



EXERCISE

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri
9:30am

Leader, *Mary Rivera*



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.



**Tuesday
November
7th**

**11am -
12:30pm**

Open to the public, join Congressmen, *Eric Sorensen* & Team hosting this workshop to better educate seniors in our community on **Fraud & Scams**. The following organizations will be available, Postal Inspection Office & Better Business Bureau. This event will be held here at the MAC in Johnston Hall.



**\$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



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.

**MOLINE TOWNSHIP ACTIVITY
CENTER UPCOMING EVENTS**



**Tuesday - Nov 28th
@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 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.

**Cookie
Walk**

**FRIDAY Dec 8th
9am - 11am**

- ◆ 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 7th**
- ◆ Please label your baked

**HOLIDAY
LUNCHEON**



**MAC ANNUAL HOLIDAY TURKEY LUNCHEON
(Complimentary)**

For members only and (1)caregiver escorting member

Must Sign up by : Wednesday, December 6th

- 11:00 - 11:45 Johnston Hall ~ Performance by: *The Chordbusters*
- ◆ Sign in with Roxann & receive a ticket to win a door prize!
 - ◆ 11:30 ~ Dining room seating
 - ◆ Meal served immediately following performance



Refresher Course

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



Wed, Nov 8th

Call office to make appointment
309-797-0789

Foot Clinic Fee \$35
Bring 1 towel



The MAC family has lost the following members:

JoAnn Nelsen
&
Gary Overmire



Member, **Pat Wendt** is asking 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, hats or scarfs.

WELCOME TO THE MAC

September

Rita Ramirez
Bea Minear
Carolyn Weimer
Nancy Willis
Cynthia Bowen
Norual & Karen Morgan
Anita Hatalsky
Pamela Hammond

October

Ann Klauer
Pam DeSchepper
Dyan Avanti
Bootsie Marino
Louise Dolvig
Mike Neels

MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ Nov & Dec 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 Friends,

Thank you for your patience during the duration of our roof project, sure is a great improvement and gives a better curbside appeal.

Please remember Township is looking for men & women's hats, gloves & scarfs, for our clients in need during the winter months.

Please keep in mind, if inclement weather falls upon us, prior to traveling to the MAC, call the Center and you will receive an automated voice message if we are closed.

I wish you a blessed holiday season and good cheer to all! May 2024 bring a brighter light to our world.

Happy New Year!

Best Regards,

Bonnie Johnson

HOLIDAY CLOSINGS

Fri, November 10
Veterans Day

Thurs & Fri Nov 23 & 24
Thanksgiving

Fri, Dec 22 Christmas Eve

Monday, Dec 25
Christmas Day

Fri, Dec 29 New Year's Eve

Mon, Jan 1 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



Members Only

WEEKLY LUNCHEONS HELD ON WEDNESDAYS \$6.00

NOV MENU

11/1 - Tacos

11/8 - Chicken & Rice Bake

11/15 - Pork & Noodles

11/22- Broccoli Cheese Soup & 1/2 Turkey Sandwich

11/29 - Sloppy Joes

DECEMBER MENU

12/6 - Butter Nut Squash Soup & Salad

12/13 - **MAC Holiday Turkey Luncheon Sign Up Only**

12/20 - Spaghetti

12/27 - "No Bucks" Bonnie Lunch ~ Jewel Fried Chicken