



EXERCISE

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri
9:30am

Leader, *Mary Rivera*



PING PONG

\$2 to participate

Monday
Wednesday
&
Friday

1pm - 3pm



Healthy Lifestyles
Weight Management Group

This group offers fellowship along with healthy life choices. Great group for socialization along with education on topics of interest.

Tuesdays - 8:30am - 10:30am

Line Dancing




Lessons by
Mary Ann Robinson

MONDAYS
10:30 - 11:30
Johnston Hall

\$2 Members
\$4 Non-members

This class is jump in and dance there are no beginner lessons.



Starting Thursday, January 8th
1:00pm - 1:30pm
Johnston Hall

The MAC has partnered with Lynn Shipley, owner of *Inner Glow Wellness Studio*. We have intergraded chair yoga into our weekly activities.

No fee required for participation, however, Lynn would greatly appreciate a donation per class.



This idea was in our suggestion box so why not!

Wednesday, January 14th
Wear your favorite or crazy Hat!



St AMBROSE UNIVERSITY

Introducing "Fall Prevention" Educational Series

The MAC has established a partnership with St. Ambrose to give first-year occupational therapy doctoral students some real-life experience working with the older adult community. This will help the students to become comfortable with their interview skills and basic practice concepts.

This program will be under the leadership of
MaryAnn Halpin, MS, OTR/L

Stay Safe, Strong, and On Your Feet!

Fall Prevention Educational Series (Participants attend all 7 sessions) **Free of charge**

1:30pm-3:30pm on February, 17 & 24 March 3, 10, 31; April 7, 14 ~ (MAC / Johnston Hall)

Don't let a fear of falling keep you from doing what you love! Join us for a fun and informative Fall Prevention Series led by MaryAnn Halpin, MS, OTR/L, and students from the St. Ambrose University Doctorate of Occupational Therapy program. You'll have the chance to learn about your balance and fall risk and get practical tips for staying steady—both at home and when you're out and about.

We'll talk about:

- Simple home modifications and helpful equipment to make your space safer
- Exercises to improve balance and strength

Contact MaryAnn Halpin to register.

Email halpinmaryann@sau.edu

or call/text 309-269-5229.

Sign up for
Euchre is
required
Please No
walk-in's



**MAC
CARD CLUBS**

Please cancel at
your earliest con-
venience if signed
up for Euchre
309-797-0789

MONDAY
Mahjong 12:30 - 3:00
Hand & Foot 1:00 - 3:00
No charge

TUESDAY
Cribbage 1:00 - 3:30
\$2 includes dessert

WEDNESDAY
Euchre 12:30 - 3:30
\$2 includes dessert

THURSDAY
Mahjong 12:30 - 3:00
\$2 includes dessert

FRIDAY
Pinochle 12:30 - 3:30
No charge



Mon, January 12h
&
Wed, January 14th

Foot Clinic Fee \$35
Bring 1 towel
Appointment required
309-797-0789



**Your Donation
Helps Us!**



Thank you to all who donated to Animal Aid. The donations were picked up December 4th by Vickie Sanders. She was not expecting the amount of donated goods provided by our animal lovers!

The Critters and shelter are so grateful.



The MAC family has
lost the following
members:

Clarice Wunderlich

WELCOME TO THE MAC

November

Peter & Diane Leaf
Stephannie Claves
Sue Wendt

December



MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ Jan & Feb 2026

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,

Welcome to 2026, hope all had a good holiday. We navigated through all the road construction on 7th Ave and watched it open on November 14, 2025. The round-a-bout, I must admit, turned out very nice and gives the 7th Ave a sense of class. It was quite humorous to watch drivers the day of the opening. We feel this will make crossing 7th Ave more safe.

Parking; We did entertain purchasing the former Bethany building. Honestly, it does not fit our needs, too much space all divided into small areas of 30 offices. The idea was presented to the Township Board & Trustees. The vote to move forward was voted down. The good news, the board voted Yes to purchase property for sale adjacent to police department. If all collaborations meet in agreement, and this is cost effective, we will have more parking.

We are hiring a project manager to advise on costs of demolition of building along with other costs incurred for development of a parking lot.

*Fingers Crossed
Bonnie Johnson*

HOLIDAY CLOSINGS

Thursday, January 1st
New Year's Day

Monday, January 19th
Martin Luther King Day

Thursday, February 12th
Lincoln's birthday

Monday, February 16th
President's Day

The Messenger is brought to
you by: **Roxann
Adamson, Director
&
Moline Township Board**

Supervisor

Bonnie Johnson

Town Clerk

Kandi Weatherington

Assessor

Derek Devers

Trustees:

Rand Wilson

Staci Early

Matthew Hernandez

& Renae Zeitler

LUNCH AT THE MAC ON WEDNESDAYS AT NOON



Members Only

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

JANUARY MENU **Roxann on vacation 1/7-1/14**

1/7 - Sloppy Joe & Side

1/14 - No Bucks Bonnie
Pizza

Sign up NOT required

1/21 - Biscuits & Gravy

1/28 - Cheesy Chicken
Rice Casserole

FEBRUARY MENU

2/4 - Burrito Bake

2/11 - Chicken Tenders

2/18 - Cheese Manicotti

2/25 - Shepards Pie