










<i>Tell us what you think!</i>		<b>Tips for preventing falls</b>		<b>Friday 1</b>
<p>Each day rate the menu: 1 (least favorite) To 5 (most enjoyed).</p> 	<p>At the end of the month, return the menu to us via your site coordinator or volunteer driver.</p>	<ul style="list-style-type: none"> <li> Install handrails that run the entire length of the stairs on both sides of the staircase.</li> <li> Add automated lighting to light up rooms as you enter.</li> <li> Install grab bars in the shower, tub and near the toilet.</li> </ul>	<ul style="list-style-type: none"> <li> Use double sided tape to keep small rugs down.</li> <li> Don't leave anything wet on the floor.</li> <li> Fix any broken or chipped steps, tiles or flooring.</li> </ul>	<p>Ham Loaf with Pineapple Sauce Mashed Sweet Potatoes Mixed Vegetables Banana/Wheat Bread</p>
<b>Monday 4</b>	<b>Tuesday 5</b>	<b>Wednesday 6</b>	<b>Thursday 7</b>	<b>Friday 8</b>
<p>Polish Sausage Potato Pancakes Red Cabbage Pineapple Hot Dog Bun/Mustard</p>	<p>Beef Enchilada Bake Corn Fresh Pear Cinnamon Roll Sugar Cookie</p>	<p>Scrambled Eggs Canadian Bacon Hash Browns Juice Cup Mandarin Oranges Cheese Cake Muffin</p>	<p>Beef Chili Mac Carrots Romaine Salad with Dressing Apricots Buttermilk Cornbread</p>	<p>Chicken Quarter with Cream Sauce Baked Potato with Sour Cream/Wheat Bread Three Bean Salad Fruit Cocktail</p>
<b>Monday 11</b>	<b>Tuesday 12</b>	<b>Wednesday 13 Birthday Party</b>	<b>Thursday 14</b>	<b>Friday 15</b>
<p>Alfredo Chicken Breast Fettuccini Noodles Stewed Tomatoes Clementine Bread Stick/Cookie</p>	<p>Cod Florentine Rice Pilaf Butter Beans Applesauce Juice Cup Wheat Bread</p>	<p>Meatloaf with Gravy Mashed Potatoes Broccoli Ambrosia Salad Cranberry Orange Cake Whole Grain Yeast Roll</p>	<p>Pork Fritter Batter Bites Potato Collard Greens with Bacon and Onions Tropical Fruit Wheat Bread</p>	<p>Egg Salad Black Bean Soup Potato Salad Ribbon Jell-O Salad Brioche Bun</p>
<b>Monday 18</b>	<b>Tuesday 19</b>	<b>Wednesday 20 Christmas Party</b>	<b>Thursday 21</b>	<b>Friday 22</b>
<p>Spaghetti with Meat Sauce Yellow Squash Fresh Banana Vanilla Wafers Italian Bread</p>	<p>BBQ Pork Chop Baked Beans Spinach Pear Wheat Bread</p>	<p>Roast Beef with Gravy Dutchess Potatoes Riviera Blend Cherry Cobbler/Ice Cream Reindeer Chow Wheat Roll</p>	<p>Breaded Fish Square Macaroni &amp; Cheese Coleslaw Apricots Juice Cup/Tartar Sauce Wheat Bun</p>	<p>Beef Pattie with Cheese Tri Tatars Kidney Bean Salad Sliced Peaches Hamburger Bun Ketchup/Mustard</p>
<b>Monday 25</b>	<b>Tuesday 26</b>	<b>Wednesday 27</b>	<b>Thursday 28</b>	<b>Friday 29</b>
		<p>Chicken &amp; Dumplings Broccoli Normandy Apple Juice Cup Wheat Bread</p>	<p>Beef Stroganoff Egg Noodles Lima Beans Spinach Salad/Dressing Eggnog Mousse</p>	<p>Stuffed Chicken Breast with Gravy Potato Wedges Broccoli Florets Cinnamon Apples Cupcakes/Wheat Roll</p>

Voluntary Action Center does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For more information, call Senior Helpline at 1-800-252-8966 (Voice and TT), NIAAA at 1-815-226-4901, or the Executive Director of Voluntary Action Center at 1-866-820-6641.

The Voluntary Action Center receives Title III Older Americans Act and State of Illinois General Revenue funds through the Northwestern Illinois Area Agency on Aging

Voluntary Action Center is a United Way Partner Agency



If you are homebound due to illness, disability or otherwise isolated, contact Meals on Wheels to arrange home delivery of your meals.  
815.758.3932

In need of transportation?  
Call 815.758.6641

*December*

### Senior Luncheons

Offered to anyone age 60 and older, their spouses and all residents of the Hi-Rise Sites.

Suggested Lunch Contribution  
\$4.00

Guests under age 60 may dine at a cost of \$6.00

No one eligible for VAC services will be denied due to inability to contribute.

### Locations:

#### DeKalb Senior Center

815.758.1678

#### Taylor Street Plaza

815.748.5994

#### Fox Valley Older Adults

815.786.9404



Offering  
Meals on Wheels

Senior Transportation

Senior Luncheons

Serving DeKalb County

To Reach Us 

Toll Free 1.866.820.6641

815.758.3932

Fax: 815.758.0202

Visit Us on the Web

[www.vacdk.com](http://www.vacdk.com)