

**EXERCISE**

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri
9:30am

Leader, *Mary Rivera*



PING PONG
\$2 to participate
Monday
Wednesday
&
Friday
1pm - 3pm



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

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.



MAC CARD CLUBS

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

Please cancel at
your earliest con-
venience 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

FRIDAY
Pinochle 12:30 - 3:30
No charge

FIT & STRONG

This program is for those who experience pain or stiffness in your lower body.

Classes will be held at the MAC
"Johnston" Hall

Every Tuesday & Thursday
9am - 10:00am

Starting September 10th for 12 weeks at NO cost.

Manage arthritis, exercise safely, decrease joint pain & stiffness, improve daily function, reduce anxiety & depression and maintain an active lifestyle.

Hosted by Augustana University



To register call:

Kimberly Murphy, Ph.D.
309-794-3444

WALK TO END ALZHEIMER'S

Event on Saturday
September 19th

This will be the MAC's 3rd year participating for this cause. 2025 we raised \$924 Our goal is to raise \$1000. If you are interested in donating or walking, please call Roxann at
309-797-0789



Have you ever been curious about massage therapy but weren't sure if it was right for you? This is the perfect opportunity to experience the benefits in a comfortable, low-commitment way.

Massage therapy can help increase circulation, reduce stress, improve relaxation, ease muscle tension, enhance mobility, and leave you feeling refreshed and renewed.

Hi! I'm *Lynn Shipley*, a Licensed Massage Therapist, and I'll be offering 10-minute chair massages at the MAC on

Thursday, October 8th.

Appointments are limited and will be reserved on a first-come, first-served basis. If you'd like to reserve your time, please call or text me at **309-737-0645**.

10-minute massage: \$10

I look forward to meeting you and helping you experience the many benefits of massage therapy!



This event hosted by area Townships brought in around 300 people. It was a success, people of all ages enjoyed food, music, snow cones, cotton candy, popcorn, face painting & games.

WELCOME TO THE

July

Mark Kienle
Dick Castle
Fran Ryan
Belinda Rusch
Peggy Babcock

August

John Peck
Sue Mehuys



The MAC family has lost
the following member:
Tom Marhoefer



THE FOOT CLINIC

Wed, September 9th
&
Mon, September 14th

Foot Clinic Fee \$35
Bring 1 towel
Appointment required
309-797-0789



Vickie Scherer
and husband for
donating the
clock in
card room

LUNCH AT THE MAC ON WEDNESDAYS AT NOON



Members Only

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

September Menu

9/2 - BBQ Baby Back Ribs
9/9 - Tomato Basil Bisque
Soup & Salad
9/16 - Chicken, Stuffing &
Green Bean Casserole
9/23 - Meat Loaf
9/30 - Fettuccine Alfredo
W/ Steamed Broccoli

October Menu

10/7 - Pork Chop Rice
Bake
10/14 - Chicken Salad
on Croissant
10/21 - French Dip
Sandwich
10/28 - Goulash

MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ Sept & Oct 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,

A big **Thank You** to all the organizations that sponsored our Summer Concerts! This is a tremendous help towards the expenses of putting on concerts.

Parking update as of August

We met with City of Moline officials; a plan was proposed to turn 18th Street into diagonal parking on both sides of 18th Street with no access to 18th Street from 6th Ave. This would definitely add parking for both the City Services & Moline Township. Please do not park in the AT&T lot as they will be enforcing "towed at owners expense". Christ Church adjacent from us off of 7th Ave has given us permission to use their lot as long as they do not have an event.

Building Updates

The MAC will be getting new carpet before the end of this year. Additional information to be posted on when and /or if the MAC will close during installation.

*Appreciate you,
Bonnie Johnson*

CLOSINGS:
Monday, September 11th
In Observance of Labor Day
&
Monday, October 12th
In Observance of Columbus 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