



Active Adult Programs December 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Beginner Yoga 9-9:45 Chair Yoga 10-10:45 Mahjong 10-1 Christkindlmarket 10am-3pm
4 Strong & Sturdy 10-10:45 Mat Making 1-3 pm	5 Fit & Fun 10:15-11 Games 1-3 pm Adult Tap class 1:30-2:15 pm	6 Massage 9-1 Bridge 10-12 Santa Painting class 1-4 pm	7 Fit & Fun 10:15-11 FACILITY CLOSING AT NOON	8 Beginner Yoga 9-9:45 Chair Yoga 10-10:45 Mahjong 10-1
11 Strong & Sturdy 10-10:45 Bingo & Pizza 12-2 pm *Deadline to register for Holiday Luncheon*	12 Reflexology 8-12 Fit & Fun 10:15-11 Games 1-3 pm Adult Tap class 1:30-2:15 pm	13 Massage 9-1 Bridge 10-12	14 Fit & Fun 10:15-11 Card Fun 1:30 pm	15 *Beg & Chair Yoga 9-9:45 (note time change) Holiday Luncheon 11:30 am-2:00 pm 
18 Strong & Sturdy 10-10:45 FACILITY CLOSING AT NOON	19 Games 1-3 pm Holiday Lights Tour— 5-8 pm RSVP by Dec. 14 	20 Massage 9-1 Bridge 10-12 Charlie & the Chocolate Factory at Paramount Theatre 10:30a-5:00pm	21 Bunco 11:30a-2:30p	22 Beginner Yoga 9-9:45 Chair Yoga 10-10:45 Mahjong 10-12 FACILITY CLOSING AT NOON
25 CHRISTMAS FACILITY CLOSED	26 FACILITY CLOSED	27 FACILITY CLOSED	28 FACILITY CLOSED	29 FACILITY CLOSED

PLEASE NOTE: Sun., Dec. 10—Sounds of Christmas Concert @ Rialto—12:30-5 pm (details in the newsletter)