







# Activity Center Calendar November 2016

## Saturday Trips



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00 Exercise 10:00 Line Dancing 10:00 Audibel 1:00 Toe Nail Clinic 5:00 Tuesday Night Meal 6:00 Bingo 	<b>2</b> COFFEE CLUB 9:00 TOPS 	<b>3</b> 9:00 Exercise 10:30 Blood Pressure Check <b>by St Anthony's Hospital</b> 11:00 Spinal Screenings <b>by Solan Chiropractic</b> 11:30 Monthly Potluck <b>Sponsor: Eff Senior Cener</b> 1:30 Nursing Home Bingo	<b>4</b> COFFEE CLUB 9:30 Rules Of The Road 1:00 <b>Bingo Sponsor:</b> <b>Effingham Health &amp; Rehab</b> 	<b>5</b> Argosy Casino Alton, IL  <p>Ph: 1-855-755-2478 to schedule            Bus leaves ECCOA @ 8:00 am</p>
<b>7</b> 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class	<b>8</b> 9:00 Exercise 10:00 Line Dancing 	<b>9</b> COFFEE CLUB 9:00 TOPS 11:00 NARFE 	<b>10</b> 9:00 Exercise 11:00 Dine with a Doc®  1:00 Games	<b>11</b> <i>Office CLOSED in</i> <b>observation of</b> <b>Veteran's Day</b> 	<b>12</b> Tuscola Outlet Mall Tuscola, IL  <p>Ph: 1-855-755-2478 to schedule            Bus leaves ECCOA @ 8:00 am</p>
<b>14</b> 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 	<b>15</b> 9:00 Exercise 10:00 Line Dancing 1:00 Toe Nail Clinic 	<b>16</b> COFFEE CLUB 9:00 TOPS	<b>17</b> 9:00 Exercise	<b>18</b> COFFEE CLUB 1:00 <b>Dessert Bingo</b> <b>Sponsor: Villas of</b> <b>Hollybrook</b>  	<b>19</b> Belleville Flea Market Belleville, IL  <p>Ph: 1-855-755-2478 to schedule            Bus leaves ECCOA @ 8:00 am</p>
<b>21</b> 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class	<b>22</b> 9:00 Exercise 10:00 Line Dancing	<b>23</b> COFFEE CLUB 9:00 TOPS 1:00 Senior Cinema - <b>"Spencer's Mountain"</b> Starring Henry Fonda & Maureen O'Hara 	<b>24</b>  <b>For Thanksgiving!</b> 	<b>25</b>  <b>For Thanksgiving!</b> 	<b>26</b> Times Square Mall Mt. Vernon, IL  <p>Ph: 1-855-755-2478 to schedule            Bus leaves ECCOA @ 8:00 am</p>
<b>28</b> 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 	<b>29</b> 9:00 Exercise 10:00 Line Dancing 	<b>30</b> COFFEE CLUB 9:00 TOPS 1:00 Birthday Party cake by <b>Martins</b> , ice cream from <b>Brookstone</b> , gift from <b>Effingham Rehab</b> 	<b>1-Dec</b>  9:00 Exercise 10:30 Blood Pressure Check <b>by St Anthony's Hospital</b> 11:30 Monthly Potluck <b>Sponsored by Effingham</b> <b>Senior Center</b> 1:30 Nursing Home Bingo	<b>2-Dec</b> COFFEE CLUB 1:00 <b>Bingo Sponsor:</b> <b>Effingham Health &amp; Rehab</b> 	