

KROC

JUNE
SCHEDULE

INSIDE

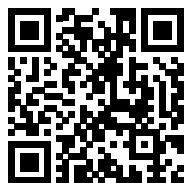
- **HAND LETTERING BASICS CLASS** Page 3
- **MAKE A SPLASH WITH SWIM LESSONS!** Page 4
- **CAMP KROC - JOIN THE FUN THIS SUMMER** Page 7

**FUN+
FITNESS**

ZUMBA & KROC
DANCE FITNESS

Page 5

View
ONLINE!



RAY & JOAN

KROC
CORPS COMMUNITY CENTER



JUNE HOURS

Sunday	Noon–6pm
Mon–Fri	5am–10pm
Saturday	7am–8pm

VENUE HOURS

Kroc Church

Family Fellowship 9:45am

Family Worship 10:30am

See page 7 for more info.

Aquatic Center

SUN 1–5pm

M–F 6am–8pm

SAT 8am–7pm

Please see page 4 for Big Red Slide hours.

**Summer
HOURS**
start June 3



Scan for
current hours

Huck's Hideout

SUN Closed

M–THU 8:30am–1pm | 4–8pm

FRI 8:30am–1pm | 4–7pm

SAT 8:30am–1pm

Ledge Game Room

SUN Closed

M–FRI 8am–8pm

SAT 9am–1pm | 2–6pm

Rock Wall

WED 4–7pm

SAT Noon–5pm

Kroc Café

SUN 1–5pm

M–FRI 5am–9pm

SAT 7am–7pm

Smoking, tobacco products, alcohol, and vulgar language are not permitted on the premises. Animals (except for service animals), bicycles, skateboards, skate shoes, or inline skates are not permitted. Members or guests using the facility under the influence of alcohol or drugs may have their membership revoked or modified indefinitely. **Strollers not allowed on the walking track Mon–Thurs 5–7pm. Please do not enter the facility if you are sick.**



Be in the Know with Text Alerts!

Text KROCQCY to 24365 to receive texts about class cancellations & facility/weather updates.

TYPES OF CLASSES

DROP-IN

Gold Members FREE

All drop-in Group Fitness & Aquatic Classes

10-Class Punch Pass

\$25 Members

\$75 Non-Members

Silver Member \$3

Many classes are Free.

Select classes are \$3

Non-Members \$8⁵⁰

A signed facility usage waiver is required.

ROSTER (Members / Non-Members)

Ex: Swim lessons, fine art, or golf lessons.

Requires advanced registration. Classes or activity fees and registration deadlines apply.



LES MILLS VIRTUAL

Free for Members and Day Pass users.



HOW TO REGISTER

Register for roster classes quickly and easily!

Visit the Control Desk

This is the best way to make sure you are in the correct class and that all paperwork is completed ahead of time. Drop-in classes are available for purchase only in person at our facility.

Call us at 217-222-5762

This reserves your spot in the activity of your choice. You must also fill out a program enrollment form available at our Control Desk. Please come at least 15 minutes early to your first class to get this done.

Register at KrocQuincy.org (Desktop)

1. Click 'Register for Roster Classes' icon
2. Search by program name, then click 'Learn More'
3. Click the 'Sign Up' button to register for your class or activity
4. Print and bring your receipt and waiver with you



**Download the app
for mobile purchase!**

Arts & Ed Events

Hand Lettering Basics

*Ages 14+
\$37 Gold | \$40 Silver | \$45 Non - Fee includes sketchbook & pens.

Tuesdays, June 14–July 26 | 6:30–8pm

Learn about this art form with talented local artist, Leah Hanlin. In this 6-week class, Leah will teach you the basic skills and then work alongside you as you hone your abilities! Cost for this class may seem higher than other classes, but it includes brush pens and sketchbook for you to take home with you! *Ages 10+ with accompanying adult. **No class July 5.**

Arty Party Paint Night

\$27 Gold | \$30 Silver | \$35 Non

Ages 14+

Friday, June 3 | 6–8pm

Create a step-by-step painting on a canvas using acrylic paint and different brush techniques. Artists of all abilities are welcome!

Jewelry Making

\$23 Gold | \$25 Silver | \$30 Non

*Ages 14+

Friday, June 17 | 6–8pm

Kevin Hoing will guide you through the steps to create beautiful jewelry for you, or that someone special, to wear! All supplies will be provided.

MUSIC LESSONS

Instrumental and vocal lessons are available for all levels. No matter if you are a beginner or advanced, Jonathon and his team of instructors will help you reach the next level.

VOCAL LESSONS focus on good vocal technique, music reading, theory, and solo repertoire.

GROUP LESSONS Introductory/economical way to start learning an instrument or improving vocal talent.

INSTRUMENTAL LESSONS focus on technique, reading music, theory, and solo repertoire. Guitar, ukulele, piano, brass, woodwind, and percussion offered.

PRIVATE LESSONS Instructors work closely with musicians and singers, beginners through advanced musicians ages 7+ through adults, who want learn/improve their skills.

People	Member	Non Member
1	\$54 per person	\$80 per person
2	\$66 \$33 per person*	\$95 \$47 ⁵⁰ per person
3	\$66 \$22 per person*	\$96 \$32 per person

Pricing is for six (30-minute) lessons. *All participants must be Members. We will work with you to find the time and day that works the best with your schedule.

Questions? Jonathon Weller, Education & Fine Arts Specialist
217-231-5641 | Jonathon.Weller@usc.SalvationArmy.org



RJ'S SUMMER SPECIAL

GATHER YOUR FRIENDS FOR FUN AT THE POOL!

MONDAY–FRIDAY

CALL FOR AVAILABLE TIMES

3–hour rental. Includes Sandbar room(s) and up to 24 swimmers.

SANDBAR A \$175

-Includes full kitchen

-Max capacity of 24 guests

SANDBAR B \$150

-Max capacity of 24 guests

SANDBAR A+B \$300

-Max capacity of 48 guests

Held during open public swim time.

Guests may bring their own food and drinks.

Space is limited. Book at least two weeks in advance.

Questions? Special Events & Scheduling Coordinator Brooke Wade
217-231-5636 | Brookney.Wade@USC.SalvationArmy.org

MOVE'22



for our #KrocStars with SilverSneakers® or Renew Active® plans.



Scan for details.

**Summer
HOURS**
start June 3

Aquatic Center + Swim Lessons

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OPEN SWIM

1–5pm

6am–8pm

6am–8pm

6am–8pm

6am–8pm

6am–8pm

8am–7pm

BIG RED SLIDE

1–5pm

11am–7pm

11am–7pm

11am–7pm

11am–7pm

11am–7pm

11am–7pm

LAP SWIM

Lap lanes may be available earlier than scheduled depending on program registrations and are subject to closure due to various facility events. *Lap lanes closed during swim lessons.*

1–5pm

6–8am

6–9am

6–8am

6–9am

6–8am

8am–9am

11am–8pm

10am–6pm

11am–8pm

10am–6pm

9am–8pm

11am–7pm

*Lap Lanes closed
3:30-6:30pm on
June 13 for training.*

7:30–8pm

7:30–8pm

GROUP SWIM LESSONS

**GROUP
SWIM
LESSONS**

**REGISTER
NOW!**

**PARENT/TODDLER
24 MONTHS–3YRS**
9-9:30am / 9:30-10am

4-6 YRS
8:30-9am
9-9:30am
9:30-10am

SCHOOL 7-10YRS
10-10:30am

**PARENT/BABY
12–23 MONTHS**
6-6:30pm / 6:30-7pm

**PARENT/TODDLER
24 MONTHS–3YRS**
5:30-6pm / 6-6:30pm

AGES 4-6 YRS
6-6:30pm / 6:30-7pm

AGES 7-10 YRS
7-7:30pm

**PARENT/TODDLER
24 MONTHS–3YRS**
9-9:30am / 9:30-10am

4-6 YRS
8:30-9am
9-9:30am
9:30-10am

SCHOOL 7-10YRS
10-10:30am

**PARENT/BABY
12–23 MONTHS**
5:30-6pm / 6-6:30pm

**PARENT/TODDLER
24 MONTHS–3YRS**
6-6:30pm / 6:30-7pm

AGES 4-6 YRS
5:30-6pm / 6-6:30pm

AGES 7-10 YRS
7-7:30pm

**PARENT/TODDLER
24 MONTHS–3YRS**
9-9:30am / 9:30-10am

4-6 YRS
8:30-9am
9-9:30am
9:30-10am

SCHOOL 7-10YRS
10-10:30am

NOTE: River is turned off during Mon/Wed 8-8:45am Aqua Fit class.

CLOSED
June 1, 2

FUN+ SUN!
Splash Pad OPENS **MAY 28**

MON–SAT 11AM–7PM SUNDAYS 1–4:30PM

All areas available: Sunbathing | Picnic Area | Fountains On



POOL PALS Child Watch

Children, ages 8–11, of members are allowed to enjoy our Aquatic Center while their parent or guardian exercises in another area of the building. Member parent/guardian **MUST** remain in the facility during this time. **FREE** for members! *Please register at The Control Desk on the main floor.*

Sprays & Fountains Play features: sprays and fountains will be on.

Open Swim Open for all ages. Some spaces may be used temporarily for scheduled classes.

Health Policy No food or drink, besides water in closed containers, allowed in the Aquatic Center. Shoes may NOT be worn in the pool area.

Big Red Slide Open for those at least 48" tall and under 300 pounds. Lifeguards will measure all riders.

Lap Swim Both lap lanes are available for lap swimming. Lanes available on a first come-first serve basis. Three adults can fit in one lane—please share. Water jog is allowed (up to 3 lap swimmers). Children must have adult with them in the same lap lane to swim laps.

Drop-In Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gold Members FREE: All drop-in Group Fitness & Aquatic Classes.	Les Mills BODYPUMP 5:30-6:30am \$ Fitness Room A	Les Mills BODYFLOW 5:30-6:25am ★★ Fitness Room B LES MILLS RPM 5:30-6:15am Cycling Room	Les Mills BODYPUMP 5:30-6:30am \$ Fitness Room A	Les Mills BODYFLOW 5:30-6:25am ★★ Fitness Room B LES MILLS RPM 5:30-6:15am Cycling Room	Les Mills BODYPUMP 5:30-6:30am \$ Fitness Room A	
Silver Member Many classes are free. Select classes are \$3 as marked. \$	AQUA FIT 8-8:45am Lap Lanes	AQUA BLAST 8-8:45am River LES MILLS RPM 8:15-8:45am Cycling Room <i>6/21 Subbed with Virtual RPM</i>	AQUA FIT 8-8:45am Lap Lanes	AQUA BLAST 8-8:45am River LES MILLS RPM 8:15-8:45am Cycling Room <i>6/23 Subbed with Virtual RPM</i>	WATER IN MOTION 8-8:45am \$ Lap Lanes	Les Mills BODYPUMP 8:45-9:45am \$ Fitness Room A
Youth in Fitness Open to ages 8+ with an accompanying adult. ★★	Les Mills BODYPUMP 9-10am \$ Fitness Room A	WATER IN MOTION 9-9:45am \$ Lap Lanes	Les Mills BODYPUMP 9-10am \$ Fitness Room A	WATER IN MOTION 9-9:45am \$ Lap Lanes	Les Mills BODYPUMP 9-10am \$ Fitness Room A	
	KROC DANCE FITNESS 9:15-10am \$★★ Fitness Room B	ZUMBA 9-9:45am \$★★ Fitness Room B EASY GOING 10-10:45am River	KROC DANCE FITNESS 9:15-10am \$★★ Fitness Room B	ZUMBA 9-9:45am \$★★ Fitness Room B EASY GOING 10-10:45am River	KROC DANCE FITNESS 9:15-10am \$★★ Fitness Room B	
	LES MILLS RPM Noon-12:30pm Cycling Room			Les Mills BODYFLOW 10-10:55am ★★ Fitness Room B		
	Les Mills BODYFLOW Noon-12:45pm ★★ Fitness Room B	Les Mills BODYPUMP Noon-12:45pm Fitness Room A	Les Mills BODYFLOW Noon-12:45pm ★★ Fitness Room B	Les Mills BODYPUMP Noon-12:45pm Fitness Room A	HIGH FITNESS Noon-12:45pm Fitness Room A	NEW CLASS
	POUND® 5:30-6:15pm ★★ Fitness Room B	STEP IT UP 5:30-6:30pm Fitness Room A <i>6/28 Canceled</i>	Les Mills BODYFLOW 5:30-6:25pm ★★ Fitness Room B	STEP IT UP 5:30-6:30pm Fitness Room A		
	Les Mills BODYPUMP 5:30-6:30pm \$ Fitness Room A	Les Mills BODYCOMBAT 5:30-6:25pm \$★★ Fitness Room B	Les Mills BODYPUMP 5:30-6:30pm \$ Fitness Room A	Les Mills BODYCOMBAT 5:30-6:25pm \$★★ Fitness Room B		



Video-based classes provide an amazing workout, anytime. Available in 3 group fitness studios when live classes are not scheduled.



Gold & Silver FREE /
Non-Member \$8⁵⁰

Combines hit music with an inspiring instructor leading you on a choreographed journey of hill climbs, sprints, and flat riding. This class is a great no-impact way to improve aerobic fitness and lose body fat. RPM™ is simple - there are no fancy moves to master, you simply jump on a bike and pedal. Although the instructor will give cues to increase or decrease resistance and speed, participants control their intensity so this class is suited for everyone from novice to advanced cyclists. You'll release stress, have a blast, and feel like a champ! Ages 13+



HIGH FITNESS

Gold & Silver FREE /
Non-Member \$8⁵⁰

HIGH Fitness has all the benefits of old school aerobics, but with a modern twist. This cardio and toning class is designed to get you moving and keep you motivated. Classes are fun, easy to follow, and choreographed to set you up for success! Ages 13+

GROUP FITNESS AGE GUIDELINES: Ages 13+ are allowed to attend all group fitness classes. Ages 8+ are allowed to attend select classes as marked.

CLASS CAPACITY: Participation numbers are limited due to equipment and space needs.

REGISTRATION: Participants may only register for back-to-back drop-in group fitness classes that have 15 minutes or less between end and start times.

LES MILLS™ and its respective classes: BODYPUMP™, BODYCOMBAT™, BODYFLOW™, and RPM™ are trademarks of Les Mills International LTD, used under license. POUND® and Ripstix® are registered trademarks of Pound Rockout workout, LLC. ZUMBA® is a trademark owned by Zumba Fitness, LLC used under license through certified instructors.

USAGE GUIDELINES: Proper workout attire is required, including closed-toe athletic shoes. No jeans allowed. No food or drink, other than water in closed containers, is allowed in the fitness, gymnasium, weight, and track areas. Please be courteous to other members and arrive on time. Instructors may deny access to class if you arrive after the warm-up period. The RJKCCC reserves the right to cancel any class on the basis of low attendance. Drop-in group fitness classes are first-come, first-served. All participants must check-in and pay (if applicable) at the control desk. Participants may check-in no sooner than 30 minutes before the start of class.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYMNASIUM	VOLLEYBALL CAMP - June 6–10 8:30am–12:30pm Courts A & B					CT B: FAMILY TIME 10am-1pm
	POM PON CAMP - June 13–17 10–11am Court B					
	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM
	JR. SPIKERS VOLLEYBALL LEAGUES M-W, Starting June 13 5:30-9:30pm Court B					

Sports & Recreation

DIG IT! Volleyball Camp

\$40 Members | \$50 Non

Grab your knee pads and lace up your shoes, this is one camp you don't want to miss. Join the HLGU Volleyball team and Head Coach Maliah Blakemore for a fun, exciting, and memorable volleyball camp.



GRADES 3-5

M-F June 6-10 9-10:30am

GRADES 6-8

M-F June 6-10 10:45am-12:15pm

Register by June 3 to receive a camp t-shirt!

Jr. Spikers LEARNING Volleyball League

NEW!

\$50 per person. Includes t-shirt.

Individual sign-ups. Designed to help introduce and improve both fundamentals and skills with an emphasis on fun, sportsmanship, hard work, and character development. After the first week of practice, players will be divided into separate teams within their age-group. Competitive balance will be sought while creating each team. Players must be the age indicated by the first day of practice to enroll within that age-group. Incoming grades. Space is limited and for planning purposes, team assignments are final. Want to be a volunteer coach? Please contact Kristy! No class July 5.

GRADES 3-4

Register by June 3

Tuesdays June 14-Aug 9 5:30-10pm

Jr. Spikers Volleyball League

\$330 per team

Grades 5-8

Play in youth girls volleyball league this summer! The league will follow IHSA girls volleyball rules. All teams will get shirts provided to wear as uniforms for up to 8 players and 1 coach, additional player t-shirts can be purchased at \$10. Team sign-ups only. Incoming grades. No class July 4 and July 6.

GRADES 5-6

Register by June 3

Monday June 13-Aug 8 5:30-10pm

GRADES 7-8

Register by June 3

Wednesdays June 15-Aug 10 5:30-10pm

JOIN THE TEAM!

Want to be a volunteer coach? Contact Kristy!

Ninja Class

\$40 Members | \$50 Non

Ages 4-7

Get ready to have fun on this ninja training course! This high-octane combination of obstacle training, martial arts, gymnastics, and freestyle movement is designed to harness the limitless energy of young children for a total body workout that builds strength, endurance, and character. Sessions are 4 weeks long. Held in Bluffs.

Register by May 31.

AGES 4-5

Tuesdays June 7-28 4:15-5pm

AGES 6-7

Tuesdays June 7-28 5:15-6pm

Pom Pon & Dance Camp

Ages 3+

Members \$30 | Non \$40

All girls and boys are welcome to come show us your dance moves. Pom Pon and dance instruction by the Quincy Notre Dame IDTA State Champion Pom Pon team and coaches. Campers will get the chance to perform at a Quincy Gems baseball game. Camp T-shirt included with registration fee. Spaces are limited. Parents can purchase game tickets for the performance through the Quincy Gems.

Register by June 3 to receive a camp t-shirt!

M-TH June 13-16 10-11am

Pom Pon campers will perform at the Quincy Gems baseball game on
THURSDAY, JUNE 16!

Golf Club Rentals

Adult + Youth

\$25 per set

Limited availability. Please have height info ready when registering. Must pick up at The Kroc Center.

Please contact Kristy at
217-231-5635 for more info.

Questions? Contact our Recreational Sports Specialist at 217-231-5635 or at Kristy.Stegeman@USC.SalvationArmy.org

Church & Congregational Life

SUNDAY

FAMILY FELLOWSHIP
9:45–10:15am
Meadows B

**KROC CHURCH
FAMILY WORSHIP**
10:30–11:30am
Worship Theater

JUNIOR CHURCH
11am, Green Room

MONDAY



JOIN US in person
or virtually on The Kroc
Church Facebook Page!

TUESDAY

WOMEN'S MINISTRY
10am–Noon
Meadows A
Ages 16+

WEDNESDAY

WEEKLY DEVOTIONS
10–10:15am
Meadows B
All Ages Welcome

THURSDAY

FRIDAY

SATURDAY

THE SALVATION ARMY WOMEN'S AUXILIARY

Thursday, June 9 at Noon

The Salvation Army of Quincy Women's Auxiliary was officially chartered in 1953. Since then, they have provided hundreds of thousands of hours of volunteer service and raised substantial dollars for The Salvation Army. The purpose of the Auxiliary is to raise public awareness of The Salvation Army, to facilitate services to the needy, and to strengthen the financial base of the local Salvation Army. Members also volunteer throughout the year for various on-going programs. Membership is open to all women (ages 18+) in the community. ^{\$10} annual membership.

Youth Development



Day Camp

K–6th + 7–12th CITs

*When school's not
in session*

June 3 • 7am–7pm

Always Supervised!
Your child will enjoy:

- Aquatic center
- Interactive game room
- Gymnasium
- Art, science & discovery
- Free play, movie
- Engaging Bible lesson
- Snacks are provided daily

\$20/day
for Members

\$25/day
for Non-members

Pack a sack lunch!

**Always
supervised!**



**Do something
FUN this summer!**

K–6th + 7th–12th CITs

Starts June 6

Weekly, 7am–7pm

- Supervised by trained and certified camp staff.
- Pool, gym, game room, and archery.
- Parks, field trips, and summer food program.
- Bible lesson, scouting, wellness, literacy, and wilderness lessons.
- S.T.E.A.M, drama, and games.

Full time 4-5 days

\$120 Member

\$150 Non-member

**LIMITED
SPACES!**

What are CITs?

COUNSELORS IN TRAINING

Grades 7th–12th | 50% OFF

CITs are an integral part of our youth programs & receive all of the benefits that come with the program they are attending, as well as hands-on training, mentoring, and leadership development.

WHICH **MEMBERSHIP** IS RIGHT FOR ME?

Choosing the perfect membership for you and your family is easy. Visit KrocQuincy.org to download a membership application, or pick one up at the Control Desk. Applications and payment can be submitted to the Control Desk.

5% OFF GOLD MEMBERSHIP

When paid in full for 1-year

INDIVIDUAL PLANS				FAMILY PLANS	
YOUTH AGES 3-12 \$12⁶⁰ monthly <small>\$151²⁰ PER YEAR</small>	TEEN AGES 13-17 \$22⁰⁵ monthly <small>\$264⁶⁰ PER YEAR</small>	GOLDEN AGER AGES 62+ \$26³³ monthly <small>\$315⁹⁰ PER YEAR</small>	ADULT AGES 18-61 \$36²³ monthly <small>\$434⁷⁰ PER YEAR</small>	FAMILY UP TO 5 \$63⁰⁰ monthly <small>\$756 PER YEAR</small>	FAMILY OVER 5 \$72⁴⁵ monthly <small>\$869⁴⁰ PER YEAR</small>

SILVER MEMBERSHIP

INDIVIDUAL PLANS				FAMILY PLANS	
YOUTH AGES 3-12 \$10⁵⁰ monthly <small>\$126 PER YEAR</small>	TEEN AGES 13-17 \$18³⁸ monthly <small>\$220⁵⁰ PER YEAR</small>	GOLDEN AGER AGES 62+ \$22⁰⁵ monthly <small>\$264⁶⁰ PER YEAR</small>	ADULT AGES 18-61 \$29⁴⁰ monthly <small>\$352⁸⁰ PER YEAR</small>	FAMILY UP TO 5 \$52⁵⁰ monthly <small>\$630 PER YEAR</small>	FAMILY OVER 5 \$60⁹⁰ monthly <small>\$730⁹⁰ PER YEAR</small>

3 Month **SUMMER MEMBERSHIP**

AVAILABLE MAY 1-JUNE 30

Benefits are equivalent to a Silver level membership. Must purchase all three months at one time. No guest passes.

YOUTH AGES 3-12 \$54	TEEN AGES 13-17 \$72	GOLDEN AGER AGES 62+ \$81
ADULT AGES 18-61 \$102	FAMILY UP TO 5 \$171	FAMILY OVER 5 \$195

\$25 **SUMMER Student MEMBERSHIP**

AVAILABLE MAY 1-JULY 31

Open to full-time college students only. Must present a current student I.D. \$25 per month, \$75 when paying for all three months. No guest passes.

UPCOMING EVENTS / ACTIVITIES

HEALTHY AGING SEMINARS WED, JUNE 22 @ 9AM

CHIROPRACTIC CARE FOR OLDER ADULTS

Have you tried chiropractic care for any of your aches and pains? Not sure what to expect? Dr. Hightower will shed light on how seeing a chiropractor can help.

Free and open to the public!



Summer dates are filling up...

BOOK YOUR SPLASH BASH POOL PARTY TODAY!

Go to KrocQuincy.org for details.

+ **LIFEGUARD** CERTIFICATION

CLASSES AVAILABLE EACH MONTH!

- Can you work 10 hours a week?
- Flexible hours
- \$14 per hours
- FREE Kroc membership
- Positive work atmosphere

Contact Aquatic Specialist Nanette Johnson for more information at 217-231-5676 or Nanette.Johnson@USC. SalvationArmy.org.



KROCQUINCY.ORG

SCAN TO VIEW
UPCOMING
CLASSES!



FREE DONUTS!

— FRIDAY, JUNE 3 —

Enjoy a sweet treat on us as token of our appreciation!

The Salvation Army started National Donut Day during the Great Depression as a way to raise funds and bring awareness to The Salvation Army's social service programs. National Donut Day commemorates the "donut lassies," female Salvation Army volunteers who provided writing supplies, stamps, clothes-mending and home-cooked meals, and of course, donuts, for soldiers on the front lines. Approximately 250 Salvation Army volunteers provided assistance to American soldiers in France starting in 1917 in WWI. With limited resources, these treats were fried, only seven at a time. The Salvation Army's Ensign Margaret Sheldon and Adjutant Helen Purviance cleverly thought of frying donuts in soldiers' helmets.

VIEW UPCOMING EVENTS AT **KROCQUINCY.ORG**



405 Vermont | Quincy, Illinois 62301
217-222-KROC (5762) | KrocQuincy.org

