

## Seniors

### Medical Loan Closet

Plainfield Township has different medical aids available for residents of Plainfield Township. There are walkers, wheel chairs, crutches, commodes, and shower chairs available to residents who are in need of these items. Items are free of charge and loaned out for up to six months. To borrow something, call Plainfield Township at (815) 436-8308. Some items may not be available at all times. KW

### Plainfield Township Senior Shuttle

The Plainfield Township offers senior township residents bus service to run errands to the local stores, hair appointments, banks, mall, and doctors appointments. We stay in the Plainfield area and streets around Provena Saint Joseph Medical Center and surrounding doctor's offices and medical centers. Hours of operation are Monday through Friday from 9 a.m. to 3 p.m. The cost is \$2 each way and reservations must be made in advance. The service is for township residents only and registration includes a simple passenger form with basic information. For further inquiries or to have a brochure mailed to you, call the Plainfield Township Senior Shuttle Bus line at (815) 436-1112.

### "Senior News" Newsletter

The "Senior News" is a bi-monthly newsletter mailed to senior citizens that are currently on the mailing list. The "Senior News" advertises all programs, services and activities geared toward senior citizens which are offered by Plainfield Township and the Plainfield Park District. If you do not currently receive the newsletter and would like to be put on the mailing list, call (815) 436-8812 x13. KW

### Pot Luck Luncheon

Pot Luck Lunch is served the third Tuesday of each month! Make a favorite dish to pass and share it with others. Lunch is served at 11:15 am at the Plainfield Township. After lunch, join us for Game Days! KW

### Card Day / Social Bridge

Every Wednesday afternoon is card day at the Plainfield Township. Currently we have bridge and pinochle players. If you would like to play, come and join us. Play begins at approximately noon. For more information, call (815) 436-8812 x13. KW

### Game Day Tuesdays

Play a favorite game or learn a new one, including rummy cube, pinochle, pony tail and more, on Tuesday afternoons. Game day begins at 11 a.m. and you can play until 3 p.m. Bring a sack lunch and have some fun at the Plainfield Township! KW

**Resident Registration Begins  
Friday, Aug. 6, 6-8 p.m.  
Online & In-Person!**

### Bunco Parties

Join us for a Bunco party! A light lunch and beverages are included in the cost. KW

Program #	Day	Date	Time	Location
15400A1	Th	Sep. 16	11:15 am-2 pm	PTWN
15400B1	Th	Oct. 21	11:15 am-2 pm	PTWN
15400C1	Th	Nov. 18	11:15 am-2 pm	PTWN
15400D1	Th	Dec. 16	11:15 am-2 pm	PTWN

Ages 55 & up

R \$5/NR \$5

Min. 8/Max. 24

### Senior Citizen Christmas Luncheon

Plainfield Park District and the Plainfield Township will be sponsoring their annual Christmas Luncheon for all Plainfield Township Senior Citizens on Wednesday, Dec. 15, 2010. Reservations will be accepted beginning Nov. 1. Look for all the details in the local newspapers, on the park district web site, and in the "Senior News" newsletter.

**DON'T DELAY!**  
**Programs that fail to reach minimum enrollment  
5 business days prior to the first class meeting  
will be canceled.**

### TRIAD

Triad is a group of seniors along with representatives from the Will County Sheriff's Department and local law enforcement agencies which meet to plan and promote senior safety issues for the community. Meets on the 4<sup>th</sup> Tuesday of each month at Cedarlake Village. Join us for these informative meetings. Different informational topics are planned and discussed. Everyone is welcome to participate. Please call (815) 436-8812 x13. KW

# Seniors

### Service in the Neighborhood - Blue Cross Blue Shield of Illinois

These informative programs are held at the Plainfield Township and are free of charge. You must pre-register by calling (815) 436-8812 x13. KW

### Understanding Medicare 2010

Thursday, Sept. 23, 11:15 a.m.

Learn about Medicare Part A and Medicare Part B benefits, including the preventive care benefits. Also learn about eligibility and enrollment.

### Medicare Supplemental Plans - Which Plan is Right for Me?

Thursday, Oct. 28, 11:15 a.m.

Complete overview of the Medicare Supplemental Plan choices, including how these plans coordinate with Medicare, their standard benefits, and the special design features of each plan.

### Understanding Medicare Part D

Thursday, Dec. 2, 11:15 a.m.

Learn about Medicare Part D. Find out about the enrollment periods, formulary guidelines and conditions, initial coverage amount, coverage gap, and catastrophic coverage.

### Rules of the Road

Become more familiar with road signs, test questions, new laws, and gain the confidence you need to pass your driver's exam. Rule of the Road is sponsored by the Secretary of State.

Day	Date	Time	Location
W	Oct. 27	1:30-3:30pm	Plainfield Township

Free! Pre-register by calling (815) 436-8812 x13.

### Fitness For Seniors

This class is designed especially for seniors. Cardiovascular exercise, strength, and stretching are the focus. All physical levels are welcome. Instructor: Debbie Stapleton. KW

Program #	Day	Date	Time	Location
15200A1	Tu/Th	Aug. 31-Oct. 21	9-10 am	PTWN
15200B1	Tu/Th	Oct. 26-Dec. 21	9-10 am	PTWN

Ages 55 & up  
R \$30/NR \$30  
Min. 15/Max. 20

### Arthritis Foundation Exercise

The Arthritis Foundation exercise program has been proven to be beneficial in reducing pain and stiffness, and improving strength and overall health status. Each exercise class includes range of motion, strengthening, cardiovascular endurance, balance and relaxation. This class taught by Debbie Stapleton, a certified arthritis foundation instructor. KW

Program #	Day	Date	Time	Location
15204A1	Tu/Th	Aug. 31-Oct. 21	10-11 am	PTWN
15204B1	Tu/Th	Oct. 26-Dec. 21	10-11 am	PTWN

Ages 55 & up  
R \$30/NR \$30  
Min. 15/Max. 20

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**Senior Location Key**

PTWN Plainfield Township \* 22525 W. Lockport St.