

# Activity Center Calendar February 2018

Saturday Trips 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:00 Exercise  10:30 Blood Pressure Check by St Anthony Hospital 11:30 Monthly Potluck Sponsor: Addus HomeCare	<b>2</b> 1:00 Bingo Sponsor: Effingham Health & Rehab 	<b>3</b> Fairview Heights, IL Lunch at Lottawatta Creek  Bus leaves ECCOA at 8:00 am Ph: 1-855-755-2478 to schedule
<b>5</b> 8:00 Tai Chi 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 10:00 Painting w/Athena 1:00 Games 	<b>6</b> 9:00 Exercise 10:00 Line Dancing  1:00 Toe Nail Clinic 5:00 Tuesday Night Meal 6:00 Bingo 	<b>7</b> 8:00 Tai Chi  9:00 TOPS 1:00 Games	<b>8</b> 9:00 Exercise 11:00 Dine with a Doc®  1:00 Games	<b>9</b> 1:00 Bingo Sponsor: Effingham Ophthalmology 	<b>10</b> Arcola, IL Shopping w/ lunch at Yoder's  Bus leaves ECCOA at 8:00 am Ph: 1-855-755-2478 to schedule
<b>12</b> 8:00 Tai Chi 9:30 Knitting/Crochet Class 10:00 Quilting Class  1:00 Games	<b>13</b> 9:00 Exercise 10:00 Line Dancing	<b>14</b> 8:00 Tai Chi 9:00 TOPS 11:00 NARFE  1:00 Games Happy Valentine's Day 	<b>15</b> 9:00 Exercise 11:00 Successful Aging Sponsor: Stanfield Chiropractic 	<b>16</b> 1:00 Dessert Bingo Sponsor: Villas of Hollybrook 	<b>17</b> Champaign, IL Lunch at Bob Evan's  Bus leaves ECCOA at 8:00 am Ph: 1-855-755-2478 to schedule
<b>19</b>  For Presidents Day! 	<b>20</b> 9:00 Exercise  10:00 Line Dancing 1:00 Toe Nail Clinic 1:00 Senior Cinema "High Noon" 	<b>21</b> 8:00 Tai Chi 9:00 TOPS  1:00 Games	<b>22</b> 9:00 Exercise 1:00 Birthday Party  cake by Martins, ice cream from Brookstone, gift from Effingham Rehab 1:00 Games	<b>23</b> 1:00 Bingo Sponsor: Lakeland Rehab 	<b>24</b> Alton, IL Argosy Casino w/ lunch at the casino  Bus leaves ECCOA at 8:00 am Ph: 1-855-755-2478 to schedule
<b>26</b> 8:00 Tai Chi 9:00 SHIP 9:30 Knitting/Crochet Class 10:00 Quilting Class 1:00 Games	<b>27</b> 9:00 Exercise  10:00 Line Dancing	<b>28</b> 8:00 Tai Chi  9:00 TOPS 1:00 Games	<b>1-Mar</b> 9:00 Exercise  10:30 Blood Pressure Check by St Anthony Hospital 11:30 Monthly Potluck Sponsor: Effingham Rehab	<b>2-Mar</b> 9:30 Rules Of The Road 1:00 Bingo Sponsor: Effingham Health & Rehab 	<b>3-Mar</b> Info to come.... Bus leaves ECCOA at 8:00 am Ph: 1-855-755-2478 to schedule