

WEEKLY ACTIVITIES & MORE

MONDAY - FRIDAY 8:30AM-4PM



EXERCISE

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri
9:30am

Leader, *Mary Rivera*



\$2
Playing
Fee

MONDAY	
Pinochle	12:30 - 3:30
Hand & Foot	1:00 - 3:00
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



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.

MOLINE TOWNSHIP ACTIVITY CENTER UPCOMING EVENTS

Workout Challenge for Charity
Benefit for
Children's Make-A-Wish & Kids Against Hunger

John Morrow returns to the MAC ~ Friday, May 2nd
11:30am - Outside
Perform 880 pushups, leg lifts, & setups in 60 min.

John Morrow, owner of Morrow's Academy of Martial Arts in Moline, has had a long career of fighting and giving. Morrow was recently diagnosed with stage four lung cancer, but it hasn't stopped the 72-year-old from doing what he loves, instructing martial arts and fundraising for charity. Morrow has raised thousands over the years by performing great physical feats, and he's planning to do even more fundraising despite his cancer diagnosis.



Hosting Free
Nutrition
Education
Tues. May 6th
9am-10am

Class will discuss protein intake, you are required to sign up.

Funding for this program was provided by *Moline Township Activity Center* through a donation from *Health Alliance* to use for Senior Wellness programs.



LESSONS

By
Allen Holdsworth

Allen has 50 years experience performing and now would like to teach a few easy tricks free of charge. The goal is to have 4 classes, 1 hour each total of learning 4 tricks.

Class 1 begins - Tues, May 20th
10am - 11am

Please contact Roxann to sign up
309-797-0789

Stephens Square
2025 "Free" Summer Concert
In the Park Series
620 18th St - Moline

Monday 6:30pm - 8:30pm

June	2nd	Hot Rods
June	9th	Crooked Cactus
June	16th	Tommy & the T-Bones
June	23rd	Incredible 45's
June	30th	Night People

July	7th	Gray Wolf
July	14th	Tommy Pickett & Friends
July	21st	Tail Fins

~ MENU ~

Brats, hot dogs, Sloppy Joes, chips, pie, soda, bottled water & coffee will be sold from 5:00 until sold out in our dining room.



Assessor Derek Devers, reminds us:

**Low Income Senior
Senior Citizen's Assessment Freeze**

Deadline July 1, 2025

1. Own and occupy your home as
Your primary residence
2. Be at least 65 years of age or older
(If you're going to be 65 this year,
you
should sign up before the deadline)
3. Have a **HOUSEHOLD INCOME**
Lower than \$65,000

Please visit the assessment office
for further information.

WELCOME TO THE MAC

March

Charlene Lillybeck
Lisa Wooldridge
Pam Lawson
Cheryl Hughes
Helen Scott
Mike Andrews

April

Allen Holdsworth
Berniece Unzel
Stephen McAfee
Tim Clausen



Mon, May 12th
&
Wed, May 14th
Both dates Full



**Congratulations
Jean Case!**

**Winner of
Supervisor,
Bonnie Johnson's
Easter Basket give
away!**

**Thank you to all
Who participated.**

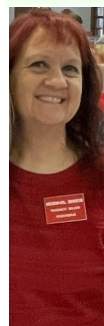
MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ May & June 2025

Business Hours: Mon - Fri ~ 8:30am - 4pm (309)-797-0789

The Art of Active Aging Starts Here!

From the Desk of Supervisor Bonnie Johnson



Greetings MAC Friends,

March brings in a "Green" Vibe kicking off with St. Patty's corned beef & cabbage annual lunch event. Thank you to those who complimented Roxann with all the festivities, she worked very hard to make this delightful meal.

Big shout out to Allure Medical Services. They catered in Grinders spaghetti for lunch on March 7th. We truly appreciate you and our partnership.

Our Senior Resource Fair held April 11th was a big success. We had over 35 vendors and the foot traffic was pretty much non-stop. Knowledge is power and we love being an outlet to get as many resources out to our seniors as possible.

Parking around the building still being addressed. We will continue to update.

I would like to introduce and welcome our new elected Township Board members, taking office May 19th :
Kandi Weatherington, Clerk ~ Trustee's: Rand Wilson ~ Staci Early ~ Renae Zeitler & Matthew Hernandez.

*Appreciate you,
Bonnie Johnson*

HOLIDAY CLOSINGS

**Monday, May 26th
Memorial Day**

**Thursday, June 19th
Juneteenth**

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**

MAY MENU

5/7 - Taco's



5/14 - Alfredo Kielbasa
Smoked sausage Bake

5/21 - Ham & Cheese
Hash Brown
Casserole

5/28 - "No Bucks"
Bonnie Lunch
Jewel Chicken

JUNE MENU

6/4 - BLT & Side

6/11 - Teriyaki Chicken
Stir Fry

6/18 - Egg Salad on
Croissant & Side

6/25 - Pulled Pork BBQ
Sandwich & Side