



EXERCISE

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri
9:30am

Leader, *Mary Rivera*



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*

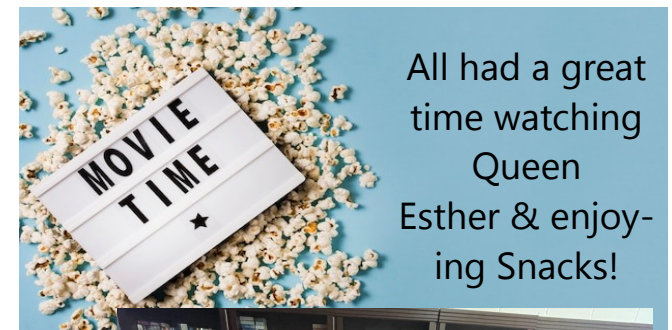
Please see Roxann for more details.

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.

WALK TO END ALZHEIMER'S

The MAC has formed a walking team to participate in this event on Saturday September 14th.

Our goal is to raise \$500 so far as of August we are close to \$550. If you are interested in donating please call Roxann at 309-797-0789



All had a great time watching Queen Esther & enjoying Snacks!



MUSIC ON THE MISSISSIPPI

Special Events

Music on the Mississippi
Join us on select Monday evenings for Music on the Mississippi concerts this fall, sole sponsored by The Family Credit Union! Bring your own lawn chairs or blankets for an evening of live music and dancing. Come to the concerts hungry! Divine Soul 2 Soul Catering and Food Truck will be on site selling delicious food again this year!



September 9 - The Tailfins	
September 16 - Troy Rangel & Friends	
September 23 - Gray Wolf Band	
September 30 - Crooked Cactus Band	
Time	6:00 - 7:30 p.m.
Location	Riverside East Shelter (34 th Street, next to the playground)
Fee	Free (food available for purchase)



ASSORTED CARDS & GAMES

\$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



Refresher Course

Mon - Nov. 4th
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, Sept. 9th
Openings
& Wed, Sept 11th
FULL

Foot Clinic Fee
\$35
Bring 1 towel



The MAC family has lost the following members:

Ted Blaser Sr.
Sandy Case
&
Joe Yoke

WELCOME TO THE MAC

July

Jim & Lisa Digman
Jeri Laud
Mike Tyler
Claire Schiebel
Linda Stephens

August



New independent game
Mondays 1pm - Dining room
Please sign up w/office

MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ Sept & Oct 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,

We had a great season of Concerts in the park, even in spite of the weather which was a bit trying for staff, we had 3 rain dates but we prevailed mother nature. Thank you to all the dedicated volunteers who gave up "Wheel of Fortune" on Monday Nights.

Big thank you to the following sponsors:

Allure Healthcare Services, Heritage Woods of Moline, Sen. Mike Halpin, Park Vista, Crosstown Square Independent Living & Health Alliance.

Here at Moline Township we are very passionate about giving back to our community. We were able to supply a total of 120 bookbags filled with school supplies to the 5 schools within our Township. Moline Township was also one of the proud sponsors for a new after school running club program at one of our grade schools which offers children a productive outlet.

Thank you to all who attended our first annual "Celebrate America" luncheon on July 3rd. This was so well received, we hope to make this an annual event.

Bonnie Johnson

HOLIDAY CLOSINGS

Monday, Sept 2nd
Labor Day

Monday, Oct 14th
Columbus 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

LUNCH AT THE MAC ON WEDNESDAYS AT NOON



Members Only

WEEKLY LUNCHEONS HELD ON WEDNESDAYS \$6.00

SEPTEMBER MENU

9/4 - Cordon Bleu Chicken Breast

9/11 - Soup & Salad

9/18 - Beef Stew

9/25 - Biscuits & Gravy

OCTOBER MENU

10/2 - Burrito Bake

10/9 - Chicken Stir Fry

10/16 - Smoked sausage Alfredo pasta Bake

10/23 - BBQ Pulled pork Sandwich

10/30 - Goulash