

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, malls, 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 9am to 3pm. 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

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. The 4th Tuesday of each month, the triad committee meets and different informational topics are planned and discussed. Everyone is welcome to participate. Please call (815) 436-8812 x13. KW

Rules of the Road

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

Day	Date	Time	Location
W	Feb. 24	1:30-3:30 pm	PTWN

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

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

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 11:30 am and you can play until 3 pm. Bring a sack lunch and have some fun at the Plainfield Township! 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 the Plainfield Park District at (815) 436-8812 x13. KW

Knit & Crochet Group

Do you like to knit or crochet? Do you want to learn and never had the opportunity? Here's a great way to meet other crafters, share patterns and ideas, and most important make new friends. The group meets on the 2nd & 4th Wednesdays of each month at 11 am the Plainfield Township Building. Call the Plainfield Park District at (815) 436-8812 x13 for more information. KW

Bunco Parties

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

Program #	Day	Date	Time	Location
35400A1	Th	Jan. 21	11:15 am-2 pm	PTWN
35400B1	Th	Feb. 18	11:15 am-2 pm	PTWN
35400C1	Th	Mar. 18	11:15 am-2 pm	PTWN
35400D1	Th	Apr. 15	11:15 am-2 pm	PTWN
35400E1	Th	May 20	11:15 am-2 pm	PTWN

Ages 55 & up
R \$5/NR \$5
Min. 8/Max. 24

Senior Expo 2010

Wednesday, March 17, 9 am to Noon
Joliet Junior College
FREE!

Seniors of all ages are invited to attend the 8th annual Senior Expo featuring the Secretary of State's Office offering digital driver's license and State ID renewal, health screenings by local healthcare facilities and providers, and many vendors. Door prizes and vendor give-a-ways. Plan on attending this fun and informative morning! New this year, Bingo in the cafeteria beginning at 11:30 am. Lunch can be purchased in the cafeteria for a nominal fee. Sponsored by the Let's Play, Seniors in Motion® Association. KW

Seniors

HEALTH PRESENTATIONS

These informative programs are sponsored by Edward Hospital & Health Services. All programs are free of charge. For more information or to register, call (630) 527-6363.

Are you at Risk for Diabetes?

January 12, 11 am – Noon, Plainfield Township Building
Diabetes is preventable! Learn what you can do now to control high blood sugar so you can avoid or lessen complications down the road. Join Mark Yarshen, D.O., of Edward Medical Group as he discusses risk factors, the latest in prevention, early detection and treatment.

Management of Arthritis

February 10, 11 am – Noon, Edward Plainfield Outpatient Center, 24600 W. 127th St., Plainfield
Join Timothy Payne, M.D. from M&M Orthopedics and a member of the Edward Hospital medical staff for an update on prevention, diagnosis and treatment of arthritis. Dr. Payne will also discuss treatment options including surgery, lifestyle changes, medications and physical therapy to help you determine which treatment plan is right for you.

Osteoporosis

March 9, 11 am – Noon, Plainfield Township Building
You might not know you have it until you break a bone, but it's never to late or too early to do something about it. You can take steps now to keep your bones strong and healthy throughout life. Join Mark Yarshen, D.O., of Edward Medical Group as he discusses risk factors, treatment options, and nutritional guidelines.

Exercise & Aging

April 14, 11 am – Noon, Edward Plainfield Outpatient Center, 24600 W. 127th St., Plainfield
Our concepts of aging are changing but we each grow older with every passing day. Join a Physical Therapist from Edward Hospital to learn about the aging process and what happens to our bodies. You will also learn about the lasting benefits of regular exercise. Exercise will increase muscular strength, flexibility and bone density to help maintain a long and quality lifestyle. It's never too late to start!

Management of Arthritis – Hips & Knees

May 12, 11 am – Noon, Edward Plainfield Outpatient Center, 24600 W. 127th St., Plainfield
Join Dr. Andrew Kim, M.D. from M&M Orthopedics and a member of the Edward Hospital medical staff to learn how to manage arthritis of the hips and knees.

Fitness For Seniors

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

Program #	Day	Date	Time	Location
35200A1	Tu/Th	Jan. 5-Feb. 25	9-10 am	PTWN
35200A2	Tu/Th	Jan. 5-Feb. 25	10-11 am	PTWN
35200B1	Tu/Th	Mar. 2-Apr. 22	9-10 am	PTWN
35200B2	Tu/Th	Mar. 2-Apr. 22	10-11 am	PTWN

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

Core Strengthening

Strengthen your core while making improvements in balance! Movements on the ball challenge balance thereby calling on the abdominal, oblique and back muscles to strengthen. Core strength promotes good posture and helps prevent lower back injury. Class will also involve warm up and stretching for flexibility. This class is targeted to the over 50 age group. KW

Program #	Day	Date	Time	Location
35202A1	W	Jan. 13-Feb. 17	4-4:45 pm	STREA
35202B1	W	Mar. 3-Apr. 7	4-4:45 pm	STREA
35202C1	W	Apr. 21-May 26	4-4:45 pm	STREA

Ages 50 & up
R \$30/NR \$30
Min. 5/Max. 10

Learn What Senior Service Center of Will County Can Offer You!

Friday, April 9, 10 am, Plainfield Township Building
Have you ever wondered what Senior Services Center of Will County is all about? Are you an older adult, caregiver or family member and are interested in the services that are available to older adults in Will County? Not sure where to call for assistance. This program hosted by State Representative Tom Cross and the Plainfield Park District/Plainfield Township will explain in detail what services and programs are available to our elder community. The program will consist of a panel discussion with questions and answers regarding services and programs available to older adults.

Location Key

PTWN Plainfield Township Building
22525 W. Lockport St.
STREA Streams Recreation Center
24319 Cedar Creek Ln.