

JULY ACTIVITY CALENDAR

Mon

Tue

Wed

Thu

Fri

SATURDAY TRIPS

1
COFFEE CLUB
9:00 TOPS



2 9:00 Exercise to Tape
10:30 Blood Pressure Screening
11:30 Monthly Potluck Sponsored By Brookstone Estates
Potluck Luncheon
1:00 Nursing Home Bingo



3
OFFICE CLOSED FOR 4TH OF JULY



4
NO SATURDAY TRIP PLANNED FOR 4TH OF JULY

6
9:00 SHIP
9:30 Knit/Crochet And Quilting Classes
10:00 Painting w/Jim



7
9:00 Exercise to Tape
10:00 Audibel
10:00 Line Dancing
1:00 Toe Nail Clinic
5:00 Tuesday Night Meal
6:00 Bingo



8
COFFEE CLUB
9:00 TOPS
11:00 NARFE
5:00 pm NAMI



9
9:00 Exercise to Tape
11:00 Dine With A Doc Sponsored by Lakeland Rehab



10
COFFEE CLUB
1:00 Bingo Sponsor: Effingham Ophthalmology



11
Bluegrass Reunion
Charley Brown Park
Flora IL, Shopping & Lunch

Ph: 1-877-667-6123 to schedule
Bus leaves ECCOA at 8am Sat.

13
9:30 White House Conference On Aging Meetings Throughout the day

NO KNIT/CROCHET & QUILTING TODAY

14
9:00 Exercise to Tape
10:00 Line Dancing
5:00 Tuesday Night Meal
6:00 Bingo

15
COFFEE CLUB
9:00 TOPS
11:00 How To Stay Young in the 1st 100 Years Sponsored by Stanfield Chiropractic



16
9:00 Exercise to Tape

17
COFFEE CLUB
Blood Drive From 10:00am–2:00pm

NO BINGO



18
Walk With A Doc, 9am at the Trec

Belleville Antiques & Collectibles Flea Market & Shop at Carlyle Plaza

Ph: 1-877-667-6123 to schedule
Bus leaves ECCOA at 8am Sat.

20
9:00 SHIP
9:30 Knit/Crochet And Quilting Classes



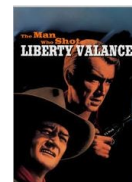
21
9:00 Exercise to Tape
10:00 Line Dancing
1:00 Toe Nail Clinic
5:00 Tuesday Night Meal
6:00 Bingo



22
COFFEE CLUB
9:00 TOPS
10:00 am Diabetic Presentation Sponsored by HSHS St Anthony's Memorial Hospital



23
9:00 Exercise to Tape
1:00 pm Movie Time



24
COFFEE CLUB
11:00 Successful Aging in The 21st Century
1:00 Bingo Sponsor: Lakeland Rehab



25
Vendor Fair at the Chataqua in Shelbyville & Tour The Dam

Ph: 1-877-667-6123 to schedule
Bus leaves ECCOA at 8am Sat.

27
9:00 SHIP
9:30 Knit/Crochet And Quilting Classes



28
9:00 Exercise to Tape
10:00 Line Dancing
5:00 Tuesday Night Meal
6:00 Bingo

29
COFFEE CLUB
9:00 TOPS



30 9:00 Exercise to Tape
1:00 Birthday Party w/Cake by Martins, Ice Cream from Brookstone Suites, Gift from Effingham Health & Rehab



31
COFFEE CLUB
1:00 Bingo Sponsor: Brookstone Estates

