



Active Adult Programs

October 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Strong & Sturdy 10-10:45</p> <p>Autumn on the River—Starved Rock 9:15a-4:30p</p> <p>NO MAT MAKING</p>	<p>3 10 Warning Signs of Alzheimer's 10-11 am</p> <p>Fit & Fun 10:15-11</p> <p>Games 1-3 pm</p> <p>Adult Tap class 1:30-2:15</p>	<p>4</p> <p>Massage 9-1</p> <p>Bridge 10-12</p>	<p>5</p> <p>Fit & Fun 10:15-11</p>	<p>6 Beginner Mat Yoga 9-9:45</p> <p>Chair Yoga 10-10:45</p> <p>Mahjong 10-1</p> <p>Country House lunch trip 10:45a-2:30p</p>
<p>9 Strong & Sturdy 10-10:45</p> <p>Massage 11-12</p> <p>Bingo & Pizza 12-2 pm</p>	<p>10 Reflexology 8-12</p> <p>Fit & Fun 10:15-11</p> <p>Games 1-3 pm</p> <p>Adult Tap class 1:30-2:15</p>	<p>11</p> <p>Bridge 10-12</p>	<p>12</p> <p>Fit & Fun 10:15-11</p> <p>Sweet Reminder @ White Fence Farm 10:30a-3:30p</p>	<p>13 Beginner Mat Yoga 9-9:45</p> <p>Chair Yoga 10-10:45</p> <p>Mahjong 10-1</p>
<p>16 AARP Smart Drivers Course 9a-noon</p> <p>Strong & Sturdy 10-10:45</p> <p>Massage 11-12</p>	<p>17 AARP Smart Drivers Course 9a-noon</p> <p>Fit & Fun 10:15-11</p> <p>Games 1-3 pm</p> <p>Adult Tap class 1:30-2:15</p>	<p>18</p> <p>Massage 9-1</p> <p>Bridge 10-12</p> <p>Ring of Fire @ Drury Lane 10:30a-5:00p</p>	<p>19</p> <p>Fit & Fun 10:15-11</p> <p>Bunco 11:30a-2:30p</p>	<p>20 Beginner Mat Yoga 9-9:45</p> <p>Chair Yoga 10-10:45</p> <p>Mahjong 10-1</p>
<p>23 Strong & Sturdy 10-10:45</p> <p>Massage 11-12</p>	<p>24 Reflexology 8-12</p> <p>Fit & Fun 10:15-11</p> <p>Games 1-3 pm</p> <p>Adult Tap class 1:30-2:15</p>	<p>25</p> <p>Bridge 10-12</p>	<p>26</p> <p>Fit & Fun 10:15-11</p> <p>Halloween Brew Haha 11:30a-1:30p</p>	<p>27 Beginner Mat Yoga 9-9:45</p> <p>Chair Yoga 10-10:45</p> <p>Mahjong 10-1</p> <p>Halloween Bingo @ American House 3:00 pm</p>
<p>30 Strong & Sturdy 10-10:45</p> <p>Massage 11-12</p> <p>Halloween Card Fun 1:30 pm</p>	<p>31</p> <p>Fit & Fun 10:15-11</p> <p>Games 1-3 pm</p> <p>Adult Tap class 1:30-2:15</p>			