





Activity Center Calendar November 2017

Saturday Trips

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 SHIP 9:00 TOPS 1:00 Games 	2 9:00 Exercise 10:30 Blood Pressure Check by St Anthony Hospital 11:30 Monthly Potluck Sponsor: Lakeland Rehab & Healthcare 	3 9:30 Rules of the Road 12:30 Blood Pressure Check 1:00 Bingo Sponsor: Effingham Health & Rehab	4 Downtown Market Arcola, IL  Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00am
		6 8:30 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 10:00 Painting w/Athena 1:00 Games 	7 8:30 SHIP 9:00 Exercise 10:00 Line Dancing 1:00 Toe Nail Clinic 5:00 Tuesday Evening Meal 	8 8:30 SHIP 9:00 TOPS 11:00 NARFE 1:00 Games 	9 9:00 Exercise 11:00 Dine with a Doc®  1:00 Games
13 8:30 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games 	14 8:30 SHIP 9:00 Exercise 10:00 Line Dancing 	15 8:30 SHIP 9:00 TOPS 1:00 Games	16 9:00 Exercise 11:00 Successful Aging Sponsor: Kelly Willenborg  1:00 Games	17 1:00 Dessert Bingo Sponsor: Villas of Hollybrook	18 Times Square Mall & Bargain Box Mt. Vernon, IL  Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00am
20 8:30 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games	21 8:30 SHIP 9:00 Exercise 10:00 Line Dancing 1:00 Toe Nail Clinic 1:00 Senior Cinema Presents: "The Magnificent Seven" 	22 8:30 SHIP 9:00 TOPS 1:00 Games 	23  For Thanksgiving! 	24  For Thanksgiving! 	25 No Out of County Trip This Week.  Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00am
27 8:30 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games 	28 8:30 SHIP 9:00 Exercise 10:00 Line Dancing 	29 8:30 SHIP 9:00 TOPS 1:00 Games	30 9:00 Exercise 1:00 Birthday Party cake by Martins, ice cream from Brookstone, gift from Effingham Rehab 1:00 games 	1-Dec 1:00 Bingo Sponsor: Effingham Health & Rehab	2-Dec Information to come.... Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00am