



**EXERCISE**

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri  
9:30am

Leader, *Mary Rivera*



**PING PONG**

\$2 to participate

Monday's  
Wednesday's  
&  
Friday's

1pm - 3pm



*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.

**WALK TO  
END  
ALZHEIMER'S**

The MAC has formed a walking team to participate in this event on **Saturday September 13th.**

Our goal is to raise \$500. If you are interested in donating or walking, please call Roxann at  
**309-797-0789**



***Moline Township & MAC Animal Drive***

**Supporting this shelter in our Township**

***All contributions will go to  
Animal Aid Humane Society.***

***Animal Aid is truly a no kill animal  
shelter operated by all volunteers, no payroll.***

**See list of needed items in Center**

**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**



**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.**




**The MAC will be a mobile  
Flu Shot Clinic**

Hosted by Walgreens on 7<sup>th</sup> St. Walgreens will bill Medicare or private insurance, so there shouldn't be a cost for any of the participants.

**TUESDAY, September 9th**

**Johnston Hall ~ 9am - 11am**

**Please sign up**



**National  
Kidney  
Foundation®**

We have partnered with National Kidney Foundation Of Illinois. We will be a Mobile site for the following Screenings: Blood Pressure, Urinalysis, BMI/Waist Circumference, Glucose Testing, A1c & Blood draws.

**WHEN:** Thursday, October 9th  
**WHERE:** Johnston Hall (MAC)  
**TIME:** 12:00pm - 4pm

Pre-registration can be done at:  
<https://mobilescreening.nkfi.org/preregistration>

Walk-ins allowed, this is open to the public.

<b>MONDAY</b>		<b>WEDNESDAY</b>	
Mahjong	12:30 - 3:00	Euchre	12:30 - 3:30
Pinochle	12:30 - 3:30	\$2 includes dessert	
Hand & Foot	1:00 - 3:00		
No charge			
<b>TUESDAY</b>		<b>THURSDAY</b>	
Cribbage	1:00 - 3:30	Mahjong	12:30 - 3:00
\$2 includes dessert		\$2 includes dessert	
		<b>FRIDAY</b>	
		Pinochle	12:30 - 3:30
		No charge	



Mon, September 8th  
&  
Wed, September 10th

Foot Clinic Fee \$35  
Bring 1 towel

Toe nails cut  
Full pedicure minus  
polish

Open to the public for  
men & women



The MAC family has  
lost the following  
member:

*Fran Johnson*



Congrats Jean Swiatkiewicz, winner of Senior Living the Dream

**LUNCH AT THE MAC ON WEDNESDAYS AT NOON**



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

SEPTEMBER MENU	
9/3 -	Tuna Melt on English Muffin
9/10 -	Toter Tot Casserole
9/17 -	Biscuits & Gravy
9/24 -	Chicken & Rice Bake

OCTOBER MENU	
10/1 -	Soup & Salad
10/8 -	Sloppy Joe
10/15 -	Lasagna
10/22 -	Ruben Bake Casserole
10/29 -	Chili

**WELCOME TO  
THE MAC**

July  
Betty Hartenfeld  
Wanda Langfeldt  
Dr. Bill & Debbie Burrus  
Raymond & Jackie Gitchel  
Carolyn Wilson  
Laurie Messmer  
Ann Gallagher-Brockett


August  
Jane Garrett  
Christine Agy  
Trudy Gustafson

**MOLINE TOWNSHIP ACTIVITY CENTER**

*The Messenger ~ Sept & Oct 2025*  
**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 MAC Friends,

I would like to thank all the volunteers who helped with Summer Concerts. Without you, concerts would not run as smoothly & productive as they do. Dicy weather with 2 cancellations but we pushed through for another successful concert series.

I have a love for all animals as does our staff. We thought it would be nice to support Animal Aid Humane Society which is in our Township. Starting now, we will be collecting animal items and monetary donations, see Roxann for list of items.

Congratulations to member, *Jean Swiatkiewicz* for being chosen as the winner of Oak Street Health's contest, Livin' the Dream. Jean's wish was to have money donated in her name to an animal shelter. MAC Members donated \$152 along with Oak Street Health's donation of several pet items in need. All proceeds will be donated Q.C. PAWS.

Parking, continue using former Bethany's parking lot until further notice. We are looking into other options for 2026.

*Appreciate you,  
Bonnie Johnson*

**HOLIDAY CLOSINGS**

**Monday, Sept 1st  
Labor Day**

**Monday, Oct 13th  
Columbus Day**

The Messenger is brought to you by: **Roxann Adamson, Director** & **Moline Township Board**

**Supervisor**  
Bonnie Johnson

**Town Clerk**  
Kandi Weatherington

**Assessor**  
Derek Devers

**Trustees:**  
Rand Wilson  
Staci Early  
Renae Zeitler &  
Matthew Hernandez