



EXERCISE

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri
9:30am

Leader, *Mary Rivera*



Excellent Program for Socialization

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.

WELCOME TO THE MAC 2023

JANUARY

Lyn Arguello
Sandi Fitzpatrick
Alvina Lindemann
Roger & Linda Lundgren
Diann Moore
Cathryn St. Dennis
Janet Wilson

FEBRUARY

Jim & Lois Ege
Vickie Harvey
Joe Lopez
Kathy Reimers
Terry Skaggs



\$2 Playing Fee

<u>MONDAY & FRIDAY</u>	
Pinochle	12:30 - 3:30
Ping Pong	1:00 - 3:00
<u>TUESDAY</u>	
Cribbage	1:00 - 3:30
Scrabble	1:00 - 3:00
<u>WEDNESDAY</u>	
Euchre	12:30 - 3:30
Ping pong	1:00 - 3:00
<u>THURSDAY</u>	
Bridge	Noon - 3:30
Mahjong	12:30 - 3:00
Bingo	1:00 - 3:00
<u>FRIDAY</u>	
Pinochle	12:30 - 3:30
Ping Pong	1:00 - 3:00



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



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.



ST. PATRICK'S DAY LUNCH
SIGN UP REQUIRED


It Will Be Magically Delicious!

Wednesday, Mar 15th
Time: Noon
Cost: \$8

MENU

Corn beef & cabbage with all the fixings & dessert

Deadline to sign up: Friday, 3/10



PICKLEBALL WORKSHOP

Starting March 1st

Led by member, Cecil Roth on Wednesdays
11:00 - 11:45
Johnston Hall

This is for members only at No Charge. Please sign up one week prior. Sign up sheets will be on counter in dining room. Only 4 participants per session.



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Due to a high volume of interest, we have scheduled another session. Those on a waiting list were honored first, leaving only 3 spots left to sign up.

Tuesday & Thursday
April 4th - April 27th
9am - 11am



DANCE

WEDNESDAY
April 26th
1pm - 3pm
Johnston Hall
Admission Fee: \$5
Entertainment & Refreshments



SENIOR RESOURCE FAIR

WHEN: Friday, April 21st
TIME: 9am - Noon
WHERE: Moline Township Activity Center

No Admission Fee

One stop shop for various programs & resources for seniors in our community.



Wed, March 8th
Call office to make
appointment
309-797-0789

Foot Clinic Fee \$35

Bring 1 towel

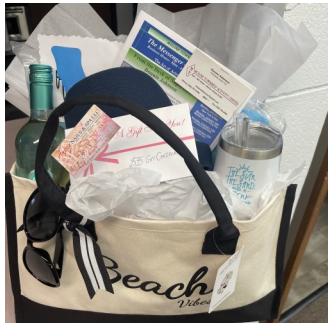


Hosted by Promedica

Thursdays @ 10am

Mar 16th :
"I finally smiled"

Apr 20th :
"I heard their favorite song"



Thank you to all
who contributed
to Park Vista's
*Wine &
Chocolate Affair*
Gift basket
\$127 value
Beach theme



The MAC has lost
Carol McAllister



Refresher
Course

Mon - May 1st
9am - 10:30am

No
appointment
needed

MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ Mar & Apr 2023

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 family, not a whole lot to report from last Messenger but we now have a new digital sign outside! This will really be nice for advertising all MAC & Township events.

All the left over craft supplies were donated to Rescued, a second hand boutique which is a non-profit whose mission is to support animal welfare in the Quad Cities. They donate profits to local pets in need, help with vet bills and local animal shelters. I am a huge dog lover and dog rescue mom as well.

Township will be hosting it's 2nd annual Easter Egg Hunt for the community, on April 1st. We are purchasing the candy in March to get an early start filling the eggs. Last year's attendance was so great, we are looking to increase the amount of eggs from 800 to over 1,000. We would be very grateful for any donated candy.

Best Regards,
Bonnie

HOLIDAY CLOSINGS

Friday, April 7th

In observance of
Good Friday

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



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

MARCH MENU
3/1 - Spaghetti
3/8 - Tuna & Noodle
3/15 - St. Patty Luncheon Must be signed up
3/22 - Complimentary lunch from <i>Bonnie</i> Sandwich & Chips
3/29 - Chili

APRIL MENU
4/5 - Baked Parmesan Tilapia w/rice & salad
4/12 - Smoked Sausage Alfredo Pasta Bake
4/19 - Meat Loaf
4/26 - Jewel Fried Chicken w/sides

LUNCH AT THE MAC ON WEDNESDAYS AT NOON