



GREAT READY FOR VALENTINE FUN!

Active Adults Newsletter February 2018

Plainfield Township Community Center Open House February 13

Our goal for 2018 is to keep active adults healthy & happy! Join us at our open house to meet new people, participate in a free exercise class and find out what we have to offer. Make sure you RSVP if you plan to attend.



Open House: February 13

Time:

10a: Exercise Class

10:45a: Presentation with snacks

11a: Game Day (Join us for our weekly Tuesday Game Day)



Valentine's Day Card Fun!

Wednesday, February 14th

1p

\$5 payable at door

RSVP by February 12th



For more information about programs, classes or to register contact...

Plainfield Township Community Center
15014 S. DesPlaines Street, Plainfield IL.
Phone: (815) 267-3350 | www.plfdparks.org

UPCOMING EVENTS

Ladies Only Mocktail Party

Feb. 22 | 7-8:30p | Ages 18 & up

Plfd Twp Community Center, 15014 S. DesPlaines St.



Enjoy sampling a variety of mocktails and finger foods while visiting with old friends and making new ones. Release your inner creative spirit as you choose your favorite colors and hand paint a glass tumbler. Take home your masterpiece, as a remembrance of your evening. Our massage therapist will round out the evening by providing you with a relaxing chair massage. Ladies don't miss this evening planned especially for you!

Ages 18 & up | R\$20/NR \$25



Fancy- Free Holidays
Extended Trip Presentation
Tuesday, February 27 | 11a

Mackinac Island & Bay City
4 Days | Departure June 5th

Elizabeth Killings will be at the Plainfield Township Community Center to answer any questions you may have about this extended trip. A detailed trip brochure is available at the PTCC or call (815) 267-3350 to have one emailed to you.



Chicago Flower and Garden Show
Thursday, March 15 | 9a-4p

Participants can walk through life-sized gardens, participate in DIY workshops, learn from educational seminars, and enjoy garden-to-table cooking presentations and much more. The trip cost includes round trip transportation and entry to the show. Lunch will be on your own.

Ages 18 & up | R\$50/NR \$55 | Seniors 55 & up \$50
Registration Deadline Mar. 1 | Program #35501A1

Massage & Reflexology

Appointments Available every Tuesday! | Call the PTCC to check availability at (815) 267-3350 Research shows the benefits of massage and reflexology have a positive impact on stress, range of motion and relief of pain.