




















Activity Center Calendar August 2018

Saturday Trips 

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|
|  | | | | | |
| | | 1 9:00 TOPS 1:00 Games  | 2 9:00 Exercise Pot Luck 10:30 Blood Pressure Check by St Anthony Hospital 11:30 Monthly Potluck Sponsor: The Glenwood 1:30 Nursing Home Bingo! | 3 1:00 Bingo Sponsor: Effingham Health & Rehab | 4 Arcola, IL City Wide Yard Sales  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 1:00 Games | 7 9:00 Exercise 10:00 Line Dancing 5:00 Tuesday Evening Meal  | 8 9:00 TOPS 11:00 NARFE 1:00 Games  | 9 9:00 Exercise 11:00 Dine with a Doc®  1:00 Games | 10 1:00 Bingo Sponsor: Effingham Ophthalmology | 11 Champaign, IL Market Place Mall  Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00am |
| 13 8:30 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games  | 14 9:00 Exercise 10:00 Line Dancing  | 15 9:00 TOPS 1:00 Games | 16 9:00 Exercise 11:00 Successful Aging Sponsor: Aperion Care  1:00 Games | 17 1:00 Dessert Bingo Sponsor: Villas of Hollybrook  | 18 Atwood, IL Apple Dumpling Festival  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 9:00 Exercise 10:00 Line Dancing 1:00 Toe Nail Clinic  | 22 9:00 TOPS 1:00 Games  | 23 1:00 Build Your Own Sundae Sponsor: Heartland Christian Village  | 24 1:00 Bingo Sponsor: Lakeland Rehab | 25 Arthur, IL Mennonite Relief Sale & Beachy's  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 9:00 Exercise 10:00 Line Dancing 1:00 Senior Cinema Presents: "Jailhouse Rock"  | 29 9:00 TOPS 1:00 Games | 30 9:00 Exercise 1:00 Birthday Party with cake & ice cream provided by Aperion Care , gift from Effingham Rehab 1:00 games  | 31-Aug 1:00 Bingo Sponsor: Evergreen Nursing & Rehab | 1-Sep Information to come.... Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00am |