

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, bank, 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 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 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

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. 22	1:30-3:30pm	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

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 am and you can play until 3 pm. Bring a sack lunch and have some fun at the Plainfield Township! KW

Happy Hookers (Knit & Crochet Group)

Join us the 2nd & 4th Thursdays of the month to share your crafty passion. Make new friends, share patterns, learn something new or get help with something that may be giving you trouble. The possibilities for fun, fellowship and crafty fulfillment are endless! Meets at 11:15am at the Plainfield Township. For more information call Kathy at 815-436-8812 x 13. KW

Bunco

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

Program #	Day	Date	Time	Location
35401A1	Th	Jan. 19	11:15 am-1:30 pm	PTWN
35401B1	Th	Feb. 16	11:15 am-1:30 pm	PTWN
35401C1	Th	Mar. 15	11:15 am-1:30 pm	PTWN
35401D1	Th	Apr. 19	11:15 am-1:30 pm	PTWN

Ages 55 & up
R \$5/NR \$5
Min. 20/Max. 20

Seniors

Know the 10 Signs – Early Detection Matters

This program presented by the Alzheimer’s Association focuses on the 10 warning signs of serious memory loss. It includes a basic overview of Alzheimer’s disease and covers risk factors, diagnosis, and the benefits of early detection. Through the use of video footage, you will meet people living with memory loss as they address the fears and myths associated with dementia, and hear from the family members who are on the journey with them. KW

Day	Date	Time	Location
Th	Feb. 23	11:30am-12:30pm	PTWN

Please call 815-436-8812 x13 to make a reservation.

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. Participants must wear athletic shoes to class. This class taught by Debbie Stapleton, a certified arthritis foundation instructor. KW

Program #	Day	Date	Time	Location
35204A1	Tu/Th	Jan. 10-Mar. 1	10-11 am	PTWN
35204B1	Tu/Th	Mar. 6-Apr. 26	10-11 am	PTWN

Ages 55 & up
R \$35/NR \$35
Min. 15/Max. 20

Senior Fitness

This class is designed especially for seniors. Cardiovascular exercise, strength, and stretching are the focus. Participants must wear athletic shoes to class. Instructor: Debbie Stapleton KW

Program #	Day	Date	Time	Location
35205A1	Tu/Th	Jan. 10-Mar. 1	9-10 am	PTWN
35205B1	Tu/Th	Mar. 6-Apr. 26	9-10 am	PTWN

Ages 55 & up
R \$35/NR \$35
Min. 15/Max. 15

Seated Yoga

You don’t need to stand up to reap the benefits of yoga! Instead of using a yoga mat, a chair is used for the different postures. Excellent for people with limited mobility and or recovering from illness or injury. Benefits include increased strength, flexibility, improved circulation and experience in breathing and relaxation techniques. KW

Program #	Day	Date	Time	Location
34249A1	W	Jan. 11-Feb. 15	9-9:45 am	PTWN
34249B1	W	Feb. 22-Mar. 28	9-9:45 am	PTWN
34249C1	W	Apr. 11-May 16	9-9:45 am	PTWN
34249D1	F	Jan. 13-Feb. 17	9-9:45 am	PTWN
34249E1	F	Feb. 24-Mar. 30	9-9:45 am	PTWN
34249F1	F	Apr. 13-May 18	9-9:45 am	PTWN

Ages 20 & up
R \$52/NR \$62
Min. 4/Max. 15

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

Yoga

Yoga enhances flexibility, strengthens muscles, and offers a new outlook on life. This class is designed to ease mature adults into a discipline that will help refresh their bodies and minds. Instructor Melissa Walter-Hart is a registered and certified yoga instructor with more than 18 years of teaching experience. Participants should bring a yoga mat and refrain from eating at least two hours before class. KW

Program #	Day	Date	Time	Location
34251A1	M	Jan. 9-Feb. 13	7-8 pm	STREA
34251A2	W	Jan. 11-Feb. 15	10-11 am	PTWN
34251A3	F	Jan. 13-Feb. 17	10-11 am	PTWN
34251A4	W	Jan. 11-Feb. 15	7:30-8:30 pm	RECAD
34251B1	M	Feb. 20-Mar. 26	7-8 pm	STREA
34251B2	W	Feb. 22-Mar. 28	10-11 am	PTWN
34251B3	F	Feb. 24-Mar. 30	10-11 am	PTWN
34251B4	W	Feb. 22-Mar. 28	7:30-8:30 pm	RECAD
34251C1	M	Apr. 9-May 14	7-8 pm	STREA
34251C2	W	Apr. 11-May 16	10-11 am	PTWN
34251C3	F	Apr. 13-May 18	10-11 am	PTWN
34251C4	W	Apr. 11-May 16	7:30-8:30 pm	RECAD

Ages 14 & up
R \$67/NR \$77
Min. 5/Max. 15

Senior Location Key
PTWN Plainfield Township | 22525 W. Lockport St.
RECAD Rec./Admin. Center | 23729 W. Ottawa St.
STREA Streams Rec. Center | 24319 Cedar Creek Ln.