



**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.

**ST. PATRICK'S DAY LUNCH**

*It Will Be Magically Delicious!*

Wednesday, Mar 13th

Time: Noon

Cost: \$10

**MENU**  
*Corn beef & cabbage with all the fixings & dessert*

**Deadline to sign up: Friday, 3/8**

*Park Vista*

**Wed, March 27th**

MAC members, know all about the red ticket for lunch! We have partnered with *Park Vista* and came up with an idea for a complimentary lunch sponsored by *Park Vista*.

This is a required sign up lunch, sorry, no walk-in's.

**Deadline to sign up: Friday, Mar 8th**

Menu surprise

**SENIOR RESOURCE FAIR**

**WHEN:**  
Friday, April 12th

**TIME:** 9am - 11am

**WHERE:**  
*Moline Township Activity Center*  
620 18th St - Moline

No Admission Fee

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

*Light Refreshments*  
*Door Prizes*

For vendor participation call 309-797-0789  
Space is limited

**ASSORTED CARDS & GAMES**

\$2  
Playing Fee

MONDAY & FRIDAY	
Pinochle	12:30 - 3:30
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



Hosted by Supervisor, Bonnie Johnson  
MAC Easter Egg Fun!

Week of Easter, stop in Roxann's office, pick an egg, open to see the prize. You have one chance to trade for another egg or trade with another member.



**Refresher Course**

Mon - May 6th  
9am - 10:30am  
No appointment needed



Wed, Mar 13th  
FULL

Foot Clinic Fee \$35  
Bring 1 towel



The MAC family has lost the following member:

*Val Pulscher*

Presentation from **Friends of Trinity Volunteer Services**

Tues, April 2nd  
10am - dining room

Presentation from **Oak St. Health**  
Tuesday, March 12  
10am - dining room

**WELCOME TO THE MAC**

January

Mae Mickeal  
Jim Ryan  
Sandi Dehm  
Nancy Dehm  
Jayne Brown  
Mary Gloeckner Bouljin  
Wonda Price

February

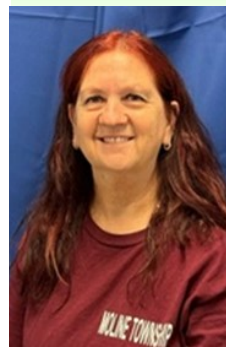
Peter Campagna  
Bob Edwards  
Pam Black  
Joan Mayo  
Jane Holland  
Charles & Cheryl Giles

**MOLINE TOWNSHIP ACTIVITY CENTER**

*The Messenger ~ Mar & Apr 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 all survived the January blizzard of 2024! Thank you to those who donated winter hats to Township for our clients in need

HOLIDAY CLOSINGS

Friday, March 29th  
**Good Friday**

**LUNCH AT THE MAC ON WEDNESDAYS AT NOON**



Members Only

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

**MARCH MENU**

3/6 - Tater Tot Casserole  
3/13 - St. Patty's Luncheon \$10 (sign up required)  
3/20 - Turkey Club Sandwich & sides  
3/27 - Complimentary ~Lunch~ Sponsored by: **Park Visa** (Sign up required)

**APRIL MENU**

4/3 - Grilled Hot dog & sides  
4/10 - Meatball Stroganoff  
4/17 - Pork Chop Rice Bake  
4/24 - Chicken-A-La-King

Next we will be complaining of a heat wave, which leads me into summer, the concerts have been booked and you will be dancing before you know it. FYI ~ The Bethany building has been rented to a non-profit and eventually, we will lose the parking lot. We will keep you updated when we are informed of the transaction. Next two months we will be swinging into Spring with much going on with events and guest speakers who will educate you on topics of interest.

Townships 3rd annual Easter Egg Hunt is Saturday, March 9th ~ 10am - 11am. We need volunteers to help fill eggs & snack bags to go. Those who help will be invited to a pizza party, knowing our wonderful members of the MAC, by the time you read this, it will already have been completed. I have immensely enjoyed getting to know you and look forward to another year serving you great people in our community.

*Bonnie Johnson*

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