



ISLE CONNECT YOU



## ROUTE 66 VIRTUAL CHALLENGE

STARTS 1ST MARCH 2021 TO FIND OUT MORE CONTACT KELLY ON 07402959801 EMAIL KELLY@SHEPPEYMATTERS.ORG.UK

## GET YOUR KICKS ON ROUTE 66!



THE ROUTE 66 VIRTUAL CHALLENGE WILL TAKE TEAM ISLE CONNECT YOU ON A 2,448 MILE ROAD TRIP ALONG THE MOST ICONIC ROAD NETWORK IN THE WORLD.

EACH TIME A DISTANCE-BASED EXERCISE SUCH AS RUNNING, WALKING OR CYCLING IS COMPLETED, EACH PARTICIPANT WILL SUBMIT THEIR DISTANCE AND AS A TEAM WE WILL ADVANCE ALONG THE MAP OF ROUTE 66.

GROUP ZOOMS WILL TAKE PLACE IN ICONIC CITIES, POSTCARDS SENT FROM PLACES OF INTEREST, AND SIGHTSEEING TOURS FOR BUCKET LIST ADVENTURES! EACH TEAM MEMBER WILL ALSO RECEIVE ADVICE ON RECOMMENDED FILMS, READS, MUSIC & MENUS SHOULD THEY WISH TO FULLY IMMERSE INTO THE EXPERIENCE.

OUR GOAL AT ISLE CONNECT YOU IS TO KEEP OLDER RESIDENTS ON SHEPPEY ACTIVE, CREATE SOCIAL ENGAGEMENT AND ENCOURAGE NEW FRIENDSHIPS THROUGH SHARED EXPERIENCES AND ACTIVITIES ON ZOOM.

WE CAN CREATE A PLAN OF SUITABLE INDOOR EXERCISE ACTIVITES FOR THOSE THAT ARE HOUSEBOUND AND WISHING TO PARTICIPATE.