

2024

# August

## Hampshire Township Seniors on the Go

Call for a ride or to  
RSVP for an event.  
847-683-9464 EXT 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01 Chair Yoga w/Anastasia	02 Walmart /Aldi's SCC	03
04	05 Chair Yoga w/Anastasia Culver's	06 Bingo	07 Village Inn Restaurant,Huntley	08 Chair Yoga w/Anastasia	09 LRC	10
11	12 Chair Yoga w/Anastasia Tom's Market & Cheryl's Cafe	13 Bingo	14 Lunch w/Friends NEW TIME 12:00	15 Chair Yoga w/Anastasia	16 Walmart/ Aldi's SCC	17
18	19 Chair Yoga w/Anastasia Alzheimer Support Group	20 Bingo	21 Machine Shed, Rockford	22 Chair Yoga w/Anastasia	23 LRC	24
25	26 Chair Yoga w/Anastasia Wendy's	27 Bingo	28	29 Chair Yoga w/Anastasia Cash Bingo	30 Walmart /Aldi's SCC	31

01

02

EVENT TRANSPORTATION - Contact 847-683-9464 Ext3      MEDICAL TRANSPORT - Contact Maureen at 224-828-0446  
**ATTENTION: Aug 14th- Lunch w/Friends has a new start time- 12:00-1:30**  
**SPECIAL EVENTS:**