

East Rockingham Senior Center

135 Safie 6th Street

Rockingham, NC 28379

(910)997-8332

October 2019

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SHIIP=Seniors Health Insurance Information Program Appt.= appointment *= seating is limited	1 *\$Girls' Day Out 8:00am CV practice 1:00pm UNO 2:00pm Walking video 3:00pm	2 *\$Robeson County Fair 8:00am Horseshoes 10:00am Contract rummy 2:00pm	3 Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	4 Hand wax therapy 12:00pm Scrabble 1:00pm
7 Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm	8 CV practice 1:00pm Rummikub 2:00pm Walking video 3:00pm HAPPY HOUR 6:00pm	9 CV game w/Elberbe 1:30pm(HOME)	10 Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	11 Scrabble 1:00pm Games 1:00pm
14 Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking Video 3:00pm	15 CV practice 1:00pm Dominoes 2:00pm Walking video 3:00pm SHIIP- by appt. only	16 Horseshoes 10:00am Contract rummy 2:00pm	17 Color me calm 1:00pm \$ Art Class Bocce 3:00pm	18 Hand wax therapy 12:00pm Scrabble 1:00pm TCJ of ER 4:30pm (red hat group)
21 Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking Video 3:00pm	22 CV practice 1:00pm UNO 2:00pm Walking video 3:00pm SHIIP- by appt. only	23 CV game w/Hamlet 1:30pm (AWAY)	24 Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm SHIIP- by appt. only	25 Scrabble 1:00pm Games 1:00pm
28 Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking Video 3:00pm	29*\$Trip to Mountains 8:00am CV practice 1:00pm Rummikub 2:00pm Walking video 3:00pm	30 Horseshoes 10:00am Flu Shots- 11:00am (if enough people register) Contract rummy 2:00pm	31 CLOSED Halloween Sweet Treats & Costume Party 1:00pm @ Hamlet Senior Center	LEGEND BP's=blood pressure check CV=chair volleyball \$=fee for activity/program

Ellerbe Senior Center
 306 Millstone Road, Ellerbe, NC 28338
 910-652-6006

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Legend: \$= Fee for program/activity *=seating is limited	1 Healthy Cooking Class 1:00pm-3:00pm	2 \$*Trip to Robeson Co. Fair 8:00am	3 Bingo 12:15pm with Richmond Pines	4 Scrabble 12:15pm
7 Bingo 12:15pm with Richmond Co. Hospice	8 Card Club 12:30pm	9 Volleyball Practice 10:00am Game at Pruitt Health 2:00 pm	10 Bingo 12:15pm with Cornerstone Ins.	11 Aggravation 12:15pm
14 Bingo 12:15pm with United Healthcare	15 Card Club 12:30pm Cold Prevention w/Fema	16 Volleyball Practice 10:00am Game at 2:00pm v/s E Rock Away	17 Bingo 12:15pm with Community Hospice	18 Contract Rummy
21 Bingo 12:15pm with Humana	22 Card Club 12:30pm	23 Volleyball Practice 10:00am Flu Shots: 11:00am (if enough people register) Game @2:00 pm v/s Hamlet Home	24 Bingo12:15pm with Autumn Care-	25 Triominos 12:15pm
28 Bingo 12:15pm with Mt.Gilead Assisted Living	29 \$*Trip to the mountains- 8:00am	30 Volleyball Practice 10:00am	31 Halloween Sweet Treats & Costume Party 1:00pm @ Hamlet Senior Center	

Rockingham Senior Center

225 South Lawrence St. Rockingham, NC 28379
910-997-4491

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Legend: \$= Fee for Program/Activity *Seating is limited Appt.=Appointment	1 Exercise Room & Computer Lab 7:30am-5:30pm	2 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	3 Exercise Room & Computer Lab 7:30am-5:30pm	4 Exercise Room & Computer Lab 7:30am-5:30pm
7 Exercise Room & Computer Lab 7:30am-5:30pm	8 Exercise Room & Computer Lab 7:30am- 5:30pm	9 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	10 Exercise Room & Computer Lab 7:30am- 5:30pm	11 Exercise Room & Computer Lab 8:00am-5:00pm
14 Exercise Room & Computer Lab 7:30am-5:30pm	15 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only	16 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	17 Exercise Room & Computer Lab 7:30am-5:30pm Alive after 55- Bojangles 6:00pm-8:00pm	18 Exercise Room & Computer Lab 8:00am-5:00pm
21 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only	22 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only	23 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	24 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only	25 Exercise Room & Computer Lab 8:00am-5:00pm
28 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only	29 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only	30 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	31 Exercise Room & Computer Lab 7:30am-5:30pm Halloween Sweet Treats & Costume Party 1:00pm @ Hamlet Senior Center	Legend: SHIIP= Senior Health Insurance Information Program 410-1135 for an appt.