





Active Adult Programs November 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Massage 9-1 Bridge 10-12 Hard Rock Casino Trip 9a-4p	2 Fit & Fun 10:15-11 Senior Fraud Seminar 9:30-11a	3 Beginner Yoga 9-9:45 Chair Yoga 10-10:45 Mahjong 10-1
6 Strong & Sturdy 10-10:45 Mat Making 1-3 pm	7 Fit & Fun 10:15-11 Games 1-3 pm Adult Tap class 1:30-2:15 pm	8 Massage 9-1 Bridge 10-12 Lunch & Learn 12-1 pm	9 Fit & Fun 10:15-11 Breakfast Bingo 9:30-11:30 am	10 Beginner Yoga 9-9:45 Chair Yoga 10-10:45 FACILITY CLOSED After yoga classes NO MAHJONG
13 Strong & Sturdy 10-10:45	14 Reflexology 8-12 Fit & Fun 10:15-11 Games 1-3 pm Adult Tap class 1:30-2:15 pm	15 Massage 9-1 Bridge 10-12 Remembering Marshall Fields at Christmas Time-Jacob Henry Mansion 10:30a-3:00p	16 Fit & Fun 10:15-11 Bunco 11:30a-2:30p	17 Mahjong 10-1
20 Walnut Room trip 9:30a-5:00 pm Bus will depart from the C.W. Avery Family YMCA, 15120 Wallin Dr.	21 Fit & Fun 10:15-11 "Friends" Giving & Games 11:30a-3 pm	22 FACILITY CLOSED	23 THANKSGIVING FACILITY CLOSED 	24 FACILITY CLOSED
27 Strong & Sturdy 10-10:45	28 Reflexology 8-12 Fit & Fun 10:15-11 Games 1-3 pm Adult Tap class 1:30-2:15 pm	29 Massage 9-1 Bridge 10-12	30 Fit & Fun 10:15-11 Card Fun 1:30 pm	

PLEASE NOTE: Sat., Nov. 4—FREE Veteran's Breakfast —9-11 am—informational flyer at PTCC