

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

October 2018

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Walk with Ease 10:00am Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	2 Walk with Ease 10:00am CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Cornhole 3:00pm	3 Walk with Ease 10:00am Table Tennis 1:00pm Contract rummy 2:00pm Walking video 3:00pm Darts 3:00pm	4 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	5 Hand wax 12:00pm Scrabble 1:00pm Tai-chi class 3:00pm Walking video 3:00pm
8 Walk with Ease 10:00am Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	9 Walk with Ease 10:00am CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm HAPPY HOUR 6:00pm	10 Walk with Ease 10:00am CV game w/Ellerbe 1:30pm (HOME) Cornhole 3:00pm	11 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	12 Scrabble 1:00pm Tai-chi class 3:00pm Walking video 3:00pm
15 Walk with Ease 10:00am Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	16 Walk with Ease 10:00am CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Cornhole 3:00pm SHIIP-by appt. only	17 Walk with Ease 10:00am Table Tennis 1:00pm Contract rummy 2:00pm Walking video 3:00pm Darts 3:00pm	18 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm SHIIP-by appt. only	19 Hand wax 12:00pm Scrabble 1:00pm Tai-chi class 3:00pm Walking video 3:00pm TCJ of ER 4:30pm
22 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm Walking video 3:00pm	23 Campbell's Soup trip 9:30am CV practice 1:00pm SHIIP-by appt. only	24 CV game w/Hamlet 2:00pm (AWAY) Cornhole 3:00pm	25 "Autumn Antics" 2pm—4pm Food, Games, Fun☺	26 Scrabble 1:00pm Bingo 2:00pm Tai-chi class 3:00pm Walking video 3:00pm
29 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm Walking video 3:00pm	30 Girls' Day Out 8:00am CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Cornhole 3:00pm SHIIP-by appt. only	31 Birthday Party 12:00pm Table tennis 1:00pm Contract rummy 2:00pm Walking video 3:00pm Darts 3:00pm	LEGEND TCJ of ER=The Crown Jewels of East Rockingham SHIIP=Seniors Health Insurance Information Program	LEGEND \$=FEE for program/activity CV=chair volleyball BP's=blood pressure check

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

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bingo 12:15pm Richmond co	2 \$Art Class 12:15pm	3 \$Robeson Co. Fair 10:30am	4 Bingo 12:15pm	5 Contract Rummy 12:15pm
8 Bingo 12:15pm Richmond Pines	9 \$Art Class 12:15pm	10 Volleyball Practice 10:00 Volleyball Game 2:00 @ Away	11 Bingo 12:15pm with Liberty Hospice	12 Aggravation 12:15pm
15 Bingo 12:15pm Richmond Pines	16 \$Art Class 12:15pm	17 Volleyball Game V/S Hamlet @ 2:00 Home	18 \$Mountain trip 8:00am	19 Rummikub 12:15pm
22 Bingo 12:15pm	23 \$Art Class 12:15pm	24 Volleyball Practice 10:00	25 Bingo 12:15pm with Autumn Care of Biscoe Autumn Antics 2-4pm	26 Scrabble 12:15pm
29 Bingo 12:15pm	30 \$Art Class 12:15pm	31 Halloween Party 12:15		Legend: \$ Fee for program/activity

Rockingham Senior Center

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

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Exercise Room & Computer Lab 7:30am-5:30pm	2 Exercise Room & Computer Lab 7:30am-5:00pm	3 Exercise Room&Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	4 Exercise Room & Computer Lab 7:30am-5:00pm	5 Exercise Room & Computer Lab 8:00am-5:00pm
8 Exercise Room & Computer Lab 7:30am-5:30pm	9 Exercise Room & Computer Lab 7:30am-5:30pm	10 Exercise Room&Computer Lab 7:30am- 5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	11 Exercise Room & Computer Lab 7:30am-5:30pm \$Winston-Salem Trip 7:30am	12 Exercise Room & Computer Lab 8:00am-5:00pm
15 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only	16 Exercise Room & Computer Lab 11:30am-5:30pm SHIIP-by appt. only	17 Exercise Room&Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	18 Exercise Room & Computer Lab 7:30am-5:30pm Alive after 55-Hudson Brothers Deli 6:00pm RSVP by 10/17/18 see newsletter for more info.	19 Exercise Room & Computer Lab 8:00am-5:00pm
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	24 Exercise Room 7:30am-5:30pm SHIIP-by appt. only Paraffin Wax 7:30am-5:00pm	25 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only	26 Exercise Room & Computer Lab 8:00am-5:00pm
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	31 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Wax 7:30-5:00pm	Legend: \$=Fee for Program/Activity	Legend: SHIIP=Senior Health Insurance Program 410-1135 for an appt. Appt.=Appointment