



# Active Adult Programs September 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Beginner Mat Yoga 9-9:45 Chair Yoga 10-10:45 Mahjong 10-1
<b>4</b> LABOR DAY FACILITY CLOSED	<b>5</b> Fit & Fun 10:15-11 Games 1-3 pm	<b>6</b> Massage 9-1 Bridge 10-12 Fall Birch Tree paint class 1-4 pm	<b>7</b> Fit & Fun 10:15-11 Sandwich Fair 9am-4pm	<b>8</b> Mahjong 10-1 “Let’s Taco ‘bout it “ Lunch @ YMCA 12-2 pm \$12—Deadline Sept. 5
<b>11</b> Strong & Sturdy 10-10:45 (new session) Massage 11am-12p Mat Making 1-3 pm	<b>12</b> Reflexology 8-12 Fit & Fun 10:15-11 (new session) Games 1-3 pm Adult Tap class 1:30-2:15 pm	<b>13</b> Massage 9-1 Little Shop of Horrors @ Paramount Theatre 10:30am-5:00 pm Bridge 10-12	<b>14</b> Breakfast Bingo 9:30-11:30 am Fit & Fun 10:15-11 (new session)	<b>15</b> Beginner Mat Yoga 9-9:45 (new session) Chair Yoga 10-10:45 (new session) Mahjong 10-1
<b>18</b> Strong & Sturdy 10-10:45 Massage 11am-12p	<b>19</b> Fit & Fun 10:15-11 Games 1-3 pm Adult Tap class 1:30-2:15 pm	<b>20</b> Massage 9-1 Bridge 10-12 Lunch & Learn 12-1 pm	<b>21</b> Fit & Fun 10:15-11 Bunco 11:30a-2:30p	<b>22</b> Beginner Mat Yoga 9-9:45 Chair Yoga 10-10:45 Mahjong 10-1 Redbud Creek Farm & lunch trip 9:30am-3pm
<b>25</b> Strong & Sturdy 10-10:45 Massage 11am-12p Card Fun 1:30 pm	<b>26</b> Reflexology 8-12 Games 1-3 pm Adult Tap class 1:30-2:15 pm	<b>27</b> Massage 9-1 Bridge 10-12 Technology Workshop 2-4 pm	<b>28</b> Four C Notes @ Jacob Henry Mansion 10:30-4	<b>29</b> Beginner Mat Yoga 9-9:45 Chair Yoga 10-10:45 Mahjong 10-1 Medicare Workshop 12-1:00 pm