



EXERCISE

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri
9:30am

Leader, *Mary Rivera*



Excellent group for making Friendships & Socialization

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.

Motto: “Make Healthy Decisions, Enjoy Life, Be Happy”!



\$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

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.



Refresher Course


Mon - Nov 6th
9am - 10:30am

No appointment needed



OPEN TO THE PUBLIC

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



Wed, Sept 13th

Call office to make appointment
309-797-0789

Foot Clinic Fee
\$35

Bring 1 towel

Classes will be held at the MAC “Johnston” Hall
Every Tuesday & Thursday
9am - 10:30am
Starting September 7th 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 college and University of IL Extension.

To register call:

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

Illinois Department on Aging

CAREGIVER ROUND TABLE

Tuesday,
September 12th
1pm - 2:30pm
MAC “Johnston Hall”

DoA will focus on identifying the needs and challenges faced by caregivers, both met and unmet, and explore additional support that can enhance your caregiving journey. Your valuable insights will help shape future policies and initiatives that address the specific concerns of caregivers like yourself.

Please RSVP By Sept 6th

Vicki Coutant
vcoutant@wiaaa.org
(309) 793-6800



Members
celebrate
August birthdays with lunch
gang!

L-R Jerry John,
John Hendren &
Shirley Reid.

Not pictured:
Anna Milas
&
Sue Synowicz



The MAC family has lost the
following members:

Jane Showalter
&
Jonie Blaser

WELCOME TO THE MAC 2023

July

Neala McCarthy
Ann Watkins
Rick Ramirez
Cheryl Lester
John Poterack

August

Joan Holgate
Marguerite Johnson
Robert Morales
Nancy Willis
Carolyn Weimer

LUNCH AT THE MAC ON WEDNESDAYS AT NOON



Members Only

WEEKLY
LUNCHEONS HELD
ON WEDNESDAYS
\$6.00

SEPT MENU

9/6 - No Bucks Bonnie
Lunch - Lunch Meat
Sandwich & Side
(While supplies last)

9/13 - Breaded Chicken
Patty Sandwich

9/20 - Meat Loaf

9/27 - Pulled Pork
Sandwich

OCTOBER MENU

10/4 - Beef Stew

10/11- Beer Battered Cod
Fillet & Sides

10/18 - Ham & Scallop
Potato Casserole

10/25 - Chili

MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ Sept & Oct 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,

We are still moving along with more improvements for the building. We have purchased a new water fountain for the MAC and waiting for bids on install.

We are re-doing the roof this fall. This will require the roof top A/C units to be removed. We may have to close the building down for safety measures, we apologize in advance and will give as much ample notice to the best of our ability.

I would like to thank member, *Dan McCormick* for making the repairs to our pool table. Dan and a friend replaced the bumper guards and the felt top.

Township started a new program for the grade school youth in our Township. To date, we have provided over 100 back packs filled with school supplies for those in need. All grade schools in our township were so grateful, we will continue to partner together for future needs of our children and families.

Best Regards,

Bonnie Johnson

HOLIDAY CLOSINGS

Monday, Sept 4th

In observance of
Labor Day

Mon, Oct 9th

In observance of
Columbus 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