


Mon, Wed & Fri
9:25am - 10:30am
 Our exercise class is low impact led by MAC volunteers to fun music. Standing & chair exercises & light weights



Tuesdays @ 8:30am

Our Motto:
 "Eat Healthy, Lose Weight, Enjoy Life, Be Happy!"
 We offer fellowship, crafts, games, healthy choices, & community outreach.



March 11th
 Call office to sign up
 309-797-0789
 Foot Clinic fee \$30



Refresher course
Mon, May 4th
9-10:30am
No sign up required



CARD CLUBS
\$2 to play

MONDAY	
Pinochle	12:30 - 3:30
Bridge	Noon - 3:30
TUESDAY	
500	12:30 - 3:30
Cribbage	1:00 - 3:45
WEDNESDAY	
Euchre	12:30 - 3:30
THURSDAY	
Bridge	Noon - 3:30
Bingo	1:00 - 3:00
FRIDAY	
Pinochle	12:30 - 3:30
Dessert included	



PING PONG
 2020 brings in 4 tables, this is how popular the sport has become here at the MAC. Men & women play daily 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 in's accepted
Please sign in with the office.

ST. PATRICK'S DAY LUNCH
It's Magically Delicious



WEDNESDAY, March 18th - Noon
\$7.00 Per Plate
MUST SIGN UP BY 3/11
 ~MENU~
Corned Beef, Cabbage, Potatoes, Carrots, Watergate Salad & Dessert
For Members Only



Senior Resource Fair
 Friday, April 17th 9am-Noon
 Moline Township Activity Ctr
 620 18th St - Moline, IL
Free Event!

- *Local Health
- *Senior Related Vendors
- *Door Prizes
- *Breakfast Items



Thank you to all the MAC members who contributed to Park Vista's annual wine & chocolate fundraiser for the walk for Alzheimer. We raised over \$300 and purchased Chicago Cubs Tickets to enter the raffle. Here are the lucky winners: Sue Reamy & son, Allen. Congratulations!!



The MAC has lost the following members:

Glen Dickinson

~

Laverne Fowler

~

Joan Clark

~

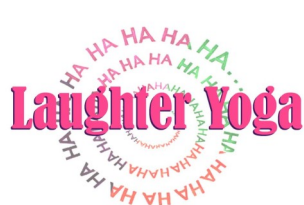
Ruth Grimes

All will be dearly missed by the MAC family



Victorian Doll Presentation
By Dr. Ellen Tsagaris
Tuesday, March 10th @ 10am

From dolls that stem from an era where mass production of dolls was new, to dolls made during times of war and tragedy, dolls can share a lot. Ellen is the owner of the new Doll & Toy Museum in the old R.I. Library building to open this spring.



Presented by
Senior Star
Tuesday
March 17th
10am



Presented by Senior Star

Tuesday, April 21st
10am

Have a better understanding of the senior housing market.

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



WEEKLY FOOD EVENTS
Wednesdays at Noon
\$5 Meals

MARCH MENU

3/4 - Chili

3/11 - Chicken & Noodles

3/18 - **St. Patty's Meal**
(sign up required)
Corn Beef, Cabbage, Potato's, Carrots, Watergate Salad & Dessert

3/25 - Pork Chops

APRIL MENU

4/1 - Pizza Soup

4/8 - Spaghetti

4/15 - Salsa Chicken

4/22 - Meat Loaf

4/29 - **Potluck** (you must bring a food item to share)

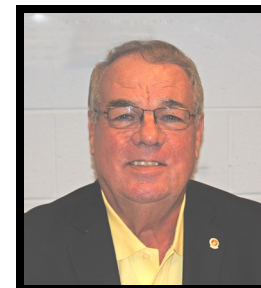
MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ Mar & Apr 2020

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

The Art of Active Aging Starts Here!

From the desk of Supervisor Don Johnston



What a great turnout we had for our Annual Membership Drive! Not only did we have several of our current members come in for the Continental Breakfast but we also signed up many new members! We would like to WELCOME all the new members who not only joined

during the Drive but also those who have joined throughout the year.

We are in continued need of plastic *HyVee* grocery bags at the Township for our food program. Not only do we have a use for them but it is a great way to recycle for you! We accept other plastic bags for our bread give-away. We also always accept non-perishable food items for our clients all year round. The bands have all been set for the 2020 Concert *in the Park* series. Stop in at the MAC office for a complete list.

Have a Blessed Easter Season!

Don

HOLIDAY CLOSINGS

Good Friday
Fri - April 10th

Enjoy an afternoon with the **Fabulous Ones: John & Kay Retzl**

March 18th
April 15th
12:30pm

The Messenger is brought to you by:

Moline Township Board

Don Johnston:
Supervisor

Bonnie Johnson:
Town Clerk

David Hendrickx:
Assessor

Trustees:
Mary Beth Loos
Harry Perez
Rand Wilson