

# 2021

# July

## Hampshire Township Seniors on the Go

Call Brian for a ride  
or to RSVP for an  
event. 224-828-  
0303

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	01	02	03
	05 On Site Yoga w/Allison 9:30am	06 On Site & Conf. Call Bingo 11am	07 Birthday Luncheon at Rose Garden 11am	08 Zoom Yoga 9:30am	09 Senior Walk Club 9:00 am Ship-Captain- Crew 11am	10
04	11	12	14	15	16	17
	05 On Site yoga w/Allison 9:30am	13 On Site & Conf. Call Bingo 11am	14 Meal Delivery	15 Zoom Yoga 9:30am	16 Senior Walk Club 9:00 Ship Captain Crew 11am Senior Advisory Committee Meeting 12:30	
18	19	20	21	22	23	24
	19 On Site yoga w/Allison 9:30am	20 On Site & Conf. Call Bingo 11am	21 Machine Shed Restaurant Bus P/up @ PO 10:30	22 ZOOM YOGA 9:30AM	23 Senior Walk Club 9:00 am LRC Dice Game 11AM	
25	26	27	28	29	30	31
	26 On Site yoga w/Allison 9:30am Alzheimer Sup. 2-4pm	27 On Site & Conf. Call Bingo 11am Woodstock Farmers Market P/O Pickup 9am	28	29 Zoom Yoga 9:30am Cash Bingo 12-2	30 Senior Walk Club 9:00 am Ship-Captain- Crew 11am	
01	02	<b>EVENT TRANSPORTATION - Contact Brian at 224-828-0303</b> <b>MEDICAL TRANSPORT - Contact Maureen at 224-828-0446</b> <b>Registration for All Events will be handled by Brian at 224-828-0303</b>				

EVENTS: Senior Walk Club -Friday mornings at 9:00. Meet Allison at Bruce Ream Park to walk your way to fitness. All Seniors are welcome.  
 July 7th - Birthday Luncheon - Come and join in as we are celebrating all the June Birthdays. Rose Garden at 11:00 am. Pay your own tab. RSVP by 7/2 with Brian 224-828-0303  
 July 14th - Frozen meal Delivery  
 July 21st - Machine Shed Restaurant in Rockford. Bus pick at Post Office at 10:30am. Cost \$10 RSVP to Brian 224-828-0303 by 7/16  
 July 27th - Woodstock Farmers Market- Post Office P/Up 9am Cost \$5 RSVP to Brian 224-828-0303 by 7/20  
 July 29th -Cash Bingo -All games are money games! \$1 per game and we are playing 10 games.

As the State of Illinois has entered Phase 5 of Covid response we are adjusting our restrictions accordingly. Fully vaccinated people can resume activities without wearing a mask, we will continue to recommend face coverings for unvaccinated person. Masks must be worn by all individuals who ride in our vans or bus. Also we can resume at regular capacity. Thank you for your patience and cooperation during this difficult time.

**ZOOM YOGA:** Let's have some fun and move in this time of uncertainty. We are offering Zoom Video Yoga class on Thursdays at 9:30 am. You need to have an internet connection and a device to view it on. Email the Township [hampshiretownsupervisor@gmail.com](mailto:hampshiretownsupervisor@gmail.com) for the link to join in. Just download the Zoom app and click on the link supplied to you and enjoy Yoga at home with Patty.

**ON SITE YOGA W/ALLISON:** Monday On-Site Yoga will be with Allison, she will be offering her version of chair yoga to help you improve you balance and stay flexible. Please call 48 hrs. in advance to reserve a spot so we can set up correctly. 224-828-0303. Class starts at 9:30am.

**SENIOR WALK CLUB:** Every Friday 9:00 am – Enjoy some fresh air & nature as we walk the paths in our local parks with Allison. June we will be walking at Bruce Ream Park. Allison will be mindful of your individual abilities and will help you get motivated and support you as you reach new goals. Park locations may change week to week due to summer activities at the parks. Also, now that the temperature is getting warmer, make sure to bring a water bottle to keep yourself hydrated. All Seniors are welcome to join.

**CONFERENCE CALL BINGO:** We will continue to play Conference Call Bingo on Tuesdays for those that are unable to attend Bingo on site. The call opens at 10:45 & bingo starts at 11am & goes for a little over an hour. Contact Brian at 224-828-0303 if you need Bingo cards or the call-in number.

**ON-SITE BINGO:** We are happy to say we are back to Bingo as usual here at the Township Building. Bingo is held Tuesdays at 11am.

**NEW! CASH BINGO:** We will be playing Cash Bingo 1 Thursday a month. All games have a minimum of a \$10 cash prize. We will be playing 10 games at \$1 per game for 2 cards. First game is July 29th 12-2pm

**FROZEN MEAL DELIVERY:** Wednesday July 14th- Hampshire Township along with Kane Senior Council is offering 5 free meals w/condiments per month at no cost to interested 65+ Seniors. If interested, contact Maureen at 224-828-0446

**DICE GAME** Start saving your nickels, dimes & quarters! We are playing Dice Games every Friday. The 1<sup>st</sup> & 3<sup>rd</sup> Friday will be playing Ship, Captain, Crew for quarters. The 2<sup>nd</sup> & 4<sup>th</sup> Friday will be LRC for nickels & dimes. Everyone will have their own dice for each game, so it is social distance friendly.

**CRAFTY SENIORS :** Are taking the Summer off, see you in September

**BIRTHDAY LUNCH:** Come celebrate every months Birthdays with your friends at the Rose Garden. First Wednesday of the month at 11am. Everyone pays their own tab. Contact Brian at 224-828-0303 to RSVP .

**WOODSTOCK FARMERS MARKET: July 27<sup>th</sup>** What a great way to take advantage of the local bounty of fresh produce and support your local community. Woodstock Farmers Market Cost \$5, Bus P/up 9am at Post Office. Contact Brian at 224-828-0303 to RSVP.

**The Machine Shed - July 21<sup>st</sup>** We are going to Lunch at the **Machine Shed Restaurant in Rockford** –Bus P/U at Post Office 10:30. Cost \$5 for Bus and pay your own tab at restaurant. RSVP by 7/16 to Brian @ 224-82-0303.

**ATTENTION:**

**Registration for All Events will be handled by Brian at 224-828-0303**

Our Friday Shopping Trip is temporarily cancelled. As soon as we get more participants we will put it back on schedule.