



Sunset Times

CELEBRATING OVER 40 YEARS

To Join the Sunset Times email list, please email jbohnhoff@seniorservices-ecco.org or check out our webpage at www.seniorservices-ecco.org and click on the news tab



July 31st Thru August 8th at the Effingham County Fair Grounds

DATE	EVENT	TIME
Fri, July 31st	Lucas Oil Pro Pulling League Tractor Pull	6:30 pm—10:30 pm
Sat, August 1st	Talent Show	5:30 pm
	Exhibit Halls Open	6:00 pm—9:00 pm
	Jr Miss Pageant	7:30 pm
Sun, Aug 2nd	Parade/Jake Hoult; Tribute to Statler Bros	5:30 pm
	Master Showmanship	6:30 pm
	ITPA Tractor Pull	6:30 pm
Tues, Aug 4th	Queen Pageant/Little Miss Pageant	7:00 pm
Wed, Aug 5th	Youth Livestock Auction	5:30 pm
	ITPA Truck/Tractor Pull	6:00 pm
Thurs, Aug 6th	Rodeo	7:30 pm
Fri, Aug 7th	Brosephe E Lee/Craig Wayne Boyd	7:00 pm
Sat, Aug 8th	ATV Pull	2:00 pm
	Demolition Derby	6:30 pm

Harness Horse Racing Aug 2nd thru Aug 6th, 1:00 pm Daily

DON'T FORGET THE SENATOR'S HEALTH FAIR



When: August 5, 2015
Time: 9 a.m. to 11 a.m.
Where: Effingham Armory
1206 W Temple Ave
Effingham IL 62401

FREE Admission!
Door Prizes!
FREE Refreshments!
FREE Health Screenings!

Sen. Kyle McCarter—Sen. Dale Righter
Sen. Chapin Rose—Rep. John Cavaletto

COMMUNITY CARE PROGRAM

“ . . . HELPING OLDER PEOPLE LIVE INDEPENDENTLY ”

Established in 1979 by Public Act 81-202, the Illinois Department on Aging's Community Care Program helps senior citizens, who might otherwise need nursing home care, to remain in their own homes by providing In-home and community-based services....aimed at assisting seniors to maintain their independence and providing cost effective alternatives to nursing home placement.

The Community Care Program provides services to any person who applies for the program and meets all current eligibility requirements. The Community Care Program is one of the 1915(c) waivers for home and community-based services under the Medicaid Program.

Who is eligible?

People who...

- Are 60 years old or older;
- Are U.S. citizens or legal aliens;
- Are residents of Illinois;
- Have non-exempt assets (Non-exempt assets do not include home, car, or personal furnishings.); and
- Have an assessed need for long term care (to be at risk for nursing facility placement as measured by the Determination of Need (DON) assessment).

NOTE: Although the level of income does not affect eligibility for the program, an income level is established for each participant to determine the participant's ability to contribute to the cost of care.

Services

- Adult Day Service (in specific areas)
- Emergency Home Response Service
- In-Home Services (Homecare Aide)
- Money Management

Questions & Answers:

Q: Could I get an Emergency Button free?

A: Yes, there are programs out there that do provide this Emergency Button free, it will give you peace of mind knowing that if you fall, help is near. Many families have great distance between children and care givers, and having that extra peace of mind benefits everyone.

Q: Since I am getting a bit older, I could sure use a little help with light housekeeping, meal preparation, laundry and other tasks, is there a program where I can get some assistance, oh, and by the way; I do not have a large income.

A: Yes, the State of Illinois Department of Aging has the Community Care Program available for you. We want you to continue to live independently in your OWN home, for as long as you can. Call Senior Services today at 217.347.5569 and make an appointment for a staff member to come out and speak with you about the Community Care Program. There is no cost for this service. There are certain program guidelines that do determine eligibility.



**IF YOU ARE NEEDING ASSISTANCE STAYING IN YOUR HOME
OUR CCP PROGRAM IS WELL WORTH A CONSULTATION
WITH ONE OF OUR TRAINED CARE COORDINATORS**



**Dine With A Doc August 13th
from 11am-1pm
At the Effingham Senior Center**

Reservations are required and can be made by contacting: the center at 217-347-5569, seating will be limited.

Dine with a Doc® is a **FREE** program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch.

Each doctor has graciously donated this time and effort to listen, hear, and answer your medical questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing complimentary lunch for you to enjoy and learn about ways they may help you as well.

This month's guest speaker will be from HSHS St Anthony's Memorial Hospital, please look for the announcement coming soon.

Lunch will be provided compliments of



THANK YOU TO OUR JUNE VOLUNTEERS

Jackie Morgan—9 hrs
Sara McKinney—4 hrs
Joan Walker—3 hrs
Gerry Hoene—6 hrs
Sharon Caylor—3 hrs

June Harris—6 hrs
Ed Eckert—3 hrs
Jerry Katt—6 hrs
Cindy Martens—6 hrs

Colleen Sutton—6 hrs
Sonja Martin—3 hrs
Grace Boldt—3 hrs
Evelyn Mann—2 hrs
Emily Painter—1 hr

Gustie Unkraut—2 hrs
Cindy Montgomery—1 hr
Wilma Villalobos—1 hr
Trudy Bailey—1 hr

SPONSORED BY HSHS ST. ANTHONY'S MEMORIAL HOSPITAL



Every Third Saturday of the Month at 9am

August 15 at 9am at the TREC Walking Trail

Winter & Inclement Weather Location is at the Village Square Mall
Spring, Summer and Fall location is at TREC Walking Trail

BREAKFAST IN A BRIEFCASE

SPONSORED BY HSHS St. Anthony's Home Care & Hospice

When: Thursday, August 20th

Where: Effingham Senior Center

Guest Speaker: From HSHS St Anthony's Home Care & Hospice

BREAKFAST WILL BE PROVIDED

Call 217-347-5569 to confirm your reservations





BENEFITS ACCESS PROGRAM (formerly Circuit Breaker) Is A License Plate Discount Program

If you are interested in finding out if you qualify
please call 217-347-5569 for all of the details

RIDES MASS TRANSIT DISTRICT EFFINGHAM SATURDAY TRIPS

Let's go shop, eat, socialize and have FUN! Invite family and friends to come see and do exciting things with you!

- August 1st—The Sargent and Lincoln Log Cabin State Park, Lerna IL**
- August 8th—Terre Haute IN—CANDLES Holocaust Museum & Shopping & Dining Out**
- August 15th—Tour the Fife Opera House & have lunch in Palestine IL**
Visit the Villa's Amish Store in Flat Rock IL, enjoy hometown shops in Oblong IL
- August 22nd—Champaign IL—Taste of Champaign & Shopping**
- August 29th—Tour the SKI and craft beer company in Breese, IL**
Then shopping in St. Elmo and Vandalia IL

All Trips will leave the Effingham Senior Center at 8am Every Saturday.

Let's get out and Ride. Seniors show your RMTD card and ride at no charge to you. If you are a senior and need a ID card please contact the Rides office at 1-877-667-6123. If you are not a senior there will be a minimal fare.

TO SCHEDULE A RIDE CALL 1-877-667-6123 BY 3PM THE THURSDAY BEFORE THE TRIP.



Nina Poland
Sonja Martin
June Harris
Shirley Cheadle
Elaine Shouse
Eugene Steben
Dennis Walker



The National Active and Retired Federal Employees Association (NARFE) has been safeguarding and improving the earned rights and benefits of America's active and retired federal employees since 1921. The local NARFE group holds their monthly and meeting on the second Wednesday at 11:00am at the Effingham Senior Center.

MONTHLY POTLUCK AUGUST 6th AT 11:30 AM

SPONSORED BY BROOKSTONE SUITES

Brookstone Suites will be providing the entrée for the event. All who would like to attend are encouraged to bring a healthy serving to share in a covered dish, minimum 2 qt size dish.

Registration Required, Please Call 217-347-5569



**HSHS St Anthony's
Memorial Hospital
Blood Pressure
Screening Aug 6th from
10:30 am to 11:30 am**





ILLINOIS TELECOMMUNICATIONS
ACCESS CORPORATION



**An Amplified Phone May Be Your
Ticket To Hearing More Clearly
Over The Phone.**

**THERE ARE NO AGE OR INCOME
RESTRICTIONS ON THIS PROGRAM!
If you are interested in learning more
about this program make an appoint-
ment today by calling 217.347.5569**



National Alliance on Mental Illness

**OF EFFINGHAM COUNTY
SUPPORT GROUP MEETING**

**BROWN BAG SUPPER
& SUPPORT MEETING**

Meetings are held the 2nd
Wednesday of each month,
August 12th at 5:00 pm

Bring your own brown bag supper
and meet other caregivers support-
ing someone with Mental Illness—
husbands, wives, parents, siblings are
welcome. The goal is learning and
supporting each other. This is a
chance to find out that you are not
alone in your struggle.

The Illinois Home & Community Ombudsman Program

Serving: Clay, Effingham, Fayette, Jefferson and Marion Counties

A main goal of the Home and Community Ombudsman Program is to allow
Ombudsmen to advocate for clients to receive appropriate services to reduce the
risk of placement in a long term care facility.

**The Home & Community
Ombudsman Program provides a
range of services which include but
are not limited to:**

- Providing information about home care
- Promoting access to home care services
- Advocating for more long-term care options



**Contact Terri Simpson, Regional Ombudsman, if
you have any questions at 217-347-5569**

VOCA-CRIME VICTIMS ASSISTANCE

- If you think you have been a victim of a crime such as
- Construction/Home Repair Fraud
- Unknown charges to your bank account or credit card
- Identity Theft and Scams

Call Senior Services. Tom Kern may be able to help you navigate the system, get answers to your questions

and get you a resolution to the problem.



When you need Tom's help call, 217-347-5569

LONG TERM CARE OMBUDSMAN PROGRAM



The Illinois Long-Term Care Ombudsman Program strives to protect & promote the rights & quality of life for those who reside in long-term care facilities. If you have a concern, complaint or question regarding long-term care please call our office to speak with:

Regional Long Term Care Ombudsman, Terri Simpson at 217-347-5216

S.H.I.P. (SENIOR HEALTH INSURANCE PROGRAM)

Senior Services staff are available to assist Medicare beneficiaries & their caregivers with insurance counseling. Please call our office to make an appointment.



Audibel will be at the Senior Center to do free hearing tests, checkups and minor repairs **FOR ALL BRANDS** of hearing aids, as well as fitting for hearing aids at discounted prices. Audibel will be at the Center on **Tuesday, August 4th at 10:00 am**. Please call **217-347-5934** to make an appointment for your **HEARING TEST** as additional equipment is required for this test. Other services do not require an appointment so feel free to stop in.



Movie Time!

Wednesday, August 20th at 1:00 pm

Feature Movie "State Fair"

Popcorn and drinks will be served

Reserve A Seat By Calling, 217-347-5569

Painting With Jim

Every 1st Monday of the Month at 10am

The painting to the right is an example of what you will accomplish when you paint with Jim. No experience necessary! And you will go home with a completed painting for your home!

Call Jim for more details at 217.536.6546



stanthonyshospital.org

217-342-2121

HSHS St. Anthony's is proud to be your hometown choice for these expanded services

Convenient Care

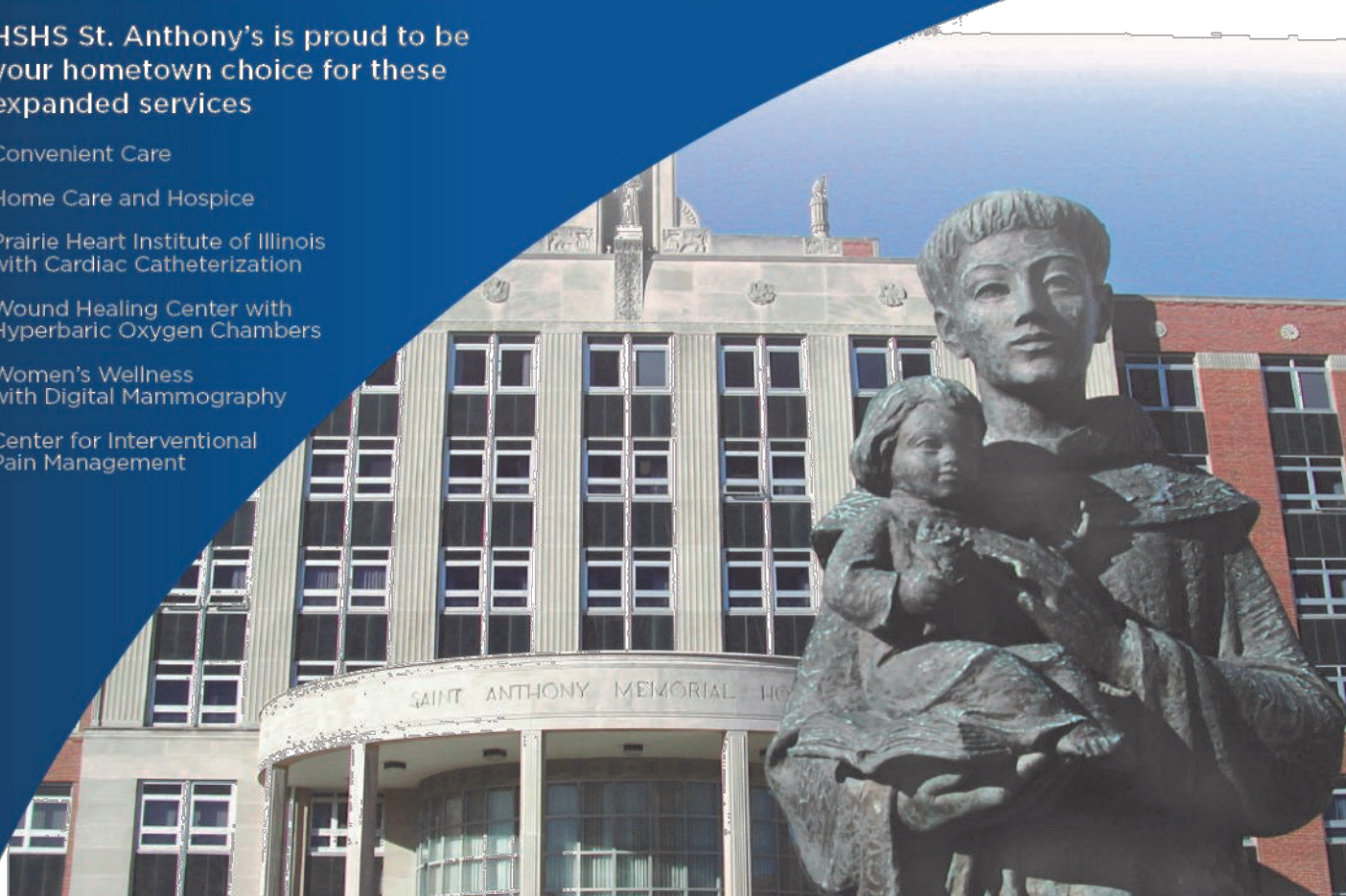
Home Care and Hospice

Prairie Heart Institute of Illinois with Cardiac Catheterization

Wound Healing Center with Hyperbaric Oxygen Chambers

Women's Wellness with Digital Mammography

Center for Interventional Pain Management



HSHS St. Anthony's Memorial Hospital..... 217-342-2121
503 N Maple Effingham

Center for Interventional Pain Management.....217-347-6702

Community Programs217-347-1529

Home Care and Hospice.....217-347-1777 or Toll Free 1-800-551-6566

Wound Healing Center217-347-3565

Convenient Care 217-347-1690
801 W Temple Effingham | Clinic | Diagnostic Center | Pre-Surgical Testing

Diagnostic Center - Effingham Medical Center.....217-347-3559
900 W Temple Effingham

Diagnostic Center - Teutopolis..... 217-857-6146
206 N Pearl Teutopolis

Women's Wellness 217-347-1601
900 W Temple Effingham

To Schedule an Appointment 217-347-1540 or Toll Free 1-800-900-1540

Where you come first.



HSHS
St. Anthony's
Memorial Hospital

Celebrate **LIFE** at Your Senior Center!



Coming September 2015

Learning - Expand your knowledge ■ Independence - Live on your terms
Friends - Enjoy life, laughter, and feeling connected
Energy - Discover health and vitality

AS A REMINDER:

Please make sure to sign up for reservations 24 hours in advance of the event. This will allow us to give a proper count to our sponsors for meals and/or giveaways.

Thanks for your cooperation!

DEFENSIVE DRIVING CLASS - August 10th & August 11th from 8:30 am to 12:30 pm, Certified Instructor — Dave Maxey

- NO Pass or Fail Test Taken - Certificate is Good for 3 Years
- Insurance Discounts Upon Completion

Driving has changed since you first got your license. The AARP SMART DRIVER Course is a defensive driving refresher class. \$15 for AARP members, \$20 for non-members.

Class Size Is Limited, Sign Up By Calling 217-347-5569



EMERGENCY HOME RESPONSE SERVICE

EHR is a Community Care Program core service provided to improve the independence and safety of clients in their own homes and help reduce the need for nursing home care.

Emergency Home Response Service (EHR) is a 24-hour emergency communication link to assistance outside the home for older adults with documented health and safety needs and mobility limitations. This service is provided by a two-way voice communication system consisting of a base unit and an activation device worn by the participant that will automatically link the older adult to a professionally trained staffed support center. For more information on Emergency Home Response Services in your community, contact Senior Services at:

217-347-5569

EHR offers 24-hour-a-day help at the touch of a button, installation at no cost to the client, free adaptive activation devices, and a list of first responders chosen by the client. To receive this service, an older adult must qualify for the Community Care Program.



RULES OF THE ROAD CLASS

Will be held on Sept 4th at 9:30am at the Senior Center please call to register at

217-347-5569



TOE NAIL CLINIC

We will have a toe nail clinic on **Only Date—Aug 18th at 1:00pm**

Make sure to bring your towel and a tub for your toes to soak in!



MONEY SAVING IDEAS FROM AARP...

On Utilities:

Insulate your hot-water heater. Installing an "insulating jacket" is a simple DIY project. It only costs about \$30 and usually results in a savings of \$20 to \$45 per year.

Seal around outlets and switches. Stop chilly drafts by installing inexpensive foam gaskets, available at most home improvement centers.

Test for a tight seal on your refrigerator by closing the door on a dollar bill; if you can easily pull the dollar out, the seal needs replacing.

Reduce air-conditioning costs by as much as 10 percent by keeping AC condensers and window units shaded, perhaps by installing an overhead awning.

Clean or replace air conditioner filters once a month when in use. You can buy permanent filters at home improvement stores that can easily be cleaned with a garden hose and reused.

For whole-house HVAC, inspect the ductwork carefully and seal any seams or gaps, to reduce the amount of chilled or heated air escaping through the ductwork by up to 20 percent.

On Gardening:

Plant strategically. Grow the more expensive fruits and vegetables your family likes. Plant more high-value crops, such as garlic, arugula and strawberries, and less lettuce, peas and corn.

Instead of growing a huge garden in traditional rows, grow a nice variety of crops in a 4x8 raised bed. Just one 4x4 bed with fresh herbs will enliven your cooking and aid your health.

Cultivate savings and young gardeners by growing what they love to eat. Make a pizza garden with tomatoes, basil, peppers and onions.

Grow a surplus of profitable and popular crops to sell at your local farmers market.

On Pets

Keep your dog's teeth clean. Buy Greenies or Milk-Bone Brushing Chews to remove plaque. Periodontal disease in pets can lead to more serious — and expensive — illnesses.

Keep pets thin and save on medical and food bills. As with people, extra pounds can lead to joint problems, type 2 diabetes and cardiovascular disease in pets.

Don't overspend on premium pet food. No need to pay \$5 to \$15 per pound. Buy grocery brands Purina, Iams or Pedigree for a fraction of the cost.

Don't waste money on toys that won't last. Some toys can last a pet's lifetime.

On Health:

Read your bills carefully. Eight out of 10 medical bills contain errors, so check to be sure you're not being overcharged. And be sure to ask for an itemized bill.

Ask your doctor for a discount. More than 60 percent of patients who asked their doctor for a discount got one. You can also discuss a payment plan with your doctor or hospital to avoid a debt-collection service.

Visit the drug company's website. If you're taking a brand-name drug regularly, check the drug maker's website to see if it offers a coupon or discount card that can save you money.

On Medicare:

Your expenses could be a lot lower if you buy prescription drugs from a pharmacy that your Part D plan calls "preferred" — meaning the pharmacy has agreed to charge reduced copays. Call your plan for preferred pharmacies in your area.

See if you qualify for extra help. If your income is under \$1,471 a month (or \$1,991 for a married couple) and you have limited savings, you may qualify for Part D drug coverage at low or reduced cost. To apply, call Social Security at 800-772-1213 or go online.

Check your drugs. Put all your medications into a bag and ask your doctor if you need them all. Many people are overprescribed, especially if they see several doctors for different medical issues. Having your meds reviewed periodically is also good for your health.

Take advantage of free obesity counseling for up to one year for older Americans. Thirty percent of seniors are obese, yet in 2013 only 50,000 of them used the new obesity counseling benefit under Medicare, reports Kaiser Health News.

GoodRx can help you find the lowest prices on prescription drugs. You plug in your prescriptions and city, and the website reveals drug prices and discounts near you.

Need surgery? Research cost-cutting alternatives to hospitals, such as outpatient facilities. The fees for a doctor and anesthesiologist may be similar, but typically, outpatient centers charge a fraction of the fee that hospitals charge.



Pathways



To Community Living

**Formerly Known As
Money Follows The Person**

Our Mission: To promote individual choice and control and increase the use of home and community based services.

What Is It: Our goal is to help interested people living in a long-term care facility move to an apartment or

house in the community, and to make sure they receive quality care after they move.

The IDoA Money Follows the Person initiative is part of a statewide, multi-department demonstration program. Your participation is voluntary.

This program is for individuals who:

- Have resided in qualified institutions in the state for a minimum of 90 days (excluding any days paid by Medicare)
- Have received Medicaid benefits for a minimum of one day, and
- Are 60 years of age or older.

The goals of Money Follows the Person are to:

- Increase the use of home- and community-based long-term care services,
- Eliminate barriers that prevent or restrict flexible use of Medicaid funds for necessary long-term care services in the settings reflecting individual choice,
- Increase the ability to assure continued community-based long-term care services to eligible individuals after transition, and
- Ensure that quality assurance and improvement continuously occurs for community-based long-term care services.

How Does It Work: We have trained individuals, called Transition Coordinators, to help you. They will meet with you one on one. They will help decide if you are eligible for this program. They will help you before, during, and after you move.

We Help Individuals Living In Nursing Homes or Long Term Care Facilities Move Back to the Community.

**For More Information Please Call
Terri Simpson, Regional Ombudsman
at 217-347-5569**

**ECCOA/SENIOR SERVICES DOES ACCEPT
AND APPRECIATE ALL DONATIONS.**

**YOUR DONATIONS ASSIST WITH
THE SERVICES WE PROVIDE.**

Senior Services Donation Form

Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Donation Amount (\$): _____

Donation Comments: _____



**Our 2nd Annual Craft Fair Will
Be Held October 23rd &/or 24th**

This event is **FREE** to Senior Vendors,
but you must reserve your table to participate.
homemade and handcrafted items only please

**Registration sheets are available
at the front desk, booth reservation
deadline is October 1st**

Sunday, August 16th—Veterans Day

(Veterans with I.D. and their families) - FREE

Monday, August 17—Senior Days

Seniors (60 and older) - FREE

Electric Scooters and Wheelchair Services

Wheelchairs and electric scooters will be available to rent daily 9 a.m. to 10 p.m. on Grandstand Avenue near the Goat Barn and from 9 a.m. to 6 p.m. at the Illinois Building. Items can be returned to the Illinois Building until 10 p.m.

Cooling Stations The following locations are air conditioned:

- | | | |
|--------------------------|-----------------------------|--------------------------------|
| Artisans Building | Emmerson Building | Hobbies Arts and Crafts |
| Illinois Building | Illinois Fire Museum | Kids Korner |
| Orr Building | | |



C.E.F.S / GOLDEN CIRCLE NUTRITION PROGRAM

August 2015 MENU

CALL THE DAY BEFORE TO RESERVE MEAL

**FRIENDS,
FOOD,
FELLOWSHIP**

**Suggested Donation
\$2.60 Congregate Meal
\$2.85 Delivered Meal**

Effingham Tues Evening Meal

	Mon	Tue	Wed	Thu	Fri
3 BBQ Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	4 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Salad Watermelon	5 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucum- ber, Carrots, Shredded Cheese Mandarin Orange Cake Club Crackers	6 Turkey and Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	7 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	8 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies
10 Chicken Salad On Wheat Bread Tomato Medley 5 Cup Salad	11 Ham Hash Brown Casserole Succotash Waldorf Salad Strawberries & bananas ole Grain Roll	12 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/sliced bananas	13 Pork Burger On Whole Grain Bun 4 Bean Salad Cold Stewed Tomatoes Melon Medley	14 Beef Tips w/ mushroom gravy over Noodles Brussels Sprouts Corn Apricots	11 Fried Chicken Mashed Potatoes Gravy Green Beans Fruit Cocktail
17 Spaghetti w/meat sauce Carrots & Peas T. Salad w/tomatoes Baked Apples Garlic Bread	18 Pork Chop Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll	19 Grilled Chicken Cae- sar Salad Mandarin Oranges Fresh Banana Garlic Parmesan Bread Stick Graham Crackers	20 Biscuits & Gravy Sausage Patty Hash Brown Casserole Fresh Orange Apple Juice Birthday Cake	21 Fish On Bun Cauliflower w/cheese Seasoned Lima Beans Cantaloupe	18 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon
24 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies	25 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes Baked Beans Cantaloupe	26 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad	27 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	28 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	25 Chicken Salad On Wheat Bread Tomato Medley Lettuce Salad Birthday Cake
31 Sweet & Sour Chicken w/pineapple over rice Steamed Broccoli Jell-O w/Fruit Cocktail					Final
				Golden Circle Nutrition Ph: 217-347-2851 Effingham Senior Center Ph: 217-347-5569	
					Milk, Bread and Margarine are served with every meal!!! Substitutes will be made only in emergencies!!!

ACTIVITY CALENDAR

Mon

Tue

Wed

Thu

Fri

SATURDAY TRIPS



<p>3 9:00 SHIP 9:30 Knit/Crochet And Quilting Classes 10:00 Painting w/Jim</p>	<p>4 9:00 Exercise to Tape 10:00 Audibel 10:00 Line Dancing 5:00 Tuesday Night Meal 6:00 Bingo NO TOE NAIL CLINIC</p>	<p>5 COFFEE CLUB 9:00 TOPS 9-11 Senator's Health Fair at the Armory</p>	<p>6 9:00 Exercise to Tape 11:30 Monthly Potluck Sponsored by: Brookstone Suites</p>	<p>7 COFFEE CLUB Thru Rides Mass Transit 1:00 Bingo Sponsor: Effingham Health & Rehab</p>	<p>1 The Sargent & Lincoln Log Cabin State Park Lerna IL Ph: 1-877-667-6123 to schedule Bus leaves ECCOA at 8am Sat.</p>
<p>10 8:30-12:30 Defensive Driving 9:00 SHIP 9:30 Knit/Crochet And Quilting Classes</p>	<p>11 8:30-12:30 Defensive Driving 9:00 Exercise to Tape 10:00 Line Dancing 5:00 Tuesday Night Meal 6:00 Bingo</p>	<p>12 COFFEE CLUB 9:00 TOPS 11:00 NARFE 5:00 pm NAMI</p>	<p>13 9:00 Exercise to Tape 11:00 Dine With A Doc Sponsored by Willowbrook</p>	<p>14 COFFEE CLUB Thru Rides Mass Transit 1:00 Bingo Sponsor: Effingham Ophthalmology</p>	<p>15 Walk With A Doc, 9am at the Trec Tour the Fife Opera House Ph: 1-877-667-6123 to schedule Bus leaves ECCOA at 8am Sat.</p>
<p>17 9:00 SHIP 9:30 Knit/Crochet And Quilting Classes</p>	<p>18 9:00 Exercise to Tape 10:00 Line Dancing 1:00 Toe Nail Clinic 5:00 Tuesday Night Meal 6:00 Bingo</p>	<p>19 COFFEE CLUB 9:00 TOPS</p>	<p>20 8:30 Breakfast In Briefcase Sponsored by HSHS St Anthony's Home Care & Hospice 9:00 Exercise to Tape 1:00 Movie Time: State Fair</p>	<p>21 COFFEE CLUB Thru Rides Mass Transit 1:00 Bingo Sponsor: Villa's of Hollybrook</p>	<p>22 Taste of Champaign & Shopping Champaign IL Ph: 1-877-667-6123 to schedule Bus leaves ECCOA at 8am Sat.</p>
<p>24 9:00 SHIP 9:30 Knit/Crochet And Quilting Classes</p>	<p>25 9:00 Exercise to Tape 10:00 Line Dancing 5:00 Tuesday Night Meal 6:00 Bingo</p>	<p>26 COFFEE CLUB 9:00 TOPS 1:00</p>	<p>27 9:00 Exercise to Tape 1:00 Birthday Party w/Cake by Martins, Ice Cream from Brookstone Suites, Gift from Effingham Health & Rehab</p>	<p>28 COFFEE CLUB Thru Rides Mass Transit 1:00 Bingo Sponsor: Lakeland Rehab</p>	<p>29 Tour the SKI & craft beer company in Breese, IL Ph: 1-877-667-6123 to schedule Bus leaves ECCOA at 8am Sat.</p>

