2025 February

Hampshire Township Seniors on the Go

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

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27	10ESDAY 28	29	30	31	SATURDAY 01
03 Chair Yoga w/Anastasia Lunch Workout w/Jody	04 Bingo	05 Wendy's Hampshire	06 Chair Yoga w/Anastasia Lunch Workout w/Jody	07 LRC	08
10 Chair Yoga w/Anastasia Lunch Workout w/Jody	11 Valentines Bingo	12 Lunch w/Friends	13 Chair Yoga w/Anastasia Double R Dogs Lunch Workout w/Jody	14 Walmart SCC HAPP PALENTIA DAY	15
17 Chair Yoga w/Anastasia Lunch Workout w/Jody Alzheimer Support Group	18 Bingo	19 Angels Pancake House	20 Chair Yoga w/Anastasia Card Games Lunch Workout w/Jody	LRC w/Snacks	22
24 Chair Yoga w/Anastasia Cherry Valley Mall Lunch Workout w/Jody	25 Bingo	26 Culver's Huntley	27 Chair Yoga w/Anastasia Cash Bingo	28 Walmart SCC	01
	Chair Yoga w/Anastasia Lunch Workout w/Jody 10 Chair Yoga w/Anastasia Lunch Workout w/Jody 17 Chair Yoga w/Anastasia Lunch Workout w/Jody Alzheimer Support Group 24 Chair Yoga w/Anastasia Cherry Valley Mall Lunch Workout	27 28 O3 O4 Chair Yoga W/Anastasia Lunch Workout W/Jody 10 Chair Yoga W/Anastasia Lunch Workout W/Jody 17 18 Chair Yoga W/Anastasia Lunch Workout W/Jody Alzheimer Support Group 24 25 Chair Yoga W/Anastasia Cherry Valley Mall Lunch Workout Workout W/Jody Bingo Bingo Bingo Bingo Bingo Bingo Bingo Bingo	27 28 29 O3 Chair Yoga W/Anastasia Lunch Workout W/Jody 10 Chair Yoga W/Anastasia Lunch Workout W/Jody 17 Chair Yoga W/Anastasia Lunch Workout W/Jody 18 19 Chair Yoga W/Anastasia Lunch Workout W/Jody Alzheimer Support Group 24 25 Chair Yoga W/Anastasia Cherry Valley Mall Lunch Workout Lunch Workout Bingo Culver's Huntley Culver's Huntley	27 28 29 30 O3 Chair Yoga WAnastasia Lunch Workout WJody 10 11 Valentines Bingo W/Anastasia Lunch Workout WJody 17 Chair Yoga W/Anastasia Lunch Workout WJody 18 19 20 Chair Yoga W/Anastasia Lunch Workout WJody 19 Angels Pancake House 10 Chair Yoga W/Anastasia Lunch Workout WJody 10 Chair Yoga W/Anastasia Lunch Workout WJody 10 Chair Yoga W/Anastasia Lunch Workout WJody 20 Chair Yoga W/Anastasia Card Games Lunch Workout W/Jody 24 25 Chair Yoga W/Anastasia Cherry Valley Mall Lunch Workout Lunch Workout WJody Chair Yoga W/Anastasia Cherry Valley Mall Lunch Workout Lunch Workout Cash Bingo Culver's Huntley Cash Bingo	27