




EXERCISE

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri
9:30am

Leader, Mary Rivera



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

We offer a weight loss program which has a reputation of great success.

Tuesdays @ 8:30am

NEW AT THE MAC





Thank you Cecil Roth for instructing this activity. We are looking into an Indoor venue for winter.



\$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 - 3
THURSDAY	
Bridge	Noon - 3:30
Mahjong	12:30 - 3:00
Bingo	1:00 - 3:00
FRIDAY	
Pinochle	12:30 - 3:30
Ping Pong	1:00 - 3:00



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.



Tuesday - Nov 29th @1pm

Snacks provided by:
The MAC

\$5 - \$10 limit - Wrapped gift, No label

Please no used items



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 the 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.



FRIDAY Dec 9th
9am - Noon

- ♦ Homemade Holiday Cookies & Candies sold by the pound
- ♦ Seasonal crafts
- ♦ We need volunteers & Bakers. Sign up sheet in dining room.
- ♦ We need donated baked goods by **Thurs. Dec 8th**
- ♦ Please label your baked goods.



MAC ANNUAL HOLIDAY LUNCHEON
(Complimentary) Serving Turkey ~ Menu subject to change.

For members only and (1)caregiver escorting member

Must Sign up by : Wednesday, December 7th
11:00 - 11:45 Johnston Hall ~ Performance by
The Chordbusters

- ♦ Must sign in with Roxann to receive your door prize ticket in Johnston Hall
- ♦ Dining room seating 11:30 ~ Serving after performance



FOR SALE

All kinds of craft supplies **STILL** for sale!

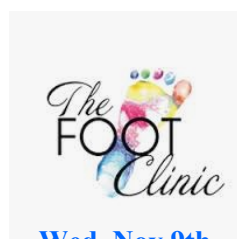
Thank you to all the volunteers & Staff for helping during the sale in September!

Craft sales \$600
Bake sale \$120



Member, **Pat Wendt** asked for help on his crusade for Mittens for Children ages 3-5 years old. All mittens will go to children in need at Jefferson Early Childhood Center in Moline & Project Now Head Start. Please help decorate our mitten tree with new or handmade mittens. We will take gloves / mittens for grade school children scarves & hats too!

If you are interested in playing scrabble, please let the office know.



Wed, Nov 9th
Call office to make appointment
309-797-0789
Foot Clinic Fee \$30
This is subject to change



This has been requested, if interested please let staff know.



Al Meyer (Renee's Husband),
Brenda Murphy,
Mary Thomson,
& Jean Steelman

Hosted by Promedica

Grief Counseling:
Living with Loss

Thursdays @ 10am

Nov 17th - "How do I cope w/the holidays?"

Dec 15th - "Am I going crazy?"

MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ Nov & Dec 2022

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

The Art of Active Aging Starts Here!

From the Desk of Supervisor Bonnie Johnson



Thank you to all the volunteers who helped with the craft supply & bake sale in September. Stats are on the back of Messenger. We participated in a Trunk & Treat for *Logan School* on October 21st. Thank you for all the donated candy / monetary donations to help purchase candy for this event.

We have so many new activities going on along with programs. Matter of Balance class is full, due to demand, we may have another session in the spring.

Staff informs me over 35 new memberships from January 2022 to current and still counting! Keep spreading the word how great the MAC is!

We will be replacing the outside sign on 7th Ave. & 19th St. with a new digital sign, this very much excites the staff who have had to change the old sign out in the elements. We hope to have it up and running in November.

Thank you for your patience, once again, during more construction to improve the sidewalks along the MAC side of building.

Holiday Blessings,
Bonnie

HOLIDAY CLOSINGS

Fri, November 11
Veterans Day

Thurs & Fri Nov 24 & 25
Thanksgiving

Fri, Dec 23 Christmas Eve

Monday, Dec 26
Christmas Day

Fri, Dec 30 New Year's Eve

Mon, Jan 2 New Year's 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

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



Members Only
WEEKLY
LUNCHEONS HELD
ON WEDNESDAYS
\$6.00

NOVEMBER MENU

11/2 - Pizza Soup

11/9 - Salisbury Steak

11/16 - Broccoli Potato Soup

11/23 - NO MEAL

11/30 - Chili

DECEMBER MENU

12/7 - Beef & Noodles

12/14 - **MAC Holiday Luncheon,**
RSVP Required

12/21 - Wisconsin Cheddar Cheese Soup

12/28 - NO MEAL