



Active Adults Newsletter November and December 2017

ACTIVE ADULT LUNCHEON IS DECEMBER 4. RSVP TODAY!

GETTING READY FOR THE HOLIDAYS

HOLIDAY LUNCHEON

The Plainfield Park District and Plainfield Township will cohost their annual holiday luncheon. Lunch will be served from noon to 1p, with entertainment and door prizes to add to the fun! Everyone must fill out a registration form and include payment at the time of registration.

Ages 50 & up | R\$5/NR \$8

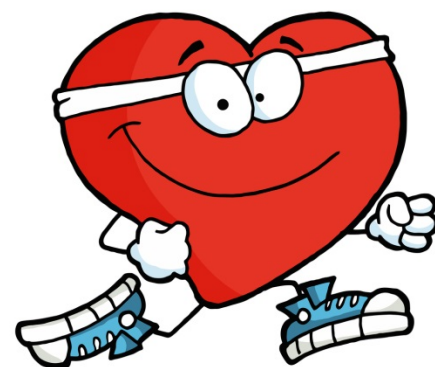
**Registration Deadline
November 21**

Program: #45403A1

Date: December 4

Time: 11:30a-2p

Location:
Plainfield Fire Department
Training Center,
23748 W. 135th Street,
Plainfield



Healthy Lifestyles, Staying Active and Preventing Diabetes

Join Thomas Mark, Physician
Assistant from
Presence Medical Group
Thursday, November 9 | 11a
RSVP by November 7

Upcoming Events!

BINGO!

Tuesday, November 28 | 11:30a | RSVP by November 21

Sponsored by Symphony at the Tillers and Harbor Chase

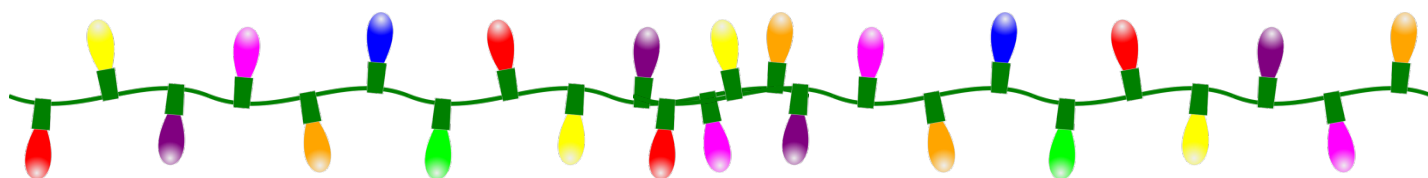


Holiday Card Fun!

Thursday, December 14 | 11:30a | \$5 payable at the door | RSVP by Dec. 12

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.



Christmas Around the World and Lawry's

Join us for a one-of-a-kind seasonal celebration at the Museum of Science and Industry visiting the holiday trees decorated by different communities to represent various cultures and holiday traditions. Enjoy the performances at the Holiday stage. Following the tour, lunch will be included at Lawry's with a Prime Rib of Beef lunch with dessert. Admission to the museum, lunch and transportation included. KW

Program: #45502A1

Date: December 18

Time: 8:30a-3p

Location: Meet at Louis Joliet Mall

Price: R\$80/NR \$85

Ages: Seniors 55 & up \$80

Registration Deadline: November 17