



Active Adult News

Plainfield Park District / Plainfield Township

March 2017



Medicare Seminar

March 23 | 11a

It's time to get your ducks in a row! Are you eligible for Medicare? Do you have questions about your current coverage or are you interested to see if you are overpaying for our Medicare supplement? American Senior Benefits is excited to announce that we will be conducting a free informational seminar at the Plainfield Senior Center. If you answered yes to any of those questions and or you want to stay up to date with the ever-changing Medicare system, make sure you join us! Food and drinks will be provided!

RSVP by March 21

AARP Smart Driver Course

April 3 & 10 | 9a –1p

This course is the nation's first refresher course specifically designed for drivers age 50 and older. Illinois drivers benefit from a discount on their auto insurance premium upon completing the course.

You must attend both days. AARP members \$15 with your membership card, \$20 non-AARP members. Payment made the first day of class. Bring a snack or lunch.

RSVP by March 27

Essential Oils - The Basics

April 13 | 11a

This class is a wonderful introduction to essential oils. Learn exactly what they are, how to use them, and discover the many benefits they can offer. This is a fun and interactive class that you do not want to miss.

Chair Massage & Reflexology Available for those who want to give it a try!

Those attending will have a chance to win a gift basket!

RSVP by April 7

For More Information call (815) 267-3350

**Dine & Dash -
Egg Harbor Café
Naperville IL**

Join us as we hop on the Park District bus and enjoy a delicious lunch! There will be time after lunch to take a stroll on the River walk or do some shopping.

April 27 | 11:30a-2:30p

R \$8/NR \$10

Bus departs at Plainfield Township Community Center | Program # 65504A1

**Rules of the Road
April 26 | 1:30pm**

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

RSVP by April 21



Calling all Card Players!

Wednesday: Bridge & Pinochle

Friday: Euchre

We are always looking for new players! If you like to play cards and enjoy a friendly environment please join us!

Games begin at 11:45a and are held at the Plainfield Township Community Center.



**New Session of Fitness
Classes**

Starting in March

Fitness for the Active Adult

Strength and Balance

Tai Chi

Yoga

Cardio Fun!

Power Up

For More Information call (815) 267-3350