

Rockingham Senior Center

225 South Lawrence Street, Rockingham, NC 28379
910-997-4491

October 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| 2 Exercise Room 7:30am-6:30pm | 3 Exercise Room 7:30am-6:30pm Puzzle- drop in | 4 Exercise Room 7:30am-6:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-6:00pm | 5 Exercise Room 7:30am-6:30pm Puzzle- drop in | 6 Exercise Room 8:00am-5:00pm |
| 9 Exercise Room 7:30am-6:30pm | 10 Exercise Room 7:30am-6:30pm Puzzle- drop in | 11 Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm | 12 Exercise Room 7:30am-6:30pm Puzzle- drop in | 13 Exercise Room 8:00am-5:00pm |
| 16 Exercise Room 7:30am-6:30pm SHIIP- by appt. only | 17 Exercise Room 7:30am-6:30pm Puzzle- drop in SHIIP- by appt. only | 18 Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm | 19 Exercise Room 7:30am-6:30pm Puzzle- drop in SHIIP- by appt. only | 20 Exercise Room 8:00am-5:00pm |
| 23 Exercise Room 7:30am-6:30pm SHIIP- by appt. only | 24 Exercise Room 7:30am-6:30pm Puzzle- drop in SHIIP- by appt. only | 25 Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm | 26Exercise Room 7:30am-6:30pm Puzzle- drop in Autumn Antics 2:00pm-4:00pm | 27 Exercise Room 8:00am-5:00pm |
| 30 Exercise Room 7:30am-6:30pm | 31 Exercise Room 7:30am-6:30pm Puzzle- drop in | | Legend : SHIIP=Seniors Health Insurance Information Program- Call 910-410-1135 for an appt. | Legend: Appt. = Appointment \$ = Fee for Program/Activity |

East Rockingham Senior Center
135 Safie 6th Street ; Rockingham, NC
28379 910-997-8332

October 2017

Senior Center of Excellence

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 2 Walking video 10:00am Trivia Questions 12:00pm Stitch in time 1:00pm Line dance class 2:00pm Cornhole 3:00pm | 3 Tell me something G😊😊D Walking video 10:00am CV practice 1:00pm UNO 2:00pm Darts 3:00pm | 4 \$ Robeson County Fair 12 pm Walking video 10:00am “Just Crafts” 1:00pm Contract rummy 2 :00pm Cornhole 3:00pm | 5 Walking video 10:00am Color me calm 1:00pm \$Art Class 1:30pm Darts 3:00pm | 6 Walking video 10:00am Hand wax therapy 12:00pm Scrabble 2:00pm Cornhole 3:00pm |
| 9 Walking video 10:00am Trivia questions 12:00pm Stitch in time 1:00pm Line dance class 2:00pm Darts 3:00pm | 10 Walking video 10:00am Birthday Party 12:00pm CV practice 1:00pm Cornhole 3:00pm HAPPY HOUR 6:00pm | 11 Walking video 10:00am “Just Crafts” 1:00pm CV game w/Ellerbe 1:30pm (HOME) | 12 \$ Mountain Trip Tell me something G😊😊D Walking video 10:00am Color me calm 1:00pm \$Art Class 1:30pm Cornhole 3:00pm | 13 Walking video1 0:00am Hand wax therapy 12:00pm Scrabble 2:00pm Darts 3:00pm |
| 16 SHIIP- by appt. only Walking video 10:00am Trivia Questions 12:00pm Stitch in time 1:00pm Line dance class 2:00pm Cornhole 3:00pm | 17 Girls Day Out 8:00am Walking video 10:00am Division for the Deaf and Hard of Hearing 10:00am BP’s by Bayada 11:00am | 18 Tell me something G😊😊D Walking video 10:00am “Just Crafts” 1:00pm Contract rummy 2:00pm Cornhole 3:00pm | 19 Walking video 10:00am Color me calm 1:00pm \$Art Class 1:30pm Darts 3:00pm | 20 Walking video 10:00am Hand wax therapy 12:00pm Scrabble 2:00pm Cornhole 3:00pm TCJ of ER 4:30pm |
| 23 SHIIP- by appt. only Walking video 10:00am Trivia Questions 12:00pm Stitch in time 1:00pm Line dance class 2:00pm Darts 3:00pm/Cornhole | 24 Walking video 10:00am CV practice1:00pm Rummikub 2:00pm Cornhole 3:00pm/Darts | 25 Walking video 10:00am “Just Crafts” 1:00pm CV game w/Hamlet 2:00pm (HOME) | 26 Autumn Antics 2:00pm—4:00pm Food, games, prizes | 27 Tell me something G😊😊D Walking video 10:00am Hand wax therapy 12:00pm Bingo 2:00pm Scrabble 2:00pm |
| 30 SHIIP- by appt. only Walking video 10:00am Trivia Questions 12:00pm Stitch in time 1:00pm Line dance class 2:00pm | 31 Walking video 10:00am CV practice 1:00pm Rummikub 2:00pm Cornhole 3:00m/Darts | Legend: CV=chair volleyball BP’s=blood pressure check Shiip= Seniors Health Insurance Information Program | Legend: TCJ of ER=The Crown Jewels of East R’ham | Legend: \$= Fee for activity /program |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 2 Bingo 12:15pm with Richmond Co. Hospice Line Dancing 1:00pm | 3 Art Class 12:15pm | 4 CLOSED \$ ROBESON FAIR TRIP 9:00 am | 5 Bingo 12:15pm Coffee with Sandy | 6 Dominos |
| 9 Bingo 12:15pm with Richmond Pines | 10 Art Class 12:15pm | 11 Volleyball Practice 10:00am Game V/S E.Rock 2:00pm Away | 12 CLOSED \$ MOUNTAIN TRIP 8:00 am | 13 Darts 12:15pm Tell me something good |
| 16 Bingo 12:15pm Line Dancing 1:00pm | 17 CLOSED \$ CAMPBELL SOUP TRIP 9:00 am | 18 Volleyball Practice 10:00am Game V/S Hamlet 2:00pm Home Sheila Raye- Dementia | 19 Bingo 12:15pm with Community Hospice | 20 Cornhole 12:15pm |
| 23 Bingo 12:15pm | 24 CLOSED PAMPER DAY TRIP 8:30am | 25 Volleyball Practice 10:00am | 26 Bingo 12:15pm Autumn Antics 2:00pm-4:00pm | 27 Scrabble 12:15pm |
| 30 Bingo 12:15pm Line Dancing 1:00pm | 31 Art Class 12:15pm Halloween Party | | | |

Legend: **\$ = Fee for program/ activity**