



Active Adult News

Plainfield Park District / Plainfield Township

May 2017

Walk With Ease

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk with Ease program can teach you how to safely make physical activity part of your everyday life. Studies show that Walk with Ease is proven to reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence in your ability to be physically active and improve overall health.

Class will meet Monday, Wednesday and Fridays at Clow Stephens, 16650 S Lily Cache Rd, Plainfield

June 5-July 21 (No class July 3-7)

\$10 / 6 week session / 11:30-12:30p

Summer Kick Off Bash

Fun for All Ages!

Sunday, June 4 | Eaton Preserve

Frankfort Brass Band will perform

from 2-3p

Concessions will be available, \$5 meal ticket includes hot dog, chips & drink



Bring your family! Inflatables and games for the kids! Look in the summer brochure for more details!

Stroke Awareness, Because It Matters!

Wednesday, May 10 | 1p

A stroke occurs when the blood supply to any part of the brain is interrupted or severely reduced, depriving brain tissue of oxygen and nutrients.

Each year, stroke kills twice as many women as breast cancer. Yet, only one in four women can name more than two of the six primary stroke symptoms, according to the National Stroke Association. Taking time to learn the signs of stroke might save someone's life, maybe even your own.

Please join representatives from Crystal Home Health Care and American Cedarlake on to learn about the primary stroke symptoms, sudden warning signs and wellness ways to prevent a stroke.

Refreshments will be served!



For More Information call (815) 267-3350

Dine & Dash -

Islamorada Fish Company

Bolingbrook IL

Come relax at the Islamorada located next to Bass Pro Shops Outdoor World at the Promenade in Bolingbrook. Enjoy lunch while viewing the 13,000 gallon salt water aquarium. Enjoy seafood, steaks, sandwiches and pasta.

Tuesday, May 23

11a-3p

\$8 R | \$10 NR

Bus departs Plainfield Township

Community Center

Program # 65505A1



Day Trip

Cruising Lake Geneva

Spend the afternoon cruising scenic Lake Geneva, then visiting the Bake Mansion restaurant directly across from the lake for a delicious lunch. After lunch enjoy shopping in downtown Lake Geneva. We'll handle the planning and driving, leaving you with more time for shopping, cruising, and enjoying a fabulous lunch. What a great way to enjoy Lake Geneva and all her beauty.

Wednesday, June 21 / 8:30a—5:30p

\$75 Residents & Seniors 55 & up/ \$85 Non-residents

Bus Departs Louis Joliet Mall, section #9

Registration Deadline May 26

Program# 55500A1



Get Fit This Summer!

Check out the different Fitness Classes that are available for all fitness levels!

Fitness Active Adult / Tuesday & Thursdays

Cardio Fun! / Fridays

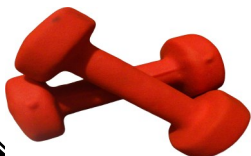
Power Up / Fridays

Strength & Balance / Monday & Thursdays

Tai Chi / Wednesdays

Gentle Yoga / Monday evenings or Wednesday or Friday mornings

Some Sessions Begin The Week Of May 8!



Summer Picnic

Join us for the annual Plainfield Township and Plainfield Park District summer picnic held at the Plainfield Township Community Center. Enjoy food, ice cream and fun! Everyone must fill out a registration form and include payment at the time of registration. Event will take place rain or shine.

Wednesday, June 28 from 11a-2p

\$5 residents / \$8 non-residents

The deadline for registering is June 14.