




Active Adult Programs

February 2023

Plainfield Township Community Center
15014 S. DesPlaines St. Phone: 815-436-2029

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bridge & Games 10-12 Massage	2 Fit & Fun 10:15-11	3 Chair Yoga 10-10:45 Learn to play Mahjong 9-10 Mahjong 10-12
6 Strong & Sturdy 10-10:45 Massage Mat making 1-3 pm Line Dancing 1:30-2:35	7 Fit & Fun 10:15-11 Games 1-3 pm	8 Bridge & Games 10-12	9 Fit & Fun 10:15-11 Bingo & Pizza 12-2 pm Deadline for "Gal"entine's	10 Chair Yoga 10-10:45 Learn to play Mahjong 9-10 Mahjong 10-12 Deadline for Into the Woods @ Paramount
13 Strong & Sturdy 10-10:45 Massage Line Dancing 1:30-2:35	14 Reflexology Fit & Fun 10:15-11 "Gal"entine's Day Celebration 11:30a-1 pm Games 1-3 pm	15 Bridge & Games 10-12 Massage	16 Fit & Fun 10:15-11 Bunco 11:30a-2:30p	17 Chair Yoga 10-10:45 Learn to play Mahjong 9-10 Mahjong 10-12
20 Strong & Sturdy 10-10:45 Massage Line Dancing 1:30-2:35	21 Fit & Fun 10:15-11 Games 1-3 pm Adult Tap Dance class starts 1:30-2:15 pm	22 Bridge & Games 10-12	23 Fit & Fun 10:15-11 Card Fun 1:30 pm	24 Chair Yoga 10-10:45 Learn to play Mahjong 9-10 Mahjong 10-12
27 Strong & Sturdy 10-10:45 Massage Line Dancing 1:30-2:35	28 Reflexology Fit & Fun 10:15-11 Games 1-3 pm Adult Tap Dance class 1:30-2:15 pm			