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Saturday Trips

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  COFFEE CLUB 9:30 Rules of the Road Class 12:00 Blood Pressure Check 1:00 Bingo Sponsor: Effingham Health & Rehab
4 <i>Office CLOSED in Observation of July 4th!</i> 	5 9:00 Exercise 10:00 Line Dancing 10:00 Audibel 1:00 Toe Nail Clinic 5:00 Tuesday Evening Meal With a special presentation by Dr. Paul Rhodes 	6 COFFEE CLUB 9:00 TOPS 1:00 Games 	7 9:00 Exercise  10:30 Blood Pressure Check by HSHS ST Anthony's 11:30 Potluck 1:30 Nursing Home Bingo	8  COFFEE CLUB 1:00 Bingo Sponsor: Effingham Ophthalmology	9  Alton, IL Try your luck at the Argosy Casino  Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00 am
11 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games 	12 9:00 Exercise 10:00 Line Dancing 	13 COFFEE CLUB 9:00 TOPS 11:00 NARFE 1:00 Games 	14 9:00 Exercise 11:00 Dine with a Doc®  1:00 Games	15  COFFEE CLUB 1:00 Dessert Bingo Sponsor: Villas of Hollybrook	16  Marshall, IL Enjoy a "Moon Burger" at The Monshine Store  Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00 am
18 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 10:00 Painting W/Jim 1:00 Games 	19 9:00 Exercise 10:00 Line Dancing 1:00 Toe Nail Clinic 	20 COFFEE CLUB 9:00 TOPS 1:00 Games	21 9:00 Exercise 1:00 Games 1:00 Special Senior Cinema <i>"They Served With Honor"</i> 	22  COFFEE CLUB 1:00 Bingo Sponsor: Lakeland Rehab	23  Arthur, IL Shop the Amish Countryside with lunch at Yoder's Kitchen!  Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00 am
25 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games	26 9:00 Exercise 10:00 Line Dancing 	27 COFFEE CLUB 9:00 TOPS 1:00 Games 	28 9:00 exercise 1:00 Birthday Party cake by Martins, ice cream from Brookstone, gift from Effingham Rehab 1:00 games 	29  COFFEE CLUB 1:00 Bingo Sponsor: Brookstone Suites	30  Fairview Heights, IL Shopping at St. Clair Square  Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00 am