

# East Rockingham Senior Center

135 Safie 6<sup>th</sup> Street, Rockingham, NC 28379

910-997-8332

**Senior Center Of Excellence**

# July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Walking video 10:00am Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Darts 3:00pm	<b>4</b> <p style="text-align: center;"><b>Closed for Independence Day Holiday</b></p>	<b>5</b> Walking video 10:00am "Just Crafts" 1:00pm Contract rummy 2:00pm Darts 3:00pm	<b>6</b> Walking video 10:00am Color me calm 1:00pm Art Class 1:30pm Cornhole 3:00pm	<b>7</b> Walking video 10:00am Hand wax therapy 12:00pm Scrabble 2:00pm Darts 3:00pm
<b>10</b> Walking video 10:00am Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Cornhole 3:00pm	<b>11</b> Walking video 10:00am Birthday Party 12:00pm CV practice 1:00pm Darts 3:00pm Happy Hour 6:00pm	<b>12</b> Walking video 10:00am "Just Crafts" 1:00pm CV game w/Ellerbe 2:00pm (AWAY) Cornhole 3:00pm	<b>13</b> Walking video 10:00am Color me calm 1:00pm Art Class 1:30pm Darts 3:00pm	<b>14</b> Walking video 10:00am Hand wax therapy 12:00pm Scrabble 2:00pm Cornhole 3:00pm TCJ of ER 4:30pm
<b>17</b> Walking video 10am Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Darts 3:00pm	<b>18</b> Walking video 10:00am CV practice 1:00pm Aggravation 2:00pm Cornhole 3:00pm	<b>19</b> Walking video 10:00am "Just Crafts" 1:00pm Contract rummy 2:00pm Darts 3:00pm	<b>20</b> Walking video 10:00am Color me calm 1:00pm Art Class 1:30pm Cornhole 3:00pm	<b>21</b> Walking video 10:00am Hand wax therapy 12:00pm Scrabble 2:00pm Darts 3:00pm
<b>24</b> Walking video 10:00am Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Cornhole 3:00pm	<b>25</b> Walking video 10:00am CV practice 1:00pm Rummikub 2:00pm Darts 3:00pm	<b>26</b> Walking video 10:00am "Just Crafts" 1:00pm CV game w/Hamlet 2:00pm (HOME)	<b>27</b> Walking video 10:00am Color me calm 1:00pm Art Class 1:30pm Ice Cream Social 2:00pm @ Hamlet Senior Center Darts 3:00pm	<b>28</b> Walking video 10:00am Hand wax therapy 12:00pm Bingo 2:00pm Scrabble 2:00pm Cornhole 3:00pm
<b>31</b> Walking video 10:00am Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm	Legend: BP = Blood Pressure Check \$ = Fee for program/ activity CV = Chair Volleyball			

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Bingo 12:15pm	<b>4</b> <b>Closed for Independence Day Holiday</b>	<b>5</b> Volleyball Practice 10:00am	<b>6</b> Bingo 12:15pm Coffee with Sandy 10:00am	<b>7</b> Birthday Party with Community Hospice 12:00pm
<b>10</b> Bingo 12:15pm with Richmond Co. Hospice Shoot Pool in E. Rock 1:00pm	<b>11</b> Pamper Day 8:30am	<b>12</b> Volleyball Practice 10:00am Game V/S E. Rock 2:00pm Home Game	<b>13</b> Bingo 12:15pm	<b>14</b> Phase 10 12:15pm
<b>17</b> Bingo 12:15pm with Richmond Pines Line Dancing 1:00pm	<b>18</b> Sherry the Librarian 12:15pm Paraffin Hand Wax 1:00pm	<b>19</b> Volleyball Practice 10:00am Volleyball Game V/S Hamlet 2:00pm Away	<b>20</b> Bingo 12:15pm with Community Hospice	<b>21</b> Rummikub 12:15pm
<b>24</b> Bingo 12:15pm Creative Beauty & Nail Design Trip 1:00pm- call Judy to register 652-6006	<b>25</b> Diabetes Class 1:00pm-3:00pm	<b>26</b> Volleyball Practice 10:00am	<b>27</b> Bingo 12:15pm with Liberty Home Health Ice Cream Social 2:00pm @ Hamlet Senior Center	<b>28</b> Scrabble 12:15pm
<b>31</b> Bingo 12:15pm	Legend:      \$ = Fee for program/ activity			

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Exercise Room 7:30am-6:30pm	<b>4</b> <b>Closed for Independence Day Holiday</b>	<b>5</b> Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm	<b>6</b> Exercise Room 7:30am-6:30pm Puzzle- drop in	<b>7</b> Exercise Room 8:00am-5:00pm
<b>10</b> Exercise Room 7:30am-6:30pm	<b>11</b> Exercise Room 7:30am-6:30pm Puzzle- drop in	<b>12</b> Exercise Room 7:30am- 6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm	<b>13</b> Exercise Room 7:30am-6:30pm Puzzle- drop in	<b>14</b> Exercise Room 8:00am-5:00pm
<b>17</b> Exercise Room 7:30am-6:30pm	<b>18</b> Exercise Room 7:30am-6:30pm Puzzle- drop in	<b>19</b> Exercise Room 7:30am- 6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm	<b>20</b> Exercise Room 7:30am-6:30pm Puzzle- drop in	<b>21</b> Exercise Room 8:00am-5:00pm
<b>24</b> Exercise Room 7:30am-6:30pm	<b>25</b> Exercise Room 7:30am-6:30pm Puzzle- drop in	<b>26</b> Exercise Room 7:30am- 6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm	<b>27</b> Exercise Room 7:30am-6:30pm Puzzle- drop in Ice Cream Social 2:00pm @ Hamlet Senior Center	<b>28</b> Exercise Room 8:00am-5:00pm
<b>31</b> Exercise Room 7:30am-6:30pm	<b>Legend:</b> SHIIP= Seniors' Health Insurance Information Program- Call 910-410-1135 for an appointment Appt. = Appointment \$ = Fee for Program/ Activity			