




Active Adult Programs

July 2023

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 3 FACILITY CLOSED | 4 FACILITY CLOSED  | 5 Massage 9-1 Bridge & Games 10-12 | 6 Summer Picnic 11:30am-2pm | 7 FACILITY CLOSED |
| 10 Mat Making 1-3 pm (2nd Monday this month) | 11 Reflexology 8-12 Games 1-3 pm | 12 Bridge & Games 10-12 | 13 Breakfast Bingo 9:30-11:30 am (Deadline July 10) | 14 Mahjong 10-1 Illinois Holocaust Museum & Education Center 9a-3:30p (Deadline July 6) |
| 17 Strong & Sturdy 10-10:45 (make up for 6/19) Massage 11a-12p Line Dancing 1:30-2:35 | 18 Fit & Fun 10:15-11 Games 1-3 pm | 19 Massage 9-1 Bridge & Games 10-12 | 20 Fit & Fun 10:15-11 Bunco 11:30a-2:30p | 21 Beginner Mat Yoga 9-9:45 (make up for 6/23) Chair Yoga 10-10:45 (make up for 6/23) Mahjong 10-1 |
| 24 Barbra Streisand Tribute Show at Starved Rock 10a-4p Line Dancing 1:30-2:35 pm | 25 Reflexology 8-12 Fit & Fun 10:15-11 Games 1-3 pm | 26 Bridge & Games 10-12 | 27 Fit & Fun 10:15-11 Prestige Creative Markets & Nursery trip 9:30am-3:30pm | 28 Mahjong 10-1 |
| 31 Strong & Sturdy 10-10:45 Massage 11a-12p Card Fun 1:30 pm | | | | |