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*



Healthy Lifestyles

Healthy Lifestyles
Weight Management Group

This group offers fellowship along with healthy life choices. Great group for socialization along with education on topics of interest.

Tuesdays - 8:30am - 10:30am

Sign up for Euchre is required Please No walk-in's



MAC CARD CLUBS

Please cancel at your earliest convenience if signed up for Euchre 309-797-0789

MONDAY
Mahjong 12:30 - 3:00
Hand & Foot 1:00 - 3:00
No charge

TUESDAY
Cribbage 1:00 - 3:30
$2 includes dessert

WEDNESDAY
Euchre 12:30 - 3:00
$2 includes dessert

THURSDAY
Mahjong 12:30 - 3:00
$2 includes dessert

Line Dancing



Lessons by
Mary Ann Robinson

MONDAYS
10:30 - 11:30
Johnston Hall

$2 Members
$4 Non-members

This class is jump in and dance there are no beginner lessons.

MOLINE TOWNSHIP ACTIVITY CENTER
UPCOMING EVENTS

Friday, November 20th
11AM - Dining Room - Refreshments



Each participant supplies one wrapped gift, usually of similar value. The gifts are placed in a central location, and participants determine in which order they will take turns selecting them. The first person opens a wrapped gift and their turn ends. On subsequent turns each person has the choice to either unwrap a new present or to steal another's. When a person's gift is stolen, that person can either choose another wrapped gift to open or can steal from another player. To avoid never-ending circles each gift can only be stolen twice per game. The game is over when everyone has a present. First player also can steal at the end if desired.

$10 - $20 Limit - No used items

Cookie Walk

Friday, December 4th
9am - 11am

- Homemade Holiday Cookies & Candies sold by the pound
- We need volunteers
- Sign up sheet in dining room.
- We need donated baked goods by **Thurs. December 3rd**
- Please label what your baked goods are



Member, ***Pat Wendt*** is asking for help on his crusade for mittens & hats for children ages 3-5 years old. All mittens will go to children in need at Jefferson Early Childhood Center in Moline & ProjectNOW Head Start.



MAC DOORS OPEN 10AM

- 10am ~ Coffee in *Johnston Hall*
- 11am ~ Performance by Chord Busters *Dining Room*
- *Noon* ~ Complimentary Turkey Lunch

Membership dues must be up to date

Win door prizes

WALK TO END ALZHEIMER'S

Nice Job MAC, we raised $1,020.00! The walk was indoors on September 19th due to weather.

THE FOOT CLINIC

Mon, November 9th

Foot Clinic Fee $35
Bring 1 towel
Appointment required

WELCOME TO THE MAC

September

Berta Velasquez
Tamara Weir
Karen Chambers
Rose Chellas
David Harkey
John Martin
Larry Gull

October

Deb Jensen
Nanette Carnicle

Chair Massage



Need a massage?
Lynn Shipley, Licensed Massage Therapist can take 4 appointments each date.
Nov 5th & Nov 12th
Dec 3rd & Dec 17th

There is a $10 Fee

For an appointment call
Lynn @ 309-737-0645

LUNCH AT THE MAC ON WEDNESDAYS AT NOON



Members Only
WEEKLY LUNCHEONS HELD ON WEDNESDAYS $6.00

November Menu

11/4 - Homemade Vegetable Soup & 1/2 ham/cheese Sandwich

11/18 - Cabbage Roll Casserole & Mash Potato

11/25 - Italian Ravioli Lasagna

December Menu

12/2 - Chicken Sandwich & Waffle Fries

12/9 - Holiday Turkey Luncheon
Membership must be Up to date

12/16 - No Bucks Bonnie Pizza

12/23—Chicken Fried Rice & Egg Roll

12/30 - Beef Stroganoff Served over egg Noodles

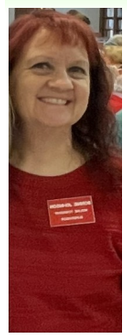
MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ Nov & Dec 2026

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 Friends,

Update on Summer Concerts 2027
Concerts will resume in Stephen's Square Park. We are working with the City of Moline in regards to safety protocol to keep the park safe in the event a motorist were to drive into the park. The City is concerned for the publics safety and wellbeing.

QC Times, Best of the Quad Cities 2026
The MAC took 3rd place!!!! This is amazing considering they did not have a category for senior activity centers, we were up against senior living communities.

QC Area Townships Veterans Day Luncheon
Once again, Township & staff will be working the annual veteran's Luncheon at Bally's Casino on November 4th at 11:30am.

For reservation call 309-788-0496

More Parking along 18th street
The City of Moline created 7 more parking spaces along 18th street on both sides. Please watch signs marked for 3 hour parking.

Happy Holidays,
Bonnie Johnson

CLOSINGS:

Nov 11th - Veterans Day

Nov 26th & 27th Thanksgiving

Dec 24th - Christmas Eve

Dec 25th - Christmas Day

Dec 31st - New Year's Eve

Jan 1, 2027 News Year's Day

The Messenger is brought to you by:

Roxann Adamson, Program Director
&
Moline Township Board

Supervisor
Bonnie Johnson

Town Clerk
Kandi Weatherington

Assessor
Derek Devers

Trustees:
Rand Wilson
Staci Early
Matthew Hernandez
& Renae Zeitler