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Saturday Trips



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 OFFICE CLOSED FOR 4TH OF JULY 	5 9:00 Exercise 10:30 Blood Pressure Checks by St Anthony Hospital 11:30 Monthly Potluck with 4th of July Bingo! Sponsor: Addus Homecare 1:30 Nursing Home Bingo! 	6 9:30 Rules of the Road 1:00 Bingo Sponsor: Effingham Health & Rehab  	7 Alton, IL Argosy Casino, lunch at casino.  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 Springfield, IL White Oaks Mall, lunch at Longhorn Steakhouse  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: Evergreen Nursing & Rehab 	20 1:00 Dessert Bingo Sponsor: Villas of Hollybrook 	21 Mattoon, IL Bagel Fest - Bagel breakfast, parade, bingo.  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: "Honor Flight: One Last Mission" 	25 9:00 TOPS 1:00 Games	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 Governor's Mansion, lunch at IHOP  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 	31-Jul 9:00 Exercise 10:00 Line Dancing 	1-Aug 9:00 TOPS 1:00 Games	2-Aug 9:00 Exercise 10:30 Blood Pressure Checks by St Anthony Hospital 11:30 Monthly Potluck Sponsor: The Glenwood 1:30 Nursing Home Bingo! 	3-Aug 9:30 Rules Of The Road 1:00 Bingo Sponsor: Effingham Health & Rehab 	4-Aug Info to come. Ph: 1-855-755-2478 to schedule Bus leaves ECCOA @ 8:00 am