



Active Adult Programs March 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bridge & Games 10-12 Massage 9-1	2 Fit & Fun 10:15-11	3 Chair Yoga 10-10:45 Mahjong 10-1
6 Massage 11a-12p Mat Making for homeless 1-3 pm Line Dancing 1:30-2:35	7 Fit & Fun 10:15-11 (new session) Games 1-3 pm Adult Tap Dance class 1:30-2:15 pm	8 Bridge & Games 10-12 Into the Woods @ Paramount 12-5p (SOLD OUT)	9 Fit & Fun 10:15-11 (new session) Card Fun 1:30 Deadline for St. Patrick's party	10 Myofascial Ball Yoga 10-10:45 Mahjong 10-1
13 Strong & Sturdy 10-10:45 Massage 11a-12p Line Dancing 1:30-2:35	14 Reflexology 8-12 Fit & Fun 10:15-11 Games 1-3 pm Adult Tap Dance class 1:30-2:15 pm	15 Bridge & Games 10-12	16 Fit & Fun 10:15-11 Bunco 11:30a-2:30p	17 MAHJONG 10-11:30 St. Patrick's Day Celebration with a magic show 12-2:30 pm 
20 Strong & Sturdy 10-10:45 Massage 11a-12p Card Fun 1:30 Line Dancing 1:30-2:35	21 Fit & Fun 10:15-11 Games 1-3 pm Adult Tap Dance class 1:30-2:15 pm	22 AARP Smart Driver's Course 9-noon Nutritional Program for Seniors @ YMCA 10:30-noon Bridge & Games 10-12	23 AARP Smart Driver's Course 9-noon Fit & Fun 10:15-11 Bingo 1:30 pm	24 Chair Yoga 10-10:45 Mahjong 10-1 Remembering Roberta with a special performance by Peter Oprisko 2-3 pm
27 Simply Patsy @ Starved Rock 10-5 Line Dancing 1:30-2:35	28 Reflexology 8-12 Fit & Fun 10:15-11 Games 1-3 pm Adult Tap Dance class 1:30-2:15 pm	29 Massage 9-1 Bridge & Games 10-12 Deadline for Charlie Brown @ Lewis Univ. on 4/22	30 Fit & Fun 10:15-11 Trip to Harner's Bakery Restaurant & Rustic Fox 9:30a-3p	31 Chair Yoga 10-10:45 Mahjong 10-1