



**EXERCISE**

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri  
9:30am

Leader, *Mary Rivera*



**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.



**Back by popular demand!**  
**Class can take up to 20 Participants.**

OPEN TO THE PUBLIC

This program is for those who experience pain or stiffness in your lower body.

Classes will be held at the MAC  
"Johnston" Hall"

Every Tuesday & Thursday 9am - 10:30am  
Starting February 8th through May at NO cost.

Manage arthritis, exercise safely, decrease joint pain & stiffness, improve daily function, reduce anxiety & depression and maintain an active lifestyle.

Hosted by: Augustana college and University of IL Extension.

To register call:

Kimberly Murphy, Ph.D.  
309-794-3444



Fit & Strong  
Congrats to class 2023



\$2  
Playing Fee

**MONDAY & FRIDAY**

Pinochle 12:30 - 3:30  
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



The City of Moline Employees hold an annual raffle and donate the proceeds to a local charity of their choice.

They selected the Moline Township Activity Center in appreciation for what the Center does for those in our community. A check was issued in the amount of \$913.

Thank You Moline  
City Employees!



**Refresher Course**

Wed, Jan 10th  
FULL

Call office to make appointment  
309-797-0789

Foot Clinic Fee \$35  
Bring 1

To Mike Kelley, who designed all the amazing center pieces placed on the tables for our holiday Luncheon.

Mon - Feb 5th  
9am - 10:30am  
No appointment needed



The MAC family has lost the following members:

Lorena Drish-Runyan  
Dorothy Farren  
&  
Jerry Limburg



**WELCOME TO THE MAC**

**November**

Scott & Lisa Mizeur  
Joyce Spidle  
Joyce Wilson  
Sherry Ludwig  
Amy Maxwell  
Sue Holland

**December**

Waua Sorrell  
Cheryl Dillin  
Carol Wamberg  
Lieslie Nolan  
Margie Tallman

**MOLINE TOWNSHIP ACTIVITY CENTER**

*The Messenger ~ Jan & Feb 2024*  
Business Hours: Mon - Fri ~ 9am - 4pm (309)-797-0789

The Art of Active Aging Starts Here!

**From the Desk of Supervisor Bonnie Johnson**



Greetings MAC Friends,

November was about giving back to our Veterans in the community. Our staff along with other Townships volunteered to provide a complimentary luncheon to

our Vets. Close to 100 guests filled the room to enjoy guest speakers, food & raffles. Our staff enjoyed the many stories shared among those that served our country.

December was also about giving back, Township distributed "Christmas Food Cards" to 5 schools in our Township for students and their families in need during the holiday season.

The MAC holiday luncheon brought in the cheer with close to 100 members and entertainment by *The Davenport Chordbusters Barbershop Chorus*. Thank you to all the volunteers who helped make this event the success it was.

Blessings for 2024

*Bonnie Johnson*

**HOLIDAY CLOSINGS**

Monday, Jan 1st  
New Year's Day

Monday, Jan 15th  
Martin Luther King Day

Monday, Feb 12th  
Lincoln's Birthday

Monday, Feb 19th  
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**

1/3 - Sub Sandwich & Chips

1/10 - Tater Tot Casserole

1/17- Chicken & Noodle Soup

1/24 - Cheese Manicotti (spinach stuffed pasta shells)

1/31 - Meat Loaf

**FEBRUARY MENU**

2/7 - Tenderloin Sandwich

2/14 - Ash Wed / Fish

2/21 - Tacos

2/28 - Twice Baked Potato Soup