

East Rockingham Senior Center

135 Safie 6th Street; Rockingham, NC
28379 (910)997-8332

November 2017

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEGEND \$=Fee for activity/program CV=chair volleyball BP's=blood pressure check	LEGEND TCJ of ER=The Crown Jewels of East Rockingham	1 Walking video10:00am "Just Crafts"1:00pm Contract rummy2:00pm Darts3:00pm	2 Walking video10:00am Color me calm1:00pm \$Art class1:30pm Cornhole3:00pm	3 Walking video10:00am Hand wax therapy12:0pm Scrabble2:00pm Darts3:00pm
6 Shiip by appointment Walking video10:00am Trivia questions12:00pm Stitch in time1:00pm Line dance class2:00pm Cornhole3:00pm	7 CLOSED FOR ELECTION DAY Trip to Southern Supreme 8:30am	8 Walking video10:00am "Just Crafts"1:00pm CV game w/Ellerbe 1:30pm (AWAY)	9 FLU SHOT 9:00am-11:00am Walking video10:00am Color me calm1:00pm \$Art class1:30pm Darts 3:00pm	10 Closed Veterans' Day Thank you to our Veterans
13 Closed	14 Walking video10:00am Birthday party12:00pm CV practice1:00pm Cornhole3:00pm HAPPY HOUR6:00pm	15 Walking video10:00am "Just Crafts"1:00pm Contract rummy2:00pm Darts3:00pm	16 Closed Senior Center Closed/ Meal Site Open	17 Walking video10:00am Hand wax therapy12:0pm Scrabble2:00pm Darts3:00pm TCJ of ER 4:30pm
20 Shiip by appointment Walking video10:00am Trivia questions12:00pm Stitch in time1:00pm Line dance class2:00pm Cornhole3:00pm	21 Girls Day Out 8:00am Walking video10:00am BP's by Bayada11:00am Division for Deaf & Hard of Hearing10:00am CV practice1:00pm	22 Walking video10:00am "Just Crafts"1:00pm CV game w/Hamlet 2:00pm (HOME)	23 Closed Happy Thanksgiving	24 Closed
27 Shiip by appointment Walking video10:00am Trivia questions12:00pm Stitch in time1:00pm Line dance class2:00pm Darts3:00pm	28 Walking video10:00am CV practice1:00pm Rummikub2:00pm Cornhole3:00pm	29 Walking video10:00am Home Choice info/Bingo 12:00pm "Just Crafts"1:00pm Contract rummy2:00pm Darts3:00pm	30 Walking video10:00am Color me calm1:00pm \$Art class1:30pm Cornhole3:00pm	Tell me something G😊😊D anytime

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Volleyball Practice 10:00am	2 Candle Light Reflections 1-3pm Cole Auditorium	3 Veterans Event
6 Bingo 12:15pm	7 Trip to fruit cake factory \$5.00	8 Volleyball Practice 10:00am	9 Bingo 12:15pm	10 CLOSED
13 CLOSED	14 Art Class 12:15pm Flu Shots 10am-12pm	15 Volleyball Practice 10:00am	16 Bingo 12:15pm with Community Hospice	17 Corn hole 12:15pm
20 Bingo 12:15pm	21 Art Class 12:15pm	22 Volleyball Practice 10:00am	23 CLOSED Happy Thanksgiving	24 CLOSED
27 Bingo 12:15pm Line Dancing 1:00pm	28 Pamper Day	29 Volleyball Practice 10:00am	30 Bing 12:15pm	

Legend: \$ = Fee for program/ activity

Rockingham Senior Center

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

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Legend: SHIIP= Senior Health Insurance Information Program-Call 910-410-1135 for an appt.</p>	<p>Legend: Appt.=Appointment \$= Fee for Program/Activity</p>	<p>1 Exercise Room 7:30am-6:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-6:00pm</p>	<p>2 Exercise Room 7:30am-6:30pm Puzzle- drop in SHIIP- by appt. only</p>	<p>3 Exercise Room 8:00am-5:00pm</p>
<p>6 Exercise Room 7:30am-6:30pm SHIIP- by appt. only</p>	<p>7 Exercise Room 7:30am-6:30pm Puzzle- drop in SHIIP- by appt. only</p>	<p>8 Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm</p>	<p>9 Exercise Room 7:30am-6:30pm Puzzle- drop in SHIIP- by appt. only</p>	<p>10 CLOSED</p>
<p>13 Exercise Room 7:30am-6:30pm Closed 10:00am-2:00pm SHIIP- by appt. only</p>	<p>14 Exercise Room 7:30am-6:30pm Puzzle- drop in SHIIP- by appt. only</p>	<p>15 Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm</p>	<p>16 CLOSED</p>	<p>17 Exercise Room 8:00am-5:00pm</p>
<p>20 Flu Shots 2:00pm-4:00pm Exercise Room 7:30am-6:30pm SHIIP- by appt. only</p>	<p>21 Exercise Room 7:30am-6:30pm Puzzle- drop in SHIIP- by appt. only</p>	<p>22 Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm</p>	<p>23 CLOSED Happy Thanksgiving</p>	<p>24 CLOSED</p>
<p>27 Exercise Room 7:30am-6:30pm SHIIP- by appt. only</p>	<p>28 Exercise Room 7:30am-6:30pm Puzzle- drop in SHIIP- by appt. only</p>	<p>29 Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm</p>	<p>30 Exercise Room 7:30am-6:30pm Puzzle- drop in SHIIP- by appt. only</p>	