



### EXERCISE

Low Impact Exercise Program.

Mon, Wed & Fri  
9:30am

Leader, Mary Rivera



Our Motto:  
“Eat Healthy, Lose Weight, Enjoy Life, Be Happy”!

We offer fellowship, crafts, games, healthy choices, & community outreach.

Tuesdays @ 8:30am



Wed, July 13th  
Call office to sign up  
309-797-0789  
Foot Clinic Fee \$30

Refresher Course



**Mon - Aug 1st  
9am - 10:30**

No appointment needed

MOLINE TOWNSHIP



July 4th ~ **CLOSED**  
July 11th ~ Night People  
July 18th ~ Troy Rangel & Friends  
July 25th ~ North of 40  
Aug 1st ~ River City 6  
Aug 8th ~ Tail Fins  
Aug 15th ~ Gray Wolf

Please go to our website for flyer:  
[www.molinetownship.com](http://www.molinetownship.com)

Grounding Techniques

**TUESDAY**  
July 26th  
1pm-2pm  
Dining room



Hosted by:  
Spiritualist, Billie Davids

Seek & You Shall Find

Grounding techniques, also known as grounding exercises or grounding skills, can distract, reframe, or otherwise soothe distressing feelings and help to calm the body and mind from [anxiety triggers](#). They shift your focus from past or future thinking into the present moment.



**CARD CLUBS**

\$2 to play

<b>MONDAY</b>		
Pinochle	12:30 - 3:30	
<b>TUESDAY</b>		
Cribbage	1:00 - 3:30	
<b>WEDNESDAY</b>		
Euchre	12:30 - 3:30	
<b>THURSDAY</b>		
Bingo	1:00 - 3:00	
<b>THURSDAY</b>		
Bridge	Noon—3:30	
<b>FRIDAY</b>		
Pinochle	12:30 - 3:30	

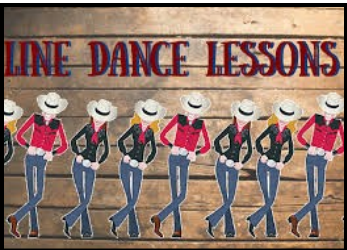


**PING PONG**

Four 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



**Lessons by  
Mary Ann Robinson**

**MONDAYS  
10:30 - 11:30  
Township Hall**

**\$2 Members  
\$4 Non-members**

**Walk-ins accepted  
Please sign in with the office.**



Hosted by *Kristine Dohrmann, Bereavement Coordinator* with Promedica. This group is in a private setting. No appointment required, just show up on the following dates:

Thursday 7/21 @10am - 11am  
Topic ~ Which parts of my life are affected by grief

Thursday 8/18 @ 10am - 11am  
Topic ~ How do I deal w/the sudden upsurges of grief? & reminiscing w/pictures



Starting July 10th

Distribution venues:

Project NOW - R.I. Senior Center  
309-788-6335.

Western Illinois Area Agency on Aging  
309-793-6800

Income guidelines are required



Great Meat Loaf Luncheon, Congratulations to member Larry D. lucky winner of \$25 Hy-Vee gift card.



Guests who attended Supervisor, Bonnie Johnson's Mothers Day Luncheon were greeted with a long stem rose. Guests enjoyed a lunch followed by entertainment from Davenport Chord Busters.



Looking to start a group at MAC. Call 309-797-0789 if interested.

## Chef's Corner - Food Coordinator, *Laura Wakefield*



**Members Only**  
**WEEKLY**  
**LUNCHEONS HELD**  
**ON WEDNESDAYS**  
**\$6.00**

### JULY MENU

7/6 - Lazy Day Mexican Skillet  
7/13 - Chicken Stuffed Casserole  
7/20 - No Meal  
7/27 - Beef & Noodles

### AUGUST MENU

8/3 - Lasagna Roll Ups  
8/10 - Meat Loaf  
8/17 - Breakfast for Lunch  
8/24 - Brats  
8/31 - Chicken Enchiladas

## MOLINE TOWNSHIP ACTIVITY CENTER

## *The Messenger ~ Jul & Aug 2022*

*Business Hours: Mon - Fri ~ 9am - 4pm (309)-797-0789*

**The Art of Active Aging Starts Here!**

## From the Desk of Supervisor Bonnie Johnson



I would like to thank everyone who donated towards our rummage sale. We hope this to be a success and help those in the community who are in need. This was on a donation basis from the shoppers. Any money made will go towards our "We Care Program". Left over items will be donated to other Townships. Thank you to those who took time to bake for the bake sale and all of those who helped organize and set up.

### HOLIDAY CLOSINGS

**Monday, 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**

The Mothers Day Luncheon was such a delight and I really enjoyed meeting the guests who attended. My plan was to attend the Fathers Day Luncheon, unfortunately, my schedule changed and I was unable to attend. I heard great reviews and would like to thank Laura Wakefield for preparing the meals for both events.

Once again, we received a grant from the Moline Foundation to help fund Summer Concert bands. We are so grateful for this partnership and the support for many years towards the Senior Center.

I'm grateful for the amazing team we have and their patience with me learning my new position. It takes every spoke in the wheel to make things run smooth.

*Bonnie*