



# Active Adult Programs January 2023



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 FACILITY CLOSED	3 Games 1-3 pm	4 Bridge 10-12 Massage	5	6 Learn to play Mahjong 9-10 Mahjong 10-12
9 Strong & Sturdy 10-10:45 Massage	10 Fit & Fun 10:15-11 Reflexology Games 1-3 pm	11 Bridge 10-12	12 Fit & Fun 10:15-11 Pancake Breakfast 9:30-11:30am Bingo @ American House 2:30 pm	13 Chair Yoga 10-10:45 Learn to play Mahjong 9-10 Mahjong 10-12
16 Strong & Sturdy 10-10:45 Massage Learn how to make mats for the homeless 1-2 pm	17 Fit & Fun 10:15-11 Games 1-3 pm	18 Bridge 10-12 Massage Winter Barn Painting 1-4 pm	19 Fit & Fun 10:15-11 Bunco 11:30a-2:30p	20 Chair Yoga 10-10:45 Learn to play Mahjong 9-10 Mahjong 10-12
23 Strong & Sturdy 10-10:45 Massage	24 Fit & Fun 10:15-11 Reflexology Games 1-3 pm	25 Bridge 10-12 Fyzical Therapy & Balance Centers presentation, asses- ments & lunch 12:30-2	26 Fit & Fun 10:15-11 Card Fun 1:30	27 Chair Yoga 10-10:45 Learn to play Mahjong 9-10 Mahjong 10-12
30 Strong & Sturdy 10-10:45 Massage	31 Fit & Fun 10:15-11 Games 1-3 pm			Happy New Year