



GMAHA News you can use!



September 2025

Office Hours - M-F, 8-4



GMAHA offices will be closed on **Monday September 1, 2025** in Honor of Labor Day. Regular hours resume September 2, 2025

Work Orders - EMERGENCY (after hours or weekends and holidays) call the answering service @ 309-755-1297
Work Orders - Non-Emergency enter online or call your property office.

Two Towers - Warren



Warren Tower Laundry Room is Open

WARREN HEIGHTS laundry room will be closed for several weeks. It will reopen when the remodel is complete. You may use the the laundry @ Warren Tower from 9-3 or find one in the community nearby.

Reminder:

No Outdoor firepits,
No Grills on the decks @
Warren Heights.

Two Towers - Streed Vehicle Owners -

- parking spaces are assigned after updated registration and drivers license are provided to office.

Community Room Reopen - possibly the first week in September, watch for information.

Pet Owners:


- All pets **MUST** be on leash, no exceptions
- Owner **MUST** pick up after pet
- Waste bags are available at the office
- Visiting pets are not permitted.

Security Update :

- All doors are secure and locked
- Call system is in effect
- **DO NOT** let unknown people into the building for the safety of all the tenants.

Property / Tenant News

William Young

 **LIHEAP**
September 17 - 10am - 1pm Project Now Senior Center onsite for LIHEAP sign up is required on bulletin board in community room.



September 10 -
Riverbend Bag of produce pick up between 11-3pm. Please sign up in advance.

Oak Grove Reminder:

- **If you play soccer**, football or other ball games after school please use the big field by the park.
- **If windows are broken** during play, you will be financially responsible. We do have surveillance cameras on property.
- **Report any changes** of income or household compositions with in 10 days.



September 24 / 1:30-2:30 Prepare for Emergencies: Workshop
Free disaster kit for first 10 registrants. **Call Laura to register.**
Open to all .



EARN A GIFT CARD - grab a trash bag /gloves from the office and clean up the complex!



Ashley Yarbrough, your Family Development Advocate has office hours on Tuesdays/Thursdays @ Warren Tower from 9:15 am - Noon & Streed Tower from 1:30 pm - 3:30 PM. Please stop in , say hello and pick up referrals for community resources, government programs and so much more!



National TV Dinner Day -National TV Dinner Day is observed annually on September 10th. In 1953, C.A. Swanson & Sons changed the prepackaged meal business forever. Introducing the TV Dinner revolutionized frozen food.

The first Swanson TV Dinner consisted of a Thanksgiving meal of turkey, cornbread dressing, peas, and sweet potatoes. Originally, Swansons made the tray of aluminum. Cook time was 25 minutes. Today, nearly all frozen food trays can be cooked in the microwave or a conventional oven.

September Events



Christ United Methodist Church Food Pantry,

3801 7th Street, East Moline, IL 61244 Emergency Pantry/Food Box
Hours - Monday 9am - 12pm, Wednesday 9 am - 12 pm, Friday 9am - 12 pm



September 21, 2025 - Porch Party!

Noon to 5pm, 1105 8th Street Moline, IL 61265
Join the party with live music, food trucks, a scavenger hunt, activities and giveaways celebrating families at the Deere family homes!

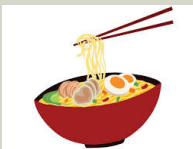


SAL's Early Head Start Program provides an unparalleled level of care to Children and families in the Illinois-Quad Cities - with education at it's heart. Call 309-764-8110 to see if you qualify.



Rock Island Artists' Market on the second Sunday of every month, June through October!

The market is held from 12 to 5 pm in the parking lot of Skeleton Key Art and Antiques, 520 18th Street in downtown Rock Island, IL. In addition to a variety of incredible artists, shoppers will enjoy delicious food, a variety of sweet treats, and live music by local musician Roger Carlson. This outdoor event is free to the public and family friendly!



Ramen Bowls - This is so easy and versatile. - make 3-4 packages of ramen in water (set the flavor packet aside), Cut up fresh veggies (or you can roast them), meat or fish, sauces like sweet chili, verde salsa or anything you enjoy. place ramen in a bowl, sprinkle with a little of the seasoning packet if you like, add your favorite toppings, toss and enjoy .This has so many possibilities, you can even add an egg for protien. serve with a side of fresh fruit and you have a meal!