheat Dreamsicle Gelatin
24	CLOSED FOR CHRISTMAS HOLIDAY	25	CLOSED FOR CHRISTMAS HOLIDAY	26	Country Fried Steak Mashed Potatoes w/Gravy Seasoned Greens Texas Toast Fruit Juice	27	Stuffed Chicken Breast Baked Beans Hawaiian Salad Dinner Roll Oatmeal Cranberry Cookie	28	CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED
31	CLOSED FOR NEW YEAR'S EVE HOLIDAY								

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.