

EXERCISE

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri 9:30am

Leader, Mary Rivera



\$2 Playing Fee





PING PONG

Three state of the art tables. Men & women play Monday, Wednesday & Friday around 1pm. Stop in and give it a try!

Participation is \$2.00 Membership is required after 2 visits



Healthy Lifestyles offers fellowship, crafts, games, healthy choices, community outreach and volunteering for the MAC. This is a group that supports each other to maintain a healthy lifestyle while navigating through life's challenges.



Lessons by Mary Ann Robinson

MONDAYS

10:30 - 11:30 Johnston Hall

\$2 Members \$4 Non-members

Walk-ins accepted Please sign in with the office.



Free Lessons
Given by member *Dave Iglehart*

Please see Roxann for more details.

Once lessons are completed, you may play with our group 2 times, \$2 fee waived your first time. To continue to participate you must sign up for membership & pay \$2 fee for each participation thereafter.



Moline Township Activity
Center
2024 "Free" Summer Concert
In the Park Serie
Monday
6:30pm - 8:30pm

July 1st Donovan Band July 8th Tommy Pickett & Friends

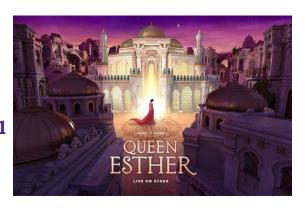
July 15th Code 415 July 22th Night People

July 29th Gray Wolf (Rain date)

Movie Day at the MAC Friday, August 16th 1pm - 3pm

Featuring the Classic Musical Queen Esther

Popcorn & Drinks provided





Refresher Course

Mon - Aug 5th 9am - 10:30am No appointment

We have been informed the Secretary States Office is removing this wonderful program at the end of 2024.

Handbooks will no longer be available





Mon, July 8th & Wed, July 10th FULL

Foot Clinic Fee

Due to high demand the foot clinic has added a second day. Next availability:

> Mon - Sept 9th Wed - Sept 11th

The MAC family has lost the following member:

Bill McMullen

WELCOME TO THE MAC

<u>May</u>

Ken Flack
Tom Harhoefer
Betty Harhoefer
Paul Davis
Lisa Loewen
Julie Thorpe
Dorine Donaubauer

June

Jose' Raya Jesu & Maria Raya Vicki Winsor Connie Lundt Chuck & Cora Sharp

LUNCH AT THE MAC ON WEDNESDAYS AT NOON



Members Only

WEEKLY LUNCHEONS HELD ON WEDNESDAYS \$6.00

JULY MENU

7/3 - Township's *Celebrate America* - No charge

Hotdogs & Chips

7/10 - BLT

7/17 - No Bucks Bonnie Pizza

7/24 - Grilled Pork Chop Sandwich

7/31 - Cranberry chicken Salad Sandwich

AUGUST MENU

8/7 - Tater Tot Casserole

8/14 - Grilled Shrimp Kabobs

8/21 - Soup & Ham Slider Sandwich

8/28 - No Bucks Bonnie Jewel Chicken Memorial Day Picnic

MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ July & August 2024 Business Hours: Mon - Fri ~ 9am - 4pm (309)-797-0789

The Art of Active Aging Starts Here!

From the Desk of Supervisor Bonnie Johnson



Greetings MAC Friends,

Please join us for a celebration of "America" open to all MAC Members & Public.

This event kicks off Wednesday, July 3rd in place of the MAC luncheon.

11am - 1pm in Johnston Hall.

At no cost, we will have hotdogs, chips, games & prizes!

Our country could really use some T.L.C. in these trying days. It is our patriotic duty to stand behind this holiday in celebration of our forefathers who had the foresight for our freedoms & liberties. We must stay positive and united.

God Bless America

Bonnie Johnson

HOLIDAY CLOSINGS

Thursday, July 4th Independence Day



The Messenger is brought to you by: Roxann Adamson, Director &

Moline Township Board

Bonnie Johnson Supervisor

Theresa Oak Town Clerk

Derek Devers Assessor

Trustees:

Mary Beth Loos Rand Wilson Staci Early Hayleigh Covella