



# Active Adult Programs

## June 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Fit & Fun 10:15-11	2 Mahjong 10-1
5 Strong & Sturdy 10-10:45 Massage 11a-12p Line Dancing 1:30-2:35 (Summer session starts) Mat Making 1-3 pm	6 Fit & Fun 10:15-11 Games 1-3 pm	7 Bridge & Games 10-12 Yoga for Posture 10-10:45	8 Fit & Fun 10:15-11 Bingo & Pizza 12-2 pm	9 Beginner Mat Yoga 9-9:45 Chair Yoga 10-10:45 Mahjong 10-1
12 Strong & Sturdy 10-10:45 Massage 11a-12p Line Dancing 1:30-2:35 Cantigny Park Trip 10a-3p	13 Reflexology 8-12 Fit & Fun 10:15-11 Games 1-3 pm	14 Massage 9-1 Bridge & Games 10-12	15 Fit & Fun 10:15-11 Bunco 11:30a-2:30p	16 Beginner Yoga 9-9:45 Chair Yoga 10-10:45 Mahjong 10-1 Sip & Paint 5:30-7:30 pm
19 Line Dancing 1:30-2:35	20 Fit & Fun 10:15-11 Games 1-3 pm	21 Massage 9-1 Bridge & Games 10-12 Bingo @ American House-14800 S Van Dyke Rd. 3:00 pm	22 Fit & Fun 10:15-11 Card Fun 1:30 pm	23 Mahjong 10-1 Waterman Winery & Vineyard Tour 9a-3p
26 Strong & Sturdy 10-10:45 Massage 11a-12p Line Dancing 1:30-2:35	27 Reflexology 8-12 Fit & Fun 10:15-11 Games 1-3 pm	28 Bridge & Games 10-12	29 Fit & Fun 10:15-11 Abbey Farms trip 11a-3p	30 Beginner Mat Yoga 9-9:45 Chair Yoga 10-10:45 Mahjong 10-1