


**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.



September 9th  
 Call office to sign up  
 309-797-0789  
 Foot Clinic fee \$30



Refresher course  
**Mon, Nov 1st**  
**9-10:30am**  
 No appointment needed



**CARD CLUBS**  
 \$2 to play

<b>MONDAY</b>	
Pinochle	Noon- 3:00
Bridge	Noon -3:00
<b>TUESDAY</b>	
500	12:30 - 3:00
Cribbage	1:00 - 3:00
<b>WEDNESDAY</b>	
Euchre	12:30 - 3:00
<b>THURSDAY</b>	
Bridge	Noon - 3:00
Bingo	1:00 - 3:00
<b>FRIDAY</b>	
Pinochle	12:30 - 3:00



**PING PONG**  
 2020 Brings in 4 tables - this is how popular the sport has become 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 ins accepted**  
**Please sign in with the office.**

# CRUISE INTO fall



**Saturday, October 3rd**  
 ~NOON~  
 Refreshments will be sold  
 Noon - 2pm - 50/50

Noon - 2pm  
 Enter Gift Basket Drawing

1pm - 2:30pm  
 Elvis Performance  
 Outside in the park

2:30pm drawings for  
 50/50 (Must be present to win)  
 & Gift Baskets  
 (Not required to be present)



The MAC has lost the following members:

*Jeannine Hicks  
Don Tomilson  
Olivia Portillo*

You will be dearly missed by the MAC Family



Marion Kent turned 100 on March 17th, St. Patty's Day. Due to Covid-19 we had to cancel her party. She was honored at our concert on July 6th by the band, Night People.



Temporary ~ due to Covid-19

**Mon - Fri 8:30am-3pm**  
(MAC Members)  
Until building is no longer on lock down

**STAFF HOURS**  
8:30am - 4:00pm

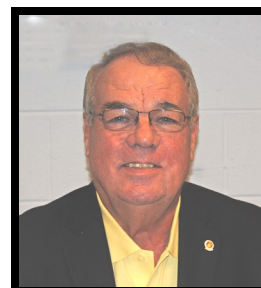
**LUNCH**  
12:30pm - 1:00pm

**MOLINE TOWNSHIP ACTIVITY CENTER**

*The Messenger ~ Sept & Oct 2020*  
*Business Hours: Mon - Fri ~ 8:30am - 4pm (309)-797-0789*

The Art of Active Aging Starts Here!

**From the desk of Supervisor  
Don Johnston**



Hello Folks,

So far so good. Doors opened up June 15th and thus far, no problems moving forward into fall. Our summer concerts went quite well, attendance was of course down but we were grateful to give our community this outlet during the summer months. I would like to thank all our

MAC volunteers who helped with the summer concerts. The *Moline Foundation* for the grant which financed the bands. Thank you to our following food sponsors:

*Park Vista, Overlook Village, Heritage Woods of Moline, Friendship Manor, Health Alliance, Good Samaritan Society - Services @ Home, Heartland Healthcare of Moline & Quad City Times Plus 60 Club.*

Winter is upon us so more than ever during these uncertain times we will gladly take any hats, scarves, mittens, etc. for those in need in our Township. Just call 764-3558 to make arrangements for a drop off time.

Best Wishes,

*Don*

HOLIDAY CLOSINGS

Monday,  
September 7th  
Labor Day

Monday, October 12th  
Columbus Day

*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  
Staci Early

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



**SEPTEMBER MENU**

- 9/2 - Club Sandwiches
- 9/9 - Breakfast Casserole
- 9/16 - Chicken & Noodle Soup
- 9/23 - Sloppy Joe's
- 9/30 - Bean & Ham Soup

**OCTOBER MENU**

- 10/7 - Salsa Chicken
- 10/14 - Hamburger & Gravy over Mashed Potatoes
- 10/21 - Stuffed Pasta Shells
- 10/28 - Baked Mac & Cheese

**WEEKLY FOOD EVENTS**

Wednesdays at Noon  
**\$5 Meals**