



Activity Center Calendar April 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games 	3 9:00 Exercise 10:00 Line Dancing 1:00 Toe Nail Clinic 5:00 Tuesday Evening Meal 6:00 Bingo 	4 9:00 TOPS 1:00 Games	5 9:00 Exercise 10:30 Blood Pressure Checks by St Anthony Hospital 11:30 Monthly Potluck Sponsor: Stanfield Chiropractic 1:30 Nursing Home Bingo! 	6 1:00 Blood Pressure Check 1:00 Bingo Sponsor: Effingham Health & Rehab 	7 Champaign, IL Shopping & Lunch at Market Place Mall  Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00 am
9 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games 	10 9:00 Exercise 10:00 Line Dancing	11 9:00 TOPS 11:00 NARFE 1:00 Games 	12 9:00 Exercise 11:00 Dine with a Doc®  1:00 Games	13 1:00 Bingo Sponsor: Effingham Ophthalmology 	14 Casey, IL Moonshine, "Big" Things, & Lunch at Whittling Whimsey Cafe  Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00 am
16 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games	17 9:00 Exercise 10:00 Line Dancing 1:00 Toe Nail Clinic 	18 9:00 TOPS 1:00 Games	19 9:00 Exercise 11:00 Successful Aging Sponsor: Heartland Christian Village 	20 1:00 Dessert Bingo Sponsor: Villas of Hollybrook 	21 Vandalia, IL Old State Capitol, Fayette County Museum, & Lunch at Capital View Steakhouse  Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00 am
23 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games	24 9:00 Exercise 10:00 Line Dancing 1:00 Senior Cinema presents: " Miracle in the Rain "  	25 9:00 TOPS 11:30 Brain Boost Lunch & Jam w/ Kelly Willenborg Featuring: Live Music by Matt Poss & Jeremy Adam 	26 9:00 Exercise 1:00 Birthday Party with cake & ice cream provided by Aperion Care, gift from Effingham Rehab 	27 1:00 Bingo Sponsor: Lakeland Rehab 	28 Springfield, IL Henson Robinson Zoo  Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00 am
30 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games 	1-May 9:00 Exercise 10:00 Line Dancing 	2-May 9:00 TOPS 11:30 Mother's Day Potluck 1:00 Games 	3-May SAVE THE DATE! 2018 Health & Information Fair "Step Up To The Plate For Your Health!"  	4-May 9:30 Rules Of The Road 1:00 Bingo Sponsor: Effingham Health & Rehab 	5-May Info to come. Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00 am