



January 2023

Effingham, IL 62401

To join the Sunset Times email list please email abushue@eccoa.org or check out our webpage at www.seniorservices-eccoa.org

Have you heard about the new **Benefits Access Program Benefits?**



Eligible older adults and persons with disabilities will see their annual license plate renewal fee reduced by more than half in the new year, the Illinois Department on Aging (IDOA) announced Wednesday.

Under Public Act 102-0807, which took effect January 1, 2023, drivers who qualify for IDOA's Benefit Access Program will pay only **\$10** for their license plate stickers, a decrease from \$24 currently.

The Department on Aging's Benefit Access Program determines eligibility for a license plate discount & free transit on fixed route systems in Illinois.

To qualify, residents must be at least 65 years of age or 16 years of age and disabled, as well as meet income requirements. For a household containing one person, the annual income cap is \$33,562.

If you think you may gualify and need assistance in completing the Benefits Access application, please call the Senior Center @ 217-347-5569 to schedule an appointment.

Happy New Year 2023!

The beginning of a new year seems like an obvious time to reflect on changes we have experienced and ponder our successes. It is a time to think about what we have accomplished that has enhanced the lives of people who are close to us, as well as helping those who live in our community who are less fortunate. ECCOA's Board of Directors, volunteers, and staff, will continue to support our mission and work to enhance the lives of the people in our community. We have a passion for the work we do, and we are grateful for the many relationships that have been nurtured.

On behalf of the Board of Directors & staff, we wish all of you happiness, prosperity and good health in the New Year. We welcome 2023!

-Linda Hubbartt, Executive Director

Mark your calendar...

Na

Community Partner

Our office will be closed on Monday, January 16th for Martin Luther King, Jr. Day!



Senior Services of Effingham County is open to the public, and many activities are designed for people of all ages. Operating hours are Monday through Friday – 8:00 am to 4:00 pm United

Closed for lunch daily from 11:30 am to 12:00 pm

Phone: 217-347-5569 or toll free 1-800-232-1790 after hours and on weekends

www.eccoa.org

FREE "DROP-OFF" TAX PREPARATION

@ Catholic Charities-Effingham VITA from January 30
 to April 1, 2023 for families with income less than \$60,000.

Simply complete these 4 easy steps:

- 1) Bring all forms listed below to Catholic Charities Office located at 1502 E. Fayette Ave., Teutopolis, IL 62467
- 2) Fill out interview sheet
- 3) Wait to be Interviewed
- 4) We will contact you by phone to set up a return appointment to review and sign tax return (usually within 2 weeks)

Please bring the following items:

- Copy of last year's tax return
- Proof of identity (picture ID)
- Social Security Card and/or ITIN cards for everyone in household
- All forms, W-2, 1098, and 1099
- Information for other income
- Identification number for child care provider,
- Social Security Card and/or ITIN cards for everyone in household
- Voided check for direct deposit of refund
- *If you have questions or need further information, please call (217) 857-1458.

Emergency Home Response Service: (EHRS)

EHRS 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 (EHRS) 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.

EHRS offers 24-hours-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 or you can have the device installed and pay for the services independently.

Illinois Telecommunications Access Corporation



ITAC has several new styles of phones for selection by those family members with hearing problems. Call Senior Services at 217-347-5569 for an appointment to test which phone is best for your needs. You'll be surprised at what you have missed by not being able to hear!





Please join us for cupcakes and ice cream on Thursday, January 26th at I:00 p.m. for our monthly birthday party! We will celebrate Those who have a birthday in January with cupcakes and ice cream provided by Aperion Care. You are welcome to stay afterwards and play cards, games, or just socialize with your friends.



Rules of the Road Class

This class will be offered at the Senior Center on Friday, January 6, 2023 at 9:30 am. (The next class will be Friday, March 3, 2023).

PLEASE REMEMBER TO CHECK ON FAMILY & FRIENDS DURING COLD WEATHER, JUST A PHONE CALL **CAN** MATTER.



No matter how long the winter, spring is sure to follow. ~Proverb







There will be **NO** Dine With A Doc program this month. The next Dine With A Doc will be held on February 9, 2023.



Happy November Birthday! Doris Flowers, Grace Boldt, Gustie Unkraut & Daphnea Fearday!



Community Care Program "....helping older people live independently"

Did you know that Senior Services is contracted with the Illinois Dept. on Aging to provide the Community Care Program for 9 counties within the

State of Illinois? The counties we serve are: Effingham, Clay, Fayette, Jefferson, Marion, Jasper, Crawford, Richland, and Lawrence. All of our offices are your direct linkage to all the information you need regarding community based services that can give you many added benefits that enhance your quality of life. As you prepare to retire or if you become disabled, the staff members in our offices will assist you with the services that will allow you to remain in your own home, and assist you to live independently instead of premature nursing home placement , as long as nursing home placement is not necessary for you. We will send out staff to your home at no cost to discuss your needs and goals, and provide you with choices for your care with services, Emergency Home Response Service, Home Delivered Meals and in some areas of the state, Senior Companion. If you qualify for CCP services, the staff member will work with you to determine your needs and goals and assist you in setting up services that are appropriate for you and keep in touch with you to make sure the services continue to meet your needs.

For more info call 1-800-283-4070 or call 217-347-5569



Medication Disposal... P2D2!

Have you ever wondered what to do with medicine that you no longer use or need? Well, Senior Services has thought about this and for your convenience you can get rid of your OLD, EXPIRED or UNWANTED

medications by dropping them into the P2D2 box located in the front lobby. Keep yourself and your family safe and discard your unused, unwanted or expired medications today!



What is an Ombudsman?

Ombudsman is a Swedish word meaning citizen's representative. A Long–Term Care Ombudsman is an advocate who seeks to resolve complaints on behalf of residents who receive long-term care services. Illinois Long-Term Care Ombudsman Program strives to protect and promote the rights and 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 Lisa Light, Regional Ombudsman, at 217-347-5216 or 1-800-283-4070.

Ombudsman services are confidential and free.



Friends Food Fellowship



^{Friends Food Fellowship}

January 2023 MENU

Suggested Donation\$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Biscuits N Gravy	4 Fried Chicken	5 Loaded Baked	6 Lasagna
	Sausage Patties	Mashed Potatoes	Potato Soup w/bacon	Tossed Salad
Closed	Hash Rounds	Green Beans	Crackers	w/tomatoes
New Year's Holiday	Fresh Orange	Strawberries &	Slice of Cheese	Spiced Apples
,	Apple Juice	Bananas	Broccoli Cauliflower	Black Bean Brownie
		Whole Grain Roll	Salad	Garlic Bread Stick
			Chilled Apricots	
			Otameal Cookie	
9 Pork Roast	10 Meatloaf	11 Chicken Pot Pie	12 Broccoli Cheese	13 Sloppy Joes on
Glazed Sweet	Whipped Potatoes	w/crust	Soup	Bun
Potatoes	BrusselSprouts	Creamy Cole Slaw	¹ / ₂ Ham Sandwich on	Scalloped Potatoes
Cooked Spinach	Mandarin Oranges	Apricots	Whole Grain Bread	Calcio Baked Beans
Waldorf Salad	Peanut Butter Cookie	Angel Food Cake	Green Pea Salad	Strawberries
Whole Grain Bread		_	Blushing Pears	
16	17 Oven Baked	18 Chili	19 Roast Beef	20 Italian Chicken
	Chicken	Cottage Cheese	Mashed Potatoes	Breast
	Whipped Potatoes	Asian Cole Slaw	Lima Beans	Normandy
Closed	Mixed Vegetables	Chilled Pears	Pineapple	Vegetables
Martin Luther King	Mixed Fruit	Cornbread	Whole Grain Roll	Corn
Holiday	Roll	Crackers		Oranges w/bananas
				Roll
23 Country Fried	24 Pork Chop	25 Turkey	26 Spaghetti	27 Fish on Bun
Steak	Baked Potato	Sweet Potatoes	w/meat sauce	Au Gratin Potatoes
Mashed Potatoes	California Blend	Peas	Tossed Salad	Baked Beans
Gravy	Tropical Fruit	Banana	w/tomatoes	Strawberries
, Green Beans	Garlic Biscuit	Whole Grain Roll	Corn	
Apricots			Hot Cherry Crisp	
Whole Grain Bread			Garlic Bread Stick	
30 Pork Cutlet	31 Seasoned Beef			FINAL
Mashed Potatoes	Pattie			
Broccoli \$	Whipped Potatoes			
Cauliflower	Black Eyed Peas			
Apricots	Apple Cake w/cream			
Whole Grain Bread	cheese icing			
NAIL Due ed eu el	Pineapple	ith augustum call Culum	المحمد مقربة	in emergencies!
ivilik, Bread and	-	•	itutes will only be made	in emergencies!
Effingham 217/347-3	-	DAY BEFORE TO RESER	VE A MEAL 8/483-6912; Beecher (City 618/487-5401
LIIIISIIGIII 21// 34/-2		618/662-6741	0, -0, -0, -0, -0, -2, -0, -2, -0, -0, -0, -0, -0, -0, -0, -0, -0, -0	City 010/ 70/ -3401
		LO40 Ramsey 618/23	7-0251	
Pana 21	-	•	incaid 217/237-4328	

4Wethereday5Thmeday1:00 Games12:30 SHIP1:00 Games12111212121312141215121512100 Games12100 Games12100 Games12100 Games12100 Games121212100 Games1212121212100 Games1912121212100 Games12 <t< th=""><th>A</th><th>Activity Center</th><th>r Calendar</th><th>January 2023</th><th>23</th></t<>	A	Activity Center	r Calendar	January 2023	23
0 Knir/Crocher/Socialize 3 0 Games 3 5 0 Games 5 12.30 SHIP 100 Line Duncing 10 0 Games 10 10 10 10 12 0 Games 10.90 Line Duncing 10 12 Please note: There will be program in Januaryi 0 Knir/Crocher/Socialize 900 SHIP 10.00 Line Duncing 12 0 Games 10.90 Line Duncing 10 12 0 Games 10.90 Line Duncing 10 12 0 Sattre 10.90 SHIP 100 Games 20 10.90 Line Duncing 13 13 12:30 SHIP 10.00 Line Duncing 130 Games 12:30 SHIP 12:30 SHIP 11 observation of 10 130 Games 26 11 observation of 130 Games 26 12 of Games 130 Games 26 10 of Games 130 Games 26 10 of Games 130 Games 276 10 of Games 130 Games 276 10 of Games 130 Games 276 10 Games <th></th> <th>Tuesday</th> <th>Wednesday</th> <th>Thursday</th> <th></th>		Tuesday	Wednesday	Thursday	
0 Kair/Crocher/Socialize 9:00 SHIP 1:00 Games 1:20 SHIP 0 Games 9:00 SHIP 100 Line Dancing 10 0 Knir/Crocher/Socialize 9:00 SHIP 10 0 Knir/Crocher/Socialize 9:00 SHIP 10 0 Knir/Crocher/Socialize 9:00 SHIP 1:00 Games 1 n observation of 1:00 Games 1:00 G	7	3		5	
0 Games 0 Games 1000 Line Dateing 12 0 Knit/Crochet/Socialize 900 SHIP 1100 Games 12 0 Knit/Crochet/Socialize 900 SHIP 1000 Line Matrix 0 Games 1000 Line Dateing 1000 Line With A Doe 0 Games 1000 Line Dateing 1000 Line Dateing 1 f 17 18 1 f 17 12 1 f 17 1300 SHIP 1 f 17 12 1 f 1000 Line Dateing 1230 SHIP 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f 1 f </td <td>9:30 Knit/Crochet/Socialize</td> <td></td> <td>1:00 Games</td> <td>12:30 SHIP</td> <td></td>	9:30 Knit/Crochet/Socialize		1:00 Games	12:30 SHIP	
0 Knit/Crochet/Socialize 10 11 12 0 Knit/Crochet/Socialize 100 Line Dancing 100 Clames 12 0 Games 20.00 Line Dancing 20.00 Line Dancing 1200 Bine With A Doc 0 Games 10.00 Line Dancing 100 Clames 12 0 Games 17 130 Games 1230 SHIP 1 in observation of 17 18 1230 SHIP 1 in observation of 1000 Line Dancing 130 Games 1230 SHIP 1 in observation of 23 130 Games 1230 SHIP 1 in observation of 1000 Line Dancing 130 Games 1230 SHIP 1 in observation of 130 Games 1230 SHIP 1230 SHIP 1 in observation of 1000 Line Dancing 130 Games 1230 SHIP 1 in observation of 25 26 1230 SHIP 1 in observation of 130 Games 130 Games 130 SHIP 1 in observation of 130 Games 130 Games 130 SHIP 1 observation of 130 Games 130 Games 130 SHIP 1 observation 130 Games 130 Games 130 Games	1:00 Games	10:00 Line Dancing			1:00 Bingo Sponsor:
0 Knit/Crocher/Socialize 10 11 12 0 Knit/Crocher/Socialize 900 SHIP 100 Line Dancing 12 0 Games 0.000 Line Dancing 100 Line Dancing 12 0 Knit/Crocher/Socialize 100 Line Dancing 10 12 0 Sames 17 18 12 0 Knit/Crocher/Socialize 100 Line Dancing 19 12 1 observation of 10 10 13 10 1 observation of 10 13 10 12 1 observation of 100 Line Dancing 10 12 12 1 observation of 100 Line Dancing 100 Clames 100 Clames 100 Clames 1 observation of 100 Clames 100 Clames 100 Clames 100 Clames 1 observation 100 Clames 25 26 100 Line Dancing 1 of Games 100 Clames 100 Clames 100 Clames 100 Clames 1 of Games 100 Clames 100 Clames 100 Clames 100 Clames 1 of Games 100 Clames 100 Clames 100 Clames 100 Clames					Effingham Senior Services
0 KnivCrochet/Socialize 10 11 22 0 Games 9.00 SHIP 100 Games 10 0 Games 9.00 SHIP 100 Games 10 0 Samues 9.00 SHIP 100 Games 12 1 South March 17 130 Games 12 1 South March 130 Games 13 130 Games 1 South March 130 Games 130 Games 13 1 South March 130 Games 130 Games 130 Games 1 South March 130 Games 130 Games 130 Games 1 South March 130 Games 130 Games 26 1 South 130 Games 130 Games 26 26 1 South 130 Games 130 Games 1230 SHIP 1 South 100 Line Dancing 100 Games 1230 SHIP 1 South 100 Games 130 Games 12					SERVICES APPINESS IS YELLING
0 Knit/Crochet/Socialize 10 11 12 0 Games 9:00 SHIP 1:00 Games 12 0 Games 9:00 SHIP 9:00 SHIP 1:00 Games 1 J 10 10 12:30 SHIP 1 Nobservation of 100 Line Dancing 12 12:30 SHIP 1 Nobservation of 100 Line Dancing 12 12:30 SHIP 1 Nobservation of 1000 Line Dancing 12:30 SHIP 12 1 Nobservation of 1000 Line Dancing 12:30 SHIP 12 1 Nobservation of 10:00 Line Dancing 12:30 SHIP 12 1 Nobservation of 10:00 Line Dancing 12:30 SHIP 12 1 Nobservation 10:00 Line Dancing 10:00 Games 12:30 SHIP 1 Nobservation 10:00 Line Dancing 10:00 Games 12:30 SHIP 1 Nobservation 10:00 Line Dancing 10:00 Games 12:30 SHIP 1 Nobservation 1:00 Games 1:00 Games 1:00 Games 1 Nobservation 1:00 Games 1:00 Games 1:00 Games <					
0 Knit/Crochet/Socialize 10 11 12 0 Games 9:00 SHIP 1:00 Games 10 12 0 Games 9:00 SHIP 1:00 Games NO Dine With A Doc 0 ShiP 9:00 SHIP 1:00 Games 12:30 SHIP 1 ShiP 1:00 Games 12 12:30 SHIP 1 ShiP 1:00 Games 19 12:30 SHIP 1 ShiP 1:00 Games 19 12:30 SHIP 1 ShiP 1:00 Games 12 12:30 SHIP 1 ShiP 1:00 Games 12 12:30 SHIP 1 ShiP 1:00 Games 1:30 Games 19 1 ShiP 1:00 Games 1:30 Games 19 1 ShiP 1:00 Games 1:30 Games 19 1 ShiP 1:00 Games 1:00 Games 1:00 ShiP 1 ShiP 1:00 Games 1:00 ShiP 1:00 ShiP 1 ShiP 1:00 Games 1:00 Games 1:00 ShiP 1 ShiP 1:00 Games 1:00 Games					
0 Knit/Crochet/Socialize 100 Games 11 12 0 Games 10:00 Line Dancing 100 Games 10:00 Line With A Doc 0 Games 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 17 18 12:30 SHIP 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 12:30 SHIP 10:00 Line Dancing 10:00 Line Dancing 12:30 SHIP 10:00 Line Dancing 10:00 Line Dancing 12:30 SHIP 10:00 Line Dancing 10:00 Games 12:30 SHIP 10:00 Line Dancing 26 26 0 Knit/Crochet/Socialize 9:00 SHIP 10:00 Line Dancing 26 0 Knit/Crochet/Socialize 9:00 SHIP 10:00 Line Dancing 1:00 Games 10:00 Line Dancing 0:00 Line Dancing 10:00 Line Dancing 0:00 Line Dancing 10:00 Line Dancing 0:00 Line Dancing			,,		
O Knit/Crochet/Socialize 9:00 SHP 1:00 Games Please note: There will be rogram in January! 0 Games 10:00 Line Dancing 9:00 SHP 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 9:00 SHP 12:30 SHP 11:00 Games 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 11:00 Games 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 11:00 Games 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 11:00 Games 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 11:00 Games 24 25 26 11:00 Games 26 26 10:00 Line Dancing 0 Knit/Crochet/Socialize 9:00 SHP 1:00 Games 26 10:00 Line Dancing 1:00 Games 26 26 10:00 Line Dancing 1:00 Games 26 26 10:00 Line Dancing 1:00 Games 1:00 Games 1:00 Games 10:00 Line Dancing 1:00 Games 1:00 Games 26 10:00 Line Dancing 1:00 Games 1:00 Games 26 10:00 Line Dancing 1:00 Games 1:00 Games 1:00 Games	6		II	12	13
0 Games 10:00 Line Duncing NO. Dine With A Doc Image: Constraint of the formation of the non-straint of the constraint of the non-straint of the constraint o	9:30 Knit/Crochet/Socialize	-	1:00 Games	Please note: There will be	1:00 BINGO sponsor:
Notice Program in January! Notice Provided Name Notice Provided Name </td <td>1:00 Games</td> <td>10:00 Line Dancing</td> <td></td> <td><u>NO</u> Dine With A Doc</td> <td>Evergreen Nursing</td>	1:00 Games	10:00 Line Dancing		<u>NO</u> Dine With A Doc	Evergreen Nursing
Minimute If Is Is If 1000 SHIP 1000 SHIP 1000 SHIP 9:00 SHIP 9:00 SHIP 1000 Line Dancing 1000 Line Dancing In observation of 10:00 Line Dancing 1000 Games 12:30 SHIP If 9:00 SHIP 10:00 Line Dancing 10:00 Games If 1:00 Games 25 26 If 1:00 Games 12:30 SHIP If 1:00 Games 10:00 Birthday Party If 1:00 Games 1:00 Games	AL AL			program in January!	& Rehab
M M <td></td> <td></td> <td></td> <td></td> <td></td>					
17 17 18 19 1000 Line Dancing 17 100 Games 19 1000 Line Dancing 1000 Line Dancing 1000 Line Dancing 1000 Games 1000 Line Dancing 1000 Line Dancing 1000 Games 12.30 SHIP 1000 Line Dancing 24 26 26 1000 Line Dancing 1000 Games 26 26 1000 Line Dancing 1000 Line Dancing 1000 Games 26 1000 Line Dancing 1000 Line Dancing 1000 Games 26 1000 Line Dancing 1000 Games 26 26 1000 Line Dancing 1000 Games 2.66 2.66 1000 Line Dancing 1000 Games 2.760 2.760 1000 Line Dancing 1000 Games 2.760 2.760 1000 Line Dancing 1.000 Games 2.760 2.760 1000 Line Dancing 1.000 Games 2.760 2.760	AN THE			12:30 SHIP	(
If If If In observation of 1000 Line Dancing 19 In observation of 1000 Line Dancing 12:30 SHIP In observation of 1000 Line Dancing 12:30 SHIP In observation of 24 25 In observation of 24 25 In observation of 10:00 Line Dancing In observation of 12:30 SHIP In observation of 24 In observation of 24 In observation of 12:30 SHIP In observation of 24 In observation 24 In observation 10:00 Line Dancing In observation 10:00 Line Dancing In observation 10:00 Line Dancing In observation 2.5 In observation 2.6 In observation 2.6 In observation 2.76					
I7 $0:00$ SHIP $0:00$ Line Dancing $I8$ $1:00$ Games $I9$ $1:00$ Line Dancing $I9$ $1:00$ Line Dancingin observation of $0:00$ Line Dancing $1:00$ Games $1:2:30$ SHIP $1:00$ Cames $1:2:30$ SHIP $1:00$ Cames $Mit/Crochet/Socialize2:40:00 Line Dancing2:52:62:61:00 Birthday Partywith cake & ice cream1:00 Birthday Party0:00 Birthday Birthday Party0:00 Birthday Birthday$)
0.00 SHIP $1:00 Games$ $1:2:30 SHIP$ in observation of in observation of $trick finith think finith fin$		17	18	19	20
In observation of in observation of in observation of 24 10:00 Line Dancing 24 10:00 Line Dancing 24 26Sint Crochet/Socialize 0 Games 24 25 26 $9:00$ SHIP 0 Games 26 26 0.00 Line Dancing $1:00$ Games $1:00$ Birthday Party with cake & ice cream Provided by Aperion 31 1.500 Games 2.66 0.600 Line Dancing $1:00$ Games 26 0.600 Line Dancing $1:00$ Games 26 0.600 Line Dancing $1:00$ Games $2.7eb$ 0.700 Line Dancing $1:00$ Games $2.7eb$ 0.700 Line Dancing $1:00$ Games $2.7eb$ 0.700 Line Dancing $1:00$ Games $1:00$ Games		9:00 SHIP	1:00 Games	12:30 SHIP	1:00 Bingo
in observation of in observation of in observation of in observation of in observation 24 25 24 25 26 26 26 26 26 26 26 26 26 26	110110	10:00 Line Dancing			
Minimutation 24 Definition 24 Definition 25 Definition 25 Definition 26 Definition 1:00 Games	in observation of				
Minimum Manufactor 24 0 Knit/Crochet/Socialize 9:00 SHIP 0 Games 10:00 Line 25 26 10:00 Line 11					
Amit/Crochet/Socialize2425260 Knit/Crochet/Socialize200 SHIP1:00 Games260 Games1:00 Line Dancing1:00 Games1:00 Birthday Party0 Games1:00 Line Dancing1:00 Games1:00 Birthday Party0 Mit/Crochet/Socialize311:00 Games1:00 Birthday Party1 Mit/Crochet/Socialize311:Feb2:Feb0 Mit/Crochet/Socialize9:00 SHIP2:Feb1:00 Line Dancing0 Games00 Cames1:00 Line Dancing2:Feb	Martin Luther King, Jr.				
$\begin{array}{ c c c c c c } \hline 0 \ \mbox{Knit/Crochet/Socialize} & 24 & 25 & 26 \\ \hline 0.00 \ \mbox{ShIP} & 1.00 \ \mbox{ShIP} & 1.00 \ \mbox{Birthday Party} & 1.00 \ \$					
9:00 SHIP 10:00 Line Dancing1:00 Games12:30 SHIP 1:00 Birthday Party $10:00 Line Dancing1:00 Birthday Party1:00 Birthday Party311:00 Birthday Partywith cake & ice cream311:00 Birthday Party1:00 Birthday Party311:00 Cames2:Feb1:00 Cames1:00 Line Dancing1:00 Cames2:Feb1:0:00 Line Dancing$	23	24	25	26	27
10:00 Line Dancing1:00 Birthday Party $10:00 Line Dancingwith cake & ice cream10:00 Line DancingProvided by Aperion31Provided by Aperion311-Feb9:00 SHIP2-Feb10:00 Line Dancing2-Feb10:00 Line Dancing1:00 Games$	9:30 Knit/Crochet/Socialize		1:00 Games	12:30 SHIP	1:00 Bingo Sponsor:
with cake & ice creamMith cake & ice creamMi	1:00 Games	10:00 Line Dancing		1:00 Birthday Party	Lakeland Rehab &
Provided by AperionAllAllAllBrowided by AperionAllBrowided by AperionAllBrowided by AperionBrowided by AperionBrowide by Aperion	<u>This Photo</u> by Unknown Auhori s licensed under <u>CC BY-SA-NC</u>			with cake & ice cream	Health Care Center
3I $1-Feb$ $2-Feb$ $3I$ $1-Feb$ $2-Feb$ $3I$ $1000 SHIP$ $1000 Cames$ $1000 Line Dancing$ $1000 Cames$				Provided by Aperion	
31 1-Feb 2-Feb 31 1-Feb 2-Feb 9:00 SHIP 1:00 Games 12:30 SHIP 10:00 Line Dancing 1:00 Cames 12:30 SHIP					
31 1-Feb 2-Feb 9:00 SHIP 1:00 Games 12:30 SHIP 10:00 Line Dancing 1:00 Games		4 Far			
9:00 SHIP 10:00 Line Dancing 10:00 Line Dancing	30	31	1-Feb	2-Feb	3-Feb
10:00 Line Dancing	9:30 Knit/Crochet/Socialize	9:00 SHIP	1:00 Games	12:30 SHIP	1:00 Bingo Sponsor:
	1:00 Games	10:00 Line Dancing			Effingham Senior Services
			E		SENIOR
	0				
			8		