

EXERCISE

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri 9:30am

Leader, Mary Rivera



\$2 Playing Fee





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



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.



Oak St. Health FREE Blood Pressure Checks

Wednesday, January 15th

9am—10am Dining room



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 Steenburgen & 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





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

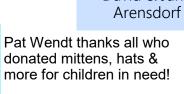


November

Gil Casillas Gary & Phyllis Webb Larry Misfeldt Janet Maher

<u>December</u>

Steve & Jane Strittmater David & Jane



All donations will go to HeadStart Preschool in Rock Island.





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

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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

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