

Activity Center Calendar December 2016

Saturday Trips 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Exercise  10:30 Blood Pressure Check by St Anthony Hospital 11:30 Monthly Potluck 1:30 Nursing Home Bingo 	2 COFFEE CLUB  1:00 Bingo Sponsor: Effingham Health & Rehab	3 Fairview Heights, IL Shopping at St. Clair Square Mall  Bus leaves ECCOA at 8:00 am Ph: 1-855-755-2478 to schedule
			5 8:00 Tai Chi 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games 	6 9:00 Exercise 10:00 Audibel Clinic 10:00 Line Dancing  1:00 Toe Nail Clinic 5:00 Tuesday Night Meal 6:00 Bingo 	7  For Staff Meeting! 
12 8:00 Tai Chi 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games	13 9:00 Exercise 10:00 Line Dancing	14 COFFEE CLUB 8:00 Tai Chi 9:00 TOPS  11:00 NARFE 1:00 Games	15 8:30 Breakfast In A Briefcase Sponsor: Brookstone Suites  9:00 Exercise 5:00 Holiday Light Tour 	16 COFFEE CLUB  11:00 Holiday Dinner Sponsor: Brookstone Estates & Suites 1:00 Dessert Bingo  Sponsor: Villas of Hollybrook	17 Champaign, IL Shopping at Market Place Mall  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 1:00 Movie Time "Miracle On 34th Street" 	21 COFFEE CLUB  8:00 Tai Chi 9:00 TOPS 1:00 Games	22 9:00 Exercise 1:00 Games	23  For Christmas Holiday! 	24 No Trip Scheduled!
26  For Christmas Holiday! 	27 9:00 Exercise 10:00 Line Dancing 	28 COFFEE CLUB 8:00 Tai Chi 9:00 TOPS 1:00 Games	29 9:00 Exercise 1:00 Birthday Party  cake by Martins, ice cream from Brookstone, gift from Effingham Rehab 1:00 Games	30  For New Year's Holiday! 	31 Marion, IL Shopping at Illinois Stare Centre Mall  Bus leaves ECCOA at 8:00 am Ph: 1-855-755-2478 to schedule