



Active Adult Programs

April 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Strong & Sturdy 10-10:45 Massage 11a-12p Mat Making for homeless 1-3 pm Line Dancing 1:30-2:35 pm (last day)	4 Fit & Fun 10:15-11 Games 1-3 pm	5 Massage 9-1 Bridge & Games 10-12 Easter Sweet Treats Bingo @ American House 2:30 pm	6 Fit & Fun 10:15-11	7 Chair Yoga 10-10:45 Mahjong 10-1
10 No Strong & Sturdy class or massage	11 Reflexology 8-12 Fit & Fun 10:15-11 Games 1-3 pm	12 Bridge & Games 10-12 Fyzical Therapy & Balance Centers presentation 12-1:30pm	13 Pancake Breakfast 9:30-11:30 Fit & Fun 10:15-11 Spring Landscape Painting 1-4 pm	14 Chair Yoga 10-10:45 Mahjong 10-1 Deadline for School of Rock at Paramount on 5/10
17 Strong & Sturdy 10-10:45 Massage 11a-12p	18 Fit & Fun 10:15-11 Games 1-3 pm	19 Massage 9-1 Bridge & Games 10-12 Deadline for Letty Mae's	20 Fit & Fun 10:15-11 Bunco 11:30a-2:30p	21 Chair Yoga 10-10:45 Mahjong 10-1 Adult Egg Hunt @ PARC Facility 6-8 pm
24 Strong & Sturdy 10-10:45 Massage 11a-12p Bingo & Pizza 12-2p	25 Reflexology 8-12 Fit & Fun 10:15-11 Games 1-3 pm	26 Bridge & Games 10-12 Letty Mae's Tea Room & Shopping 11a-3p	27 Fit & Fun 10:15-11 Card Fun 1:30 pm	28 Chair Yoga 10-10:45 Mahjong 10-1

Saturday, April 22, 2023—"You're A Good Man, Charlie Brown"—Lewis University
 Bus will leave PTCC at 1:30 pm, show time 2:30 pm
 Deadline was March 29