

NOVEMBER

Thankful

2019

DeWitt County Friendship Center
410 East Main Street
Clinton Illinois 61727

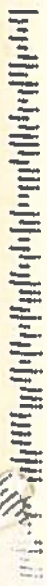
RETURN SERVICE REQUESTED

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

ECIAAA
OCT 31 2019
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ECIAAA
1003 MAPLE HILL RD
BLOOMINGTON IL 61727

6170539327 RC21



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

DAILY ACTIVITIES

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

SENIOR YOGA CLASS 8:15 AM
BINGO 12:15 PM to 1:00 PM
CARDS 1:00 – 3:00 PM

THURSDAYS

BEAN BAG TOSS TOURNAMENT
1:00 PM to 3:00 PM

FRIDAYS

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

REFRESHMENTS SERVED! COME JOIN US!

CALL THE CENTER AT 217-935-9411 FOR DETAILS

NOVEMBER BIRTHDAYS



MARGARET BARNES – 1
ANNA HENSLEY – 3
MARTHA BAILEY – 7
WAYNE WILSON – 7
JOHN HOOSE – 9
DONNA BAKER – 15
WANDA MIX – 15
DONNA PARKER – 17
KAREN RICE – 17
PETE DAUGHERTY – 18
DAVID ATKINS – 18
ELSIE VOLKER – 21

COME IN FOR CAKE & ICE CREAM
WEDNESDAY, NOVEMBER 27TH AT 10:30 AM
& CELEBRATE NOVEMBER 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, November 16, 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.



DATES TO REMEMBER:

**NOVEMBER 1: GORDYVILLE RODEO LEAVE
@ 4:00 PM**

**NOVEMBER 8: CHILI/VEG SOUP FUNDRAISER
5 – 7 PM**

NOVEMBER 14: LINE DANCE REFRESHER 9:30

**NOVEMBER 20: THANKSGIVING POTLUCK
5 – 7 PM. BRING A COVERED DISH TO SHARE**

**NOVEMBER 28 & 29: CLOSED THANKSGIVING
HOLIDAY**

**DECEMBER 2: CROCK POT COOKING CLASS –
DESSERTS**

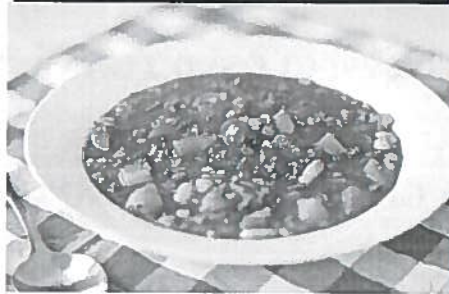
**DECEMBER 4: FESTIVAL OF LIGHTS LEAVE @ 4
PM**

DECEMBER 12: NUTCRACKER BALLET

**DECEMBER 18: HOLIDAY LUNCHEON @ 11:30 AM
CHRISTMAS BINGO**

DECEMBER 24, 25 & 31, JANUARY 1 CLOSED

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



WHEN: FRIDAY, DECEMBER 8, 5:00 – 7:00 PM

**MENU: CHILI OR VEGETABLE SOUP & PEANUT
BUTTER SANDWICH, VEGETABLES, CRACKERS
PIE FOR DESSERT
COFFEE & TEA**

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



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

NOVEMBER 5TH & 19TH

10:00 AM TO 11:30 AM



MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH

THIS MONTH:

TUESDAY, November 19, 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

NOVEMBER 12TH & 26TH

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



LINE DANCING REFRESHER CLASS

THURSDAY: NOVEMBER 14TH

TIME: 9:30 AM – UNTIL ?????

REFRESHMENT WILL BE SERVED



WEDNESDAY, NOVEMBER 20TH

5:00 PM – 7:00 PM

THANKSGIVING POTLUCK

MEAT & POTATOES WILL BE PROVIDED

PLEASE BRING A COVERED DISH TO SHARE

SIGN UP AT THE CENTER

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, November 18th, 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
Ramp Building

To obtain services or volunteer, contact
Kim Corsa Coordinator of
Friends in Action @ 217-935-9411
or stop by the office
Monday thru Friday – 8 am – 3 pm
The Friendship Center
410 E. Main
Clinton, IL



We are a caring group of volunteers that help provide transportation and other services for those in need in DeWitt County. We also help to build ramps for those that are in need and cannot afford them on their own. We are in need of volunteers to help provide our services in our community. Your help is necessary for us to continue our program. Just one or two hours per month could make a difference in someone's life. Would you consider helping us help others? Please contact Friends In Action at the telephone number given above or email at: fiadewitt@gmail.com for more information.



**PLEASE JOIN THE FRIENDSHIP CENTER FOR
OUR ANNUAL
HOLIDAY LUNCHEON**

WEDNESDAY, DECEMBER 18TH AT 11:30AM

SEATING IS LIMITED

SIGN UP STARTING DECEMBER 1ST TO RESERVE YOUR SEAT

SIGN UP DEADLINE IS DECEMBER 12TH

MENU:

**HAM
MASHED POTATOES & GRAVY
GREEN BEANS
CHERRY/PINEAPPLE SALAD
ROLL
DESSERT**

YOU MUST HAVE A RESERVATION!!!
NO CARRY OUTS AVAILABLE!!!

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



CROCK POT COOKING CLASS

DESSERTS!

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

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

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

NOVEMBER 4, 11, 18, 25

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, November 11, 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, November 8th
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.

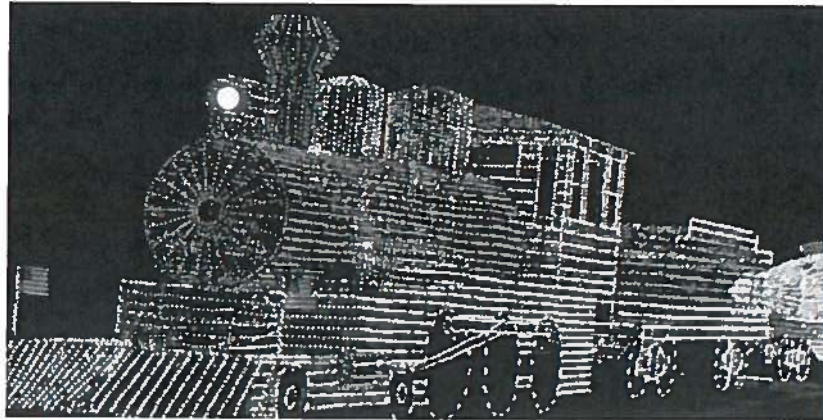
These support groups are intended for family caregivers of individuals in the middle to later stages of Alzheimer's Disease/other dementias. For more information on this support group, call 217-935-9411. For more information, call the Alzheimer's Association, Greater Illinois Chapter at 800-272-3900 or go to alz.org/illinois and click on "Support Groups"

alzheimer's  association®

Join Us.....



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



JOIN US FOR A TRIP TO

**THE EAST PEORIA FESTIVAL OF LIGHTS
WINTER WONDERLAND LIGHT SHOW!**

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

A spectacular holiday attraction featuring a 2-mile drive-through electric park.

Numerous animated displays and many lighted floats from the Parade of Lights.

WEDNESDAY, DECEMBER 4TH, 2019

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

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

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

**COME TO THE FRIENDSHIP CENTER
TO EXERCISE!**

**EACH WEDNESDAY AT 8:15 AM
JOIN US FOR SENIOR YOGA**

**YOGA CAN HELP REGAIN BALANCE, INCREASE
FLEXIBILITY, REDUCES ACHES AND PAINS,
AND
LEAVE YOU FEELING FOREVER YOUNG!**



United Way supports seniors in DeWitt County

United Way cares about DeWitt County seniors and we invest in programs that seniors love. We fund the DeWitt County Friendship Center, helping with some senior programming there. We also invest in Peace Meal, helping ensure seniors who can't afford the meal service still have access to it and can remain independent in their homes. For more information about United Way's efforts in DeWitt County, you can visit uwdecatur.org.





Community Care Systems, Inc. will be at the following locations to assist people over the age of 60 and the disabled with information and Assistance in filing for local, state and federal programs.

Our office is located at 410 E Main St in Clinton, IL. We can be reached by calling 217-935-4560. We do walk-ins in the morning from 8:00 – 11:30 and afternoon is by appointment only. Please check outreach locations below to make sure we will be in the office.

Farmer City, DeWitt County

Sunshine Center
701 E Clinton Ave
Farmer City IL 61842

1st Wednesday of every month 1:30 – 4:00
November 6th, December 4th
3rd Wednesday of every month 8:30 – 12:00
November 20th, December 18th
2nd Monday of every month 2:00 – 4:00
November 11th, December 9th

Weldon, DeWitt County

Weldon Peace Meal Site @ Village Hall
480 Maple St
Weldon IL 61882

3rd Thursday of each month 11:00 – 12:30
November 21st, December 19th

Kenney, DeWitt County

Kenney Community Center
101 S Johnson St
Kenney IL 61749

We will be in Kenney only during open enrollment on the last Wednesday of November From 8:30 – 9:30 am.

Nixon Manor, Clinton

Community Room
100 S Railroad St
Clinton IL 61727

1st Thursday of every month 2:00 – 4:00
November 7th, December 5th

DeWitt Manor, Clinton

Community Room
520 E Main St
Clinton IL 61727

2nd Thursday of each month 2:00 – 4:00
November 14th, December 12th

MacArthur Apartments

Community Room
300 E Woodlawn St
Clinton IL 61727

3rd Thursday of every month 2:00 – 4:00
November 21st

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.

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 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, ECIAAA and Age Options. Donations are accepted but no one will be denied services based on inability to pay.

Friendship Center Newsletter
November 2019

"Comments from Caitlin"

November is National Diabetes Month. This is a time to increase awareness of the disease and how it affects almost 13% of adults in Illinois. The American Diabetes Association has an ABC checklist for diabetes. Do you know your numbers?

- **A1C.** A finger prick can show your blood sugar number – also called blood glucose – at that moment in time. The A1C test looks at your average blood glucose over the last 2 to 3 months. It can help you and your doctor see how you are managing your blood sugar over a longer time.
- **Blood Pressure.** Individuals with diabetes are also at risk of heart disease, which includes high blood pressure. In some individuals, choosing foods lower in salt or sodium and eating more fruits and vegetables, which have potassium, can help lower blood pressure.
- **Cholesterol.** There are a few subtypes of cholesterol in the blood. HDL or "good" cholesterol helps remove fats and plaques from the blood. Other types, like LDL or "bad" cholesterol brings fats to the blood and plaque to the artery walls, which can clog them over time. Eating "liquid" or unsaturated fats – such as oils, avocado, nuts, and fish – more often than "solid" or saturated fats – such as butter and animal fats – can help improve blood cholesterol numbers.

Waldorf Salad (Serves 6)

- 1 Tbsp reduced-fat mayonnaise
- 1 Tbsp lemon juice
- 2 packets artificial sweetener
- 1 large apple, cored, unpeeled and diced
- 1/2 cup diced celery
- 1/2 cup raisins
- 1/4 cup chopped walnuts (optional)

1. In bottom of mixing bowl, blend together the mayonnaise, lemon juice and artificial sweetener.
2. Wash, core and chop the apple. Coat with the dressing in the bowl immediately to prevent browning.
3. Add remaining ingredients and toss. Refrigerate until ready to eat.

Nutritional analysis per serving: 94 calories, 3g fat, 33mg sodium, 17g carbohydrate, 2g fiber, 2g protein
Recipe from: Recipes for Diabetes, University of Illinois Extension

Have a great month,

Caitlin Metendorf, 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

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

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

Medicare Open Enrollment

When's the Medicare Open Enrollment Period?

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

What's the Medicare Open Enrollment Period?

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

How do people know if they need to change plans?

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




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

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





NOVEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM GORDYVILLE RODEO LEAVE @ 4 PM	2
3 	4 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	5 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3P M	6 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 1:00—3:00	7 COFFEE 8 AM BEAN BAG TOURNAMENT 12:30 PM—3 PM OR CARDS/GAMES	8 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1-3 PM CHILIVEG SOUP FUNDRAISER 5 PM—7 PM	9
10	11 COFFEE 8 AM ALZHEIMER'S SUPORT GROUP 12 PM—1 PM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	12 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	13 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 1:00—3:00	14 COFFEE 8 AM BEAN BAG 2:30 PM—3 PM OR CARDS/GAMES LINE DANCE REFRESHER 9 AM	15 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	16 FOOD BANK @ AMERICAN LEGION 10 AM—11:30 AM
17	18 COFFEE 8 AM LOW VISION SUPPORT GROUP 10 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	19 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	20 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 1:00—3:00 THANKSGIVING POTLUCK 5 PM—7 PM	21 COFFEE 8 AM BEAN BAG TOURNAMENT 12:30 PM—3 PM OR CARDS/GAMES	22 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	23
24	25 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	26 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	27 COFFEE 8 AM SENIOR YOGA 8:15 AM BIRTHDAY CAKE & ICE CREAM 10:30 AM BINGO 12:15 PM CARDS 1 PM—3 PM	28 	29 CLOSED THANKSGIVING HOLIDAY	30
						

Peace Meal Senior Nutrition Program November 2019

4	Beef Sandwich Rosemary Roasted Potatoes Broccoli Bun Strawberry Oatmeal Bar	5	Beef Stew w/Vegetables Creamy Cole Slaw Dinner Roll Warm Fruit Crisp	6	Shepherd's Pie Harvard Beets Fresh Fruit Biscuit Graham Crackers	7	Ham and Beans Copper Carrots Cornbread Pineapple Pistachio Dessert	8	Meatloaf Mashed Potatoes w/Gravy Tomatoes and Zucchini Dinner Roll Pumpkin Pie	1	Liver and Onions Mashed Potatoes w/Gravy Italian Green Beans Whole Grain Wheat (1) Mandarin Oranges
11	Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuits Warm Cinnamon Buttered Apples	12	Fried Chicken Mashed Potatoes w/Gravy Green Bean Casserole Texas Toast Peach Slices	13	Ham Casserole Corn Herbed Peas Whole Grain Wheat (1) Tropical Fruit	14	Vegetable Beef Soup Celery Sticks Cottage Cheese Salad Peanut Butter Cup Crackers Apricots	15	Taco Salad w/Meat, Lettuce, Beans, Tomatoes, Sour Cream and Taco Sauce Peas Taco Chips Pudding	22	Settlers Beef and Beans Seasoned Greens Fresh Fruit Biscuit Orange Bread
18	Chicken and Dumplings Mashed Potatoes Seasoned Black-Eyed Peas Whole Grain Wheat (1) Grapes	19	Saucy Ham Loaf Creamed Peas and Potatoes Italian Mixed Veggies Dinner Roll Pineapple Slices	20	Cabbage Rolls in Sauce Corn Lyonnise Carrots Whole Grain Wheat (1) Seasonal Dessert	21	Roasted Turkey Mashed Potatoes w/Gravy Seasoned Green Beans Dressing Chunky Applesauce	28	CLOSED FOR THANKSGIVING HOLIDAY	29	CLOSED FOR THANKSGIVING HOLIDAY
25	Country Fried Steak Mashed Potatoes w/Gravy Brussels Sprouts Fruit Juice Dinner Roll	26	Chili with Beans Mixed Lettuce Salad w/Dressing Pkt. Waldorf Salad Crackers	27	Beef Stroganoff over Noodles Peas Tangy Cole Slaw Whole Grain Wheat (1) Warm Fruit Compote	28	CLOSED FOR THANKSGIVING HOLIDAY	29	CLOSED FOR THANKSGIVING 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.