



EXERCISE

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri
9:30am

Leader, *Mary Rivera*



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.



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.



FREE Blood Pressure Checks

Wednesday, January 15th

9am—10am
Dining room



Friday
January 24th
1pm

Book Club ~ Next Chapter
Comedy

Four best friends take their book club to Italy for the fun girls' trip they never had.

Staring: Diane Keaton, Jane Fonda, Mary Steen-burgen & Candice Bergen

Light Refreshments



Friday, February 14th
1pm - 3pm

Johnston Hall

Entertainment
Jim Ryan
From Gary Wolf

Refreshments

Open to the public

Members ~ No Charge
Non-members ~ \$2



\$2
Playing
Fee

MONDAY & FRIDAY

Pinochle 12:30 - 3:30
Hand & Foot 1:00
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
Membership is required after 2 visits



Wed, Jan 8th
&
Mon, Jan 13th

Foot Clinic Fee
\$35
Bring 1 towel



The MAC family has
lost the following
members:

Dick Newburg
&
Marquerite Johnson

WELCOME TO THE MAC

November

Gil Casillas
Gary & Phyllis
Webb
Larry Misfeldt
Janet Maher

December

Steve & Jane
Strittmater
David & Jane
Arensdorf



Terry Skaggs was
the winner of
Township's
Holiday gift basket!



Pat Wendt thanks all who
donated mittens, hats &
more for children in need!

All donations will go to
HeadStart Preschool in
Rock Island.

MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ Jan & Feb 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,

We ended 2024 with a great holiday luncheon & dance on December 11th. All food was inhouse prepared with love by Roxann, along with many door prizes to win! Thank you to staff and volunteers who help make this event a success. Congratulations to member, Terry Skaggs, the winner of Township's holiday gift basket.

I would sincerely like to give a special thank you to our MAC members for their generous donations of CD's, DVDs and VHS tapes to the TOI (Township of Illinois) trustee service project. The CD'S, DVD's and VHS tapes collected will be distributed to nursing homes, veteran's homes and children's homes state wide. Because of your generous donations, Moline Township was featured in the December 2024 Township Perspective, a monthly publication for Townships.

As most may know, the City of Moline has purchased the former Bethany Building. January will most likely be the last month to use this parking lot. The target date for employees to move in is February. We are looking into other alternatives and will continue to keep you updated.

Blessings for 2025
Bonnie Johnson

HOLIDAY CLOSINGS

Wed, Jan 1st
New Year's Day

Mon, Jan 20th
Martin Luther King
Mon, Feb 17th
Presidents 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

LUNCH AT THE MAC ON WEDNESDAYS AT NOON



Members Only

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

JANUARY MENU

1/8 - Sloppy Joe & Sides

1/15 - Chicken & Noodles
over Mash Potato

1/22 - Cheese Manicotti
Italian Salad & Bread

1/29 - Biscuits & Gravy
Shredded Hash
Browns & Grapes

FEBRUARY MENU

2/5 - Pork Chop Rice Bake

2/12 - Spaghetti

2/19 - Club Sandwich &
Wisconsin Cheese
Soup

2/26 - Chicken Pot Pie