

Seniors

Illinois State Senior Spelling Bee - NEW!

Monday, June 7, 2010, 10am at the Plainfield Township Let's Play Seniors in Motion® along with the Association of Illinois Senior Centers and the Illinois Department on Aging is hosting a local spelling bee for any senior that is interested. Whether you're a good speller or not come out and try your luck. The winners of our local spelling bee will advance on to the regional bee and then the top two regional winners from the 13 areas across the state of Illinois will compete at the Illinois State Senior Spelling Bee held in August 2010. If you would like to participate you must pre-register by calling 815-436-8812 x 13 to get signed up!

Senior Citizen Annual Summer Picnic - NEW LOCATION!

Wednesday, June 30 – Eaton Preserve
Join us at the annual summer picnic for Plainfield Township senior citizens. This year's picnic is at a new location. Eaton Preserve is located on 135th Street, east of Route 59. Lunch will be served at noon and after lunch stay and enjoy the entertainment. Everyone must make a reservation. Reservations must be made by June 18, 2010. Each attendee is asked to bring a non-perishable food item for donation to the Plainfield Food Pantry. Call (815) 436-8812 x13 to make your reservation.

Firekeepers Casino



Let's Play Senior In Motion® is sponsoring a trip to the Firekeepers Casino in Battle Creek Michigan for gaming, bingo and lunch. On our way home we will be stopping in Paw Paw, Michigan and the two wine companies St. Julian and Warners for some wine tasting. A stop at Hood's fresh produce market for fresh area produce will add to the day. Trip includes motorcoach transportation, \$25 back at the casino (\$20.00 slot play and \$5 towards food in their many restaurants. KW

Program #	Day	Date	Time
24505A1	W	Sep. 1	7 am-7 pm

Bus departs Joliet Mall behind JC Penney (section 10)
Ages 55 & up
R \$48/NR \$48/Seniors \$48
Min. 10/Max. 15
Registration deadline is Aug. 11

Walking Shoe Key

A little walking =

Some walking =

A lot of walking =

Horses and Humans

Join us as we brush, lead, and work with horses and learn how horses are a lot like us! Build confidence and new friendships in the barn! Please remember this is a non-riding class.

Program #	Day	Date	Time	Location
25701A1	M/Tu	Jun. 21-22	3-4 pm	NORM
25701B1	M/Tu	Jun. 28-29	3-4 pm	NORM
25701C1	M/Tu	Jul. 19-20	3-4 pm	NORM
25701D1	M/Tu	Aug. 16-17	3-4 pm	NORM

Ages 55 & up
R \$96/NR \$115
Min. 6/Max. 15

**Resident Registration Begins
Friday, May 14, 6-8 p.m.
Online & In-Person!**

Senior Defensive Driving

Thursday & Friday, June 3rd & 4th
Noon – 4pm
This Driver's Course is sponsored by AARP. It is a 2-day course and at the completion of the course you can receive a certificate that may allow you discounts on your auto insurance. The fee is payable on the first day of class and is \$12.00 per person for AARP members (proof of membership is required) or \$14.00 non-members. You must pre-register by calling 815-436-8812 x 13. 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.

Day	Date	Time	Location
W	June 23	1:30-3:30pm	Plainfield Township

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

Location Key
NORM Normantown Trails Equestrian Center
12151 S. Normantown Rd.

Seniors

National Senior Health & Fitness Day - NEW!

Older adults across the U.S. will be participating in this fun fitness day and you can too! Many activities are planned such as a fitness walk, health screenings, games, a picnic lunch and more. Get Going...Get Fit...Start Today! KW

Program #	Day	Date	Time	Location
25206A1	W	May 26	10 am	EATON

\$5

You must register by May 14 to receive a lunch.

Arthritis Foundation Exercise

The Arthritis Foundation exercise program has been proven to be beneficial in reducing pain, stiffness and improving both 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
25204A1	Tu/Th	May 4-Jun. 24	10-11 am	PTWN
25204B1	Tu/Th	Jun. 29-Aug. 19	10-11 am	PTWN

Ages 55 & up

R \$30/NR \$30

Min. 15/Max. 20

DON'T DELAY!

Programs that fail to reach minimum enrollment 5 business days prior to the first class meeting will be canceled.

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

Program #	Day	Date	Time	Location
25200A1	Tu/Th	May 4-Jun. 24	9-10 am	PTWN
25200B1	Tu/Th	Jun. 29-Aug. 19	9-10 am	PTWN

Ages 55 & up

R \$30/NR \$30

Min. 15/Max. 20

Location Key

EATON Eaton Preserve * 135th St. east of Rt. 59
 PTWN Plainfield Township * 22525 W. Lockport St.
 WILD Wild Wheel Cycling * 24026 Lockport St., Ste. 200

Spinning Introduction Class - Free!

Saturday, June 5, 2 p.m. at Wild Wheel Cycling

Stop by Wild Wheel Cycling to learn about Indoor Cycling or "Spinning" and get your body fat tested. You will learn the benefits of good cardiovascular health and fun ways to achieve your goals. This introduction class will be 25 minutes on the bike followed by 10 minutes of ab work and stretching. Body fat testing can be done before or after the class. This class is designed for ages 12 and older. Call (815) 436-8812 x13 to make your reservation.

Indoor Biking at Wild Wheel

Improve your cardiovascular health without the heavy impact on your body. Ride on smooth stationary bikes for 25-30 minutes and then stay for 10 minutes of abdominal work and stretching exercises. This class is targeted to the over 55 age group. KW

Program #	Day	Date	Time	Location
25205A1	W	Jun. 9-Jul. 28	8-8:45 am	WILD
25205B1	W	Jun. 9-Jul. 28	10:45-11:30 am	WILD

Ages 50 & up

R \$66/NR \$99

Min. 5/Max. 20

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Seniors

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 now 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. 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

**Resident Registration Begins
Friday, May 14, 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.

Program #	Day	Date	Time	Location
25400A1	Th	Jun. 17	11:15 am-2 pm	PTWN
25400B1	Th	Jul. 15	11:15 am-2 pm	PTWN
25400C1	Th	Aug. 19	11:15 am-2 pm	PTWN

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

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 9am to 3pm. The cost is \$2.00 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, please 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. KW

TRIAD

Triad is a group of seniors along with representative 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 at Cederlake Village join us for these informative meetings. Different informational topics are planned and discussed. Everyone is welcome to participate. Please call (815)436-8812. KW