



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.

Motto: "Make Healthy Decisions, Enjoy Life, Be Happy"!



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.



EXERCISE

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri
9:30am

Leader, *Mary Rivera*



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

Participation is \$2.00



\$2
Playing Fee

MONDAY & FRIDAY

Pinochle 12:30 - 3:30
Hand & Foot 1:00
Ping Pong 1:00 - 3:00

TUESDAY

Cribbage 1:00 - 3:30

WEDNESDAY

Euchre 12:30 - 3:30
Ping pong 1:00 - 3:00

THURSDAY

Mahjong 12:30 - 3:00
Bingo 1:00 - 3:00

FRIDAY

Pinochle 12:30 - 3:30
Ping Pong 1:00 - 3:00

White Elephant Gift Exchange
Friday, Nov 22nd
When: 1pm - Dining room
Where: 1pm - Dining room
RSVP: Wrapped gift
Bring: No name tag

\$10 - \$20 Limit - No used items

Each participant supplies one wrapped gift, usually of similar value. The gifts are placed in a central location, and participants determine in which order they will take turns selecting them. The first person opens a wrapped gift and their turn ends. On subsequent turns each person has the choice to either unwrap a new present or to steal another's. When a person's gift is stolen, that person can either choose another wrapped gift to open or can steal from another player. To avoid never-ending circles each gift can only be stolen twice per game. The game is over when everyone has a present. First player also can steal at the end if desired.

Cookie Walk **FRIDAY December 6th**
9am - 11am

- ◆ Homemade Holiday Cookies & Candies sold by the pound
- ◆ Seasonal crafts
- ◆ We need volunteers & bakers.
- ◆ Sign up sheet in dining room.
- ◆ We need donated baked goods by **Thurs. December 5th**
- ◆ Please label your baked goods.



HOLIDAY LUNCHEON

MAC ANNUAL HOLIDAY TURKEY LUNCHEON
(Complementary)

For members only and (1) caregiver
Escorting member

Wednesday, December 11th

- ◆ 9am-10am - Coffee in Johnston Hall
- ◆ Sign in with Roxann & receive a ticket to win a door prize!
- ◆ 11am ~ Dining room seating
- ◆ Noon ~ Lunch served
- ◆ 1:30pm ~ 3:30pm ~ Johnston Hall
Holiday Music & Dance
Featuring The Wiersons



Refresher Course

November 4th class has been cancelled. You may attend the last course at Silvis Public Library Friday, Dec 6th At 10am. Please call ahead to RSVP 309-755-3393



Tues. Nov. 12th
1 Opening

Wed, Nov 13th
openings

Foot Clinic Fee
\$35
Bring 1 towel



Member, **Pat Wendt** is asking for help on his crusade for mittens for children ages 3-5 years old. All mittens will go to children in need at Jefferson Early Childhood Center in Moline & Project Now Head Start.

WELCOME TO THE MAC

September

Joanie Morris, Diane Kinser, Gary & Jane Foust, Carol Ahrens, David & Sheri Coe

October

Peggy Geiger
Gordon Custard



Jack Scott
Dennis Osborne
&
Richard Farrar



The MAC RAISED \$1,005!



MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ Nov & Dec 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,

I am so proud of the recent fundraiser for Walk to End Alzheimer's. The MAC members never cease to amaze me!

I would like to thank all who contributed to the 2024 Trustee Service Project donating CDs, DVDs, VHS tapes & music for distribution to: nursing homes, veterans, assisted living communities, etc.

Township's *We Care Program* was in need of more toiletries, once again, thank you for those who have donated and we will continue to take the following donations: Body wash, 2 n 1 shampoo/conditioner, tooth paste, deodorant, etc. for both men and women.

Let us talk about the *elephant* in the room, parking situation. The former Bethany building has been purchased by the City of Moline. This brings a high volume of staff who will utilize all parking spaces. There is talk of expanding across 6th Ave, purchasing a vacant lot. We are trouble shooting on some ideas and will continue to keep you updated.

*Happy Holidays & Many Blessings,
Bonnie Johnson*

HOLIDAY CLOSINGS

Tuesday, Nov 5th
Election Day

Monday, Nov 11th
Veterans Day

Thursday, Nov 28th
Thanksgiving Day
&

Friday, Nov 29th

Tuesday, Dec 24th

Christmas Eve

Wednesday, Dec 25th

Christmas Day

Tuesday, Dec 31st
New Year's Eve

Wednesday, Jan 1, 2025
New Year's Day

LUNCH AT THE MAC ON WEDNESDAYS AT NOON



Members Only

WEEKLY LUNCHEONS HELD ON WEDNESDAYS \$6.00

NOVEMBER MENU

11/6 - Lasagna & Salad

11/13- Chipped Beef Gravy over Biscuits, Peas & Apple Sauce

11/20 - Chili & Corn Bread

11/27 - Chicken Tenders
Cheesy Potato's
& Steamed Carrots

DECEMBER MENU

12/4 - BLT & Potato Soup

12/11



Turkey, Mash Potato's & Gravy, Stuffing, Green Bean Casserole & Dessert

Sign up required by November 27th

12/18 - Tuna & Noodle Casserole

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