


2023

November

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
29	30	31	01	02 Fit & Flex w/Patty Beef Shack, Huntley	03 Walmart SCC	04
05	06 Chair Yoga w/Anastasia Operation Christmas Stocking	07 Bingo	08	09 Fit & Flex w/Patty Lincoln Inn, Dekalb	10 LRC	11
12	13 Chair Yoga w/Anastasia	14 Bingo <i>Lunch provided by Heartland Bank</i>	15	16 Fit & Flex w/Patty Culver's Huntley	17 Walmart SCC	18
19	20 Chair Yoga w/Anastasia Alzheimer Support Group Wendy's Huntley	21 Bingo	22	23  OFFICE CLOSED	24 OFFICE CLOSED	25
26	27 Chair Yoga w/Anastasia Maple & Hash	28 Bingo	29	30 Fit & Flex w/Patty Cash Bingo	01	02

03

04

EVENT TRANSPORTATION - Contact 847-683-9464 ext 3

MEDICAL TRANSPORT - Contact Maureen at 224-828-0446

ATTENTION: We will be closed on 11/23 & 11/24 for Thanksgiving

SPECIAL EVENTS: Walk Club is on hiatus, we will start back up Spring 2024