

DeWitt County Friendship Center
410 East Main Street
Clinton Illinois 61727

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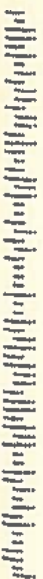
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Bring on
the
NEW YEAR!

JANUARY

2019
Loading



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

JANUARY BIRTHDAYS



JUDY CLARK – 1
PAULA JILES – 5
EARL MAYNARD – 7
BESSIE MARX – 7
MARY LOU BLY – 19
FRANCES BRENNAN – 20
JEANETTE POTTS – 27
PATTY JENNES – 27
MARY BURTON – 31
ROD STROH – 31

COME IN FOR CAKE & ICE CREAM
WEDNESDAY, JANUARY 23RD 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.

DATES TO REMEMBER:

DECEMBER 31 – CLOSED – NO PEACE MEAL

JANUARY 1, 2019 – CLOSED – NO PEACE MEAL



JANUARY 17, 2019 – PEORIA RIVERBOAT

MARCH 9, 2019 – HAM & BEAN – CAKE AUCTION



JOIN US ON
THURSDAY, JANUARY 19, 2019
WE WILL LEAVE AT 9:00 AM
AND RETURN BY 3:00 PM
COST IS \$25.00



Eastern Illinois
Foodbank

DeWitt County Food Mobile

When: Saturday, January 12, 2019

Time: 10:00 am to 11:30 am

Where: American Legion

Clinton, 61727

All eligible residents of Dewitt County needing food are welcome to attend the Foodmobile distribution.

All Dewitt County residents who meet income eligibility criteria are welcome (see below).

Those attending are asked to bring bags or boxes to transport food.

Maximum monthly income per eligible household:

Maximum monthly income per eligible household (for each additional household member over 8, add \$644):								
Household Size	1	2	3	4	5	6	7	8
Monthly Income	\$1,859	\$2,504	\$3,148	\$3,793	\$4,437	\$5,081	\$5,726	\$6,370

Eastern Illinois Foodbank works to alleviate hunger in eastern Illinois through cooperation with a network of food pantries, agencies and other programs like the Foodmobile Program. The Foodbank distributes donated and discounted food throughout a 17-county service area in cooperation with 220 member agencies and programs. Through these agencies, the Foodbank provides food to more than 116,000 different men, women and children each year. The Eastern Illinois Foodbank is a member of Feeding America (formerly America's Second Harvest), Feeding Illinois, the United Way of Coles County, and the United Way of Champaign County.





**JOIN US FOR
ART & THINGS**

JANUARY 15TH

10:00 AM TO 11:30 AM



MARK YOUR CALENDARS
&
SAVE THE DATE!

THE DEWITT COUNTY FRIENDSHIP CENTER

**ANNUAL HAM & BEAN / CAKE AUCTION
FUNDRAISER**

THIS YEAR TO BE HELD

SATURDAY, MARCH 9, 2019
5 PM – 7 PM

CAKE AUCTION TO BEGIN AT 6:15 PM

CAKE AUCTION
by
LANCE SCHMID

ADVANCE TICKETS GO ON SALE MONDAY, FEBRUARY 4TH



MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH

THIS MONTH:

TUESDAY, JANUARY 15, 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

JANUARY 8TH & 22ND

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

DEWITT COUNTY FRIENDSHIP CENTER PRESENTS

Pigeon Forge and Smoky Mountains Show Trip



INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 5 nights lodging including 3 consecutive nights in the Smokies
- 3 meals: 6 breakfasts and 3 dinners
- Admission to TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION
- Three Dinner Shows: SOUL OF MOTOWN, AMERICA'S HIT PARADE, and THE HATFIELD-MCCOY SHOW
- One Evening Show: SMOKY MOUNTAIN OPRY
- One Morning Show: The MAGIC BEYOND BELIEF SHOW
- Free time in HISTORIC DOWNTOWN GATLINBURG
- GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK
- For more pictures, video and information visit: www.GroupTrips.com/DewittCountyFriendshipCenter

\$565 *

4 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 Delfonics, 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. Same as the Barnes and Miller of the Smoky Mountains...with Blue Grass Country Music, singing, dancing, hilarious comedy and fun. This evening, the SMOKY MOUNTAIN OPRY SHOW brings the heart and soul of music onstage with its fabulous high-energy entertainment featuring spectacular singing, outstanding choreography, and thrilling special effects!
Day 4: Today, you'll start your day by enjoying a Continental Breakfast before departing for the MAGIC BEYOND BELIEF MORNING SHOW! Magic Beyond Belief, starring Darren Ramo brings magic and music together for an incredible show. Darren Ramo creates a multi million dollar "Magic Beyond Belief" style. Featuring a talented cast, Darren's magical illusions, musical tributes, levitations, and much more! Darren is the only magician in the world allowed to perform Harry Blackstone's famous legacy of the floating light bulb. State-of-the-art special effects, lights, sound and lasers enhance this one-of-a-kind magical production! This evening, you will enjoy Dinner and see the AMERICA'S HIT PARADE DINNER SHOW. Spanning the Fifties to the Eighties and beyond, this high-energy show features singing, dancing, colorful costumes, and a special one-of-a-kind Military Tribute to the men and women of the Armed Forces.
Day 5: Enjoy a Continental Breakfast before starting your morning at the impressive TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION. You can experience the hallways, parlors, cabins, and Grand Staircase of this replica of the world's most famous luxury liner, view actual artifacts, and more. You can also hear passenger stories and pay tribute to their memory. This evening, relax at your en route hotel.
Day 6: Today, after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
We'll handle any emergency travel arrangements - Protection Plan if you have to unexpectedly cancel or cut your class short.
See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$219 for single occupancy.
Final Payment Due: 7/23/2019

FOR INFORMATION & RESERVATIONS CONTACT:

Dewitt Friendship Center
(217) 935-9411

Diamond Tours INC.
Bringing Group Travel to a Higher Standard®

PH: 800-870-8888 FAX: 812-727-1133

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, January 21st, 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

Friendship Center Newsletter
January 2019

"Comments from Caitlin"

Happy New Year! For a new year, let's talk about some food experiences I encourage you to try or repeat this coming year.

1. **Make a new recipe.** I put a recipe in most every article, so you have easy access to a new recipe. Feel free to make a different one, of course.
2. **Participate in a CSA.** CSA stands for "community supported agriculture." Get a box of locally grown food each week. There are sure to be some familiar foods and some new ones to taste.
3. **Cook or bake with youth.** From pre-schoolers to high school teenagers, help develop food skills in youth in your life.

Slow Cooker Apple French Toast (Serves 10)

14 slices whole wheat bread, cubed
1 apple, peeled cored & chopped
6 eggs
1 teaspoon vanilla extract
2 cups fat-free evaporated milk
2 Tablespoons brown sugar
1 teaspoon ground cinnamon
¼ teaspoons ground nutmeg

Instructions: Spray the inside of a slow cooker with nonstick cooking spray. Inside the slow cooker, layer half the bread on the bottom, top with apples and layer the other half of bread on top of apples. In a medium bowl, whisk eggs, vanilla, evaporated milk, brown sugar, cinnamon and nutmeg until smooth. Evenly pour over bread and apple layers allowing it to soak into the bread. Cook on High for 1 ½ -2 hours or until internal temperature measured with a food thermometer reads 160°F.

Nutrition Facts (per serving): 200 calories, 4.5g fat, 270mg sodium, 28g carbohydrate, 3g fiber, 12g protein
Recipe by: Jenna Smith, Nutrition and Wellness Educator

For upcoming health and wellness classes from UI Extension, come by our office and find us online at <http://web.extension.illinois.edu/dmp/>.

Have a great month,

Caitlin Mellendorf, MS, RD
Nutrition and Wellness Educator
University of Illinois Extension
go.illinois.edu/dmp
217.935.5764

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



"Care is our middle name"

- Community Care Systems (CCSI) is located at the DeWitt County Friendship Center and may be reached by calling (217) 935-4560. Outreach events are held the 1st Wednesday 1:30- 4:00 pm, the 3rd Wednesday 8:30- Noon and on the 2nd Monday of every month from 2:00-4:00 at the Sunshine Center in Farmer City and also the 3rd Thursday of every month 11:00 am- 12:30 pm at the Weldon Village Hall in Weldon. We will also be out at the Kenney Community Center on the last Wednesday of September, October and November from 8:30-9:30 am during Open Enrollment Period.
- As the Coordinated Point of Entry for DeWitt County, CCSI is happy to provide the following services:
 - Link seniors and disabled adults to local services that are available to meet their needs
 - Nutrition Services
 - Housing Needs
 - Home Care Assistance
 - Transportation
 - Prescription Assistance Plans
 - Caregiver Support Services
 - Conduct home visits and well-being checks to ensure individual is in a safe and appropriate setting
 - Discuss care options for individuals and assist to make an educated decision best suited for their situation
 - SHIP Medicare counseling services to help navigate:
 - New to Medicare
 - Part D Prescription Drug plan
 - Medicare Advantage plan
 - Medicare Savings program
 - Low Income Subsidy "Extra Help" for medications
 - Assistance with Medicare related insurance claim denials
 - Application assistance for SNAP (Food stamps), Medicaid, and Safelink phone (and other application assistance as needed)
 - Evidence-based Healthy Aging programs
 - Diabetes Self- Management
 - Matter of Balance Fall Prevention
 - Benefits Access Application assistance (formerly known as the Circuit Breaker- license plate sticker discount)

Funding for services & programs come from Community Care Systems, Inc., IDOA, ECMAAA and Age Options. Donations are accepted but no one will be denied services based on inability to pay.

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!

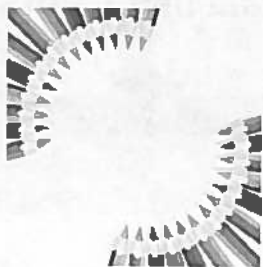
COLOR CONVERSATION

ANY MONDAY OF EACH MONTH
12:30 PM to 3:00 PM

THIS MONTH

JANUARY 7, 14, 21, 28

COLORED PENCILS & COLOR SHEETS PROVIDED



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!



EXERCISE
& WELLNESS

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.

United
Way



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 14, 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, January 4th 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.



JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CLOSED HAPPY NEW YEAR	2 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM BINGO 12:15PM CARDS 1:30—3:00	3 COFFEE 8 AM BEAN BAG BASEBALL 1:00 PM—3 PM	4 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	5
6	7 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	8 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	9 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM BINGO 12:15PM CARDS 1:30—3:00	10 COFFEE 8 AM BEAN BAG BASEBALL 1:00 PM—3 PM	11 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	12
13	14 COFFEE 8 AM ALZHEIMER'S 12 PM—1 PM DOMINOES 1-3 PM COLOR CONVERSATION 1 PM—3 PM	15 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	16 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM BINGO 12:15PM CARDS 1:30—3:00	17 COFFEE 8 AM BEAN BAG BASEBALL 1:00 PM—3 PM PEORIA RIVERBOAT LEAVE AT 9 AM	18 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	19
20	21 COFFEE 8 AM LOW VISION SUPPORT GROUP 10 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	22 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	23 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM BINGO 12:15PM CARDS 1:30—3:00 BIRTHDAY CAKE	24 COFFEE 8 AM BEAN BAG BASEBALL 1:00 PM—3 PM	25 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	26
27	28 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	29 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	30 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM BINGO 12:15PM CARDS 1:30—3:00	31 COFFEE 8 AM BEAN BAG BASEBALL 1:00 PM—3 PM		

Peace Meal Senior Nutrition Program January 2019

1	CLOSED FOR NEW YEAR'S HOLIDAY	2	Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn Bun Fruit Juice	3	Beefy Vegetable & Lentil Soup Sliced Pears Peanut Butter Cup Crackers Oatmeal Raisin Cookie	4	Mushroom Crusted Chicken Breast Potato Casserole Venetian Blend Vegetables Dinner Roll Fresh Fruit		
7	Savory Sausage Stew w/Beans Pineapple Tidbits Biscuits Warm Fruit Strudel Bites	8	Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Seasonal Dessert	9	Ravioli w/Meat Sauce Broccoli Corn Whole Grain Wheat (1) Banana	10	Meatloaf Delmonico Potatoes Spinach Dinner roll Cranberry Apple Salad	11	Tuna Noodle Casserole Peas and Carrots Bean Medley Whole Grain Wheat(1) Gelatin with ½C Fruit
14	Chili Mac Tossed Salad w/Dressing Dinner Roll Warm Cinnamon Peaches	15	Turkey Pot Roast with Baby Carrots & Celery Broccoli Cauliflower Bake Dinner Roll Tropical Fruit	16	Chicken Casserole Peas and Carrots Seasoned Green Beans w/Pimientos Whole Grain Wheat (1) Chunky Applesauce	17	Roast Beef in Gravy Mashed Potatoes Cabbage-Tomato Au Gratin Dinner Roll Overnight Fruit Salad	18	Ham Loaf Frosted Sweet Potatoes Midori Blend Veggies Whole Grain Wheat (1) Fresh Fruit
21	Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion, & Bacon Whole Grain Wheat (1) Mandarin Oranges	22	Ham and Beans Pickled Beets Cornbread Peaches	23	Beef Stew w/Potatoes, Carrots, and Onions Seasoned Greens Biscuits Pears	24	Salisbury Beef Pattie Mashed Potatoes Mixed Vegetables Dinner Roll Banana Bread w/Cream Cheese	25	Pulled Pork Sandwich Baked Beans Fruit Juice Bun Scalloped Pineapple
28	Chicken and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat(1) Apricots	29	Shepherd's Pie w/Veggies Creamy Cole Slaw Dinner Roll Warm Fruit Crisp	30	Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn Bun Fruit Juice	31	Beefy Vegetable & Lentil Soup Sliced Pears Peanut Butter Cup Crackers Oatmeal Raisin Cookie		

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.