

Activity Center Calendar March 2018

Saturday Trips 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Exercise  the potluck 10:30 Blood Pressure Check by St Anthony Hospital 11:30 Monthly Potluck Sponsor: Effingham Rehab & Healthcare	2 9:30 Rules of the Road  1:00 Bingo Sponsor: Effingham Health & Rehab 	3 Mt Vernon, IL Shopping at the Mall & lunch at Bandana's BBQ  Bus leaves ECCOA at 8:00 am Ph: 1-855-755-2478 to schedule
5 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games	6  Our Office Will Be For Staff Meeting!  5:00 Tuesday Night Meal 6:00 Bingo	7 9:00 TOPS 1:00 Games	8 9:00 Exercise 11:00 Dine with a Doc®  1:00 Games	9 1:00 Bingo Sponsor: Effingham Ophthalmology 	10 Springfield, IL Abe Lincoln Museum & lunch at Golden Corral  Bus leaves ECCOA at 8:00 am Ph: 1-855-755-2478 to schedule
12 8:00 Tai Chi 9:30 Knitting/Crochet Class 10:00 Quilting Class  1:00 Games	13 9:00 Exercise 10:00 Line Dancing	14 8:00 Tai Chi 9:00 TOPS 11:00 NARFE  1:00 Games	15 9:00 Exercise 11:00 Successful Aging Sponsor: First National Bank 	16 1:00 Dessert Bingo Sponsor: Villas of Hollybrook 	17 Arcola Shopping & lunch at Yoder's  Bus leaves ECCOA at 8:00 am Ph: 1-855-755-2478 to schedule
19 8:00 Tai Chi  9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games	20 9:00 Exercise  10:00 Line Dancing 1:00 Toe Nail Clinic 2:00 Lakeland College Nursing Students Provide Information On Colorectal Cancer 	21 8:00 Tai Chi 9:00 TOPS  1:00 Games	22 9:00 Exercise 1:00 Games 1:00 Senior Cinema "Summer Magic" 	23 1:00 Bingo Sponsor: Lakeland Rehab 	24 Alton, IL Casino w/ lunch at the casino  Bus leaves ECCOA at 8:00 am Ph: 1-855-755-2478 to schedule
26 8:00 Tai Chi  9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games	27 9:00 Exercise  10:00 Line Dancing	28 8:00 Tai Chi  9:00 TOPS 1:00 Games	29 9:00 Exercise 1:00 Birthday Party with cake & ice cream provided by Aperion Care, gift from Effingham Rehab 1:00 Games	30  In observation of Good Friday 	31 No trip this Saturday