

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

FEBRUARY 2018

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tell me something GOOD ☺☺			1 Color me calm 1:00pm Art Class \$ 1:30pm Walking video 3:00pm	2 Hand wax therapy 12:00pm Scrabble 1:00pm Walking video 3:00pm
5 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	6 CV practice 1:00pm UNO 2:00pm Walking video 3:00pm	7 "Just Crafts" 1:00pm Contract rummy 2:00pm Walking video 3:00pm	8 Closed 8:30am-11:30am for Alzheimer's Workshop @ the Cole Color me calm 1:00pm \$ Art Class 1:30pm Walking video 3:00pm	9 Hand wax therapy 12:00pm Scrabble 1:00pm Walking video 3:00pm
12 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	13 Birthday party 12:00pm CV practice 1:00pm Walking video 3:00pm HAPPY HOUR 6:00pm	14 Valentine's Social 1:30pm-4:00pm @ Cole Auditorium	15 Color me calm 1:00pm \$ Art Class 1:30pm Walking video 3:00pm	16 Hand wax therapy 12:00pm Scrabble 1:00pm Walking video 3:00pm TCJ of ER 4:30pm
19 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	20 Girls Day Out 8:00am CV practice 1:00pm Aggravation 2:00pm Walking video 3:00pm	21 Just Crafts" 1:00pm Contract rummy 2:00pm Walking video 3:00pm	22 Color me calm 1:00pm \$ Art Class 1:30pm Walking video 3:00pm	23 Hand wax therapy 12:00pm Scrabble 1:00pm Walking video 3:00pm
26 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	27 CV practice 1:00pm *DEEP (diabetes class) 2:00pm* every Tuesday for 6 weeks	28 Just Crafts" 1:00pm CV game w/Hamlet 1:30pm (AWAY)	<u>LEGEND</u> CV=chair volleyball BP's=blood pressure check TCJ of ER=The Crown Jewels of East R'ham \$ =fee for activity	

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

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bingo 12:15pm	2 Contract Rummy 12:15pm
5 Bingo 12:15pm Richmond Co. Hospice	6 \$ Art Class 12:15pm	7 Volleyball Practice 10:00am Game V/S E.Rock 2:00pm Away Game	8 CLOSED 8:30am-11:30am for Alzheimer's Workshop at the Cole	9 Aggravation 12:15pm
12 Bingo 12:15pm with Richmond Pines	13 Sherry the Librarian 11:45am \$ Art Class 12:15pm	14 Volleyball Practice 10:00 Valentine's Social 2:00 pm-4:00 pm Cole Auditorium	15 Bingo 12:15pm with Community Hospice	16 Rummikub 12:15pm
19 Bingo 12:15pm	20 \$ Campbell Soup Trip 9:00am \$ Art Class 12:15pm	21 Volleyball Practice 10:00am	22 Bingo 12:15pm	23 Scrabble 12:15pm
26 Bingo 12:15pm	27 \$ Art Class 12:15pm	28 PAMPER DAY 8:30am		Legend: \$ = Fee for program/activity

Rockingham Senior Center

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

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Legend: SHIP= Senior Health Insurance Information Program 910-410-1135 for an appt.</p>	<p>Legend: Appt.=Appointment \$= Fee for Program/Activity</p>		<p>1 Exercise Room 7:30am-5:30pm Puzzle- drop in</p>	<p>2 Exercise Room 8:00am-5:00pm</p>
<p>5 Exercise Room 7:30am-5:30pm</p>	<p>6 Exercise Room 7:30am-5:30pm Puzzle- drop in</p>	<p>7 Exercise Room 7:30am-5:30pm SHIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm</p>	<p>8 Closed 8:30am-11:30am for Alzheimer's Workshop @ the Cole Exercise Room 7:30am-5:30pm Puzzle- drop in</p>	<p>9 Exercise Room 8:00am-5:00pm</p>
<p>12 Exercise Room 7:30am-5:30pm</p>	<p>13 Exercise Room 7:30am-5:30pm</p>	<p>14 Exercise Room 7:30am-5:30pm Valentine's Social@ Cole Auditorium 1:30pm-4:00pm Paraffin Hand Wax 7:30am-5:00pm</p>	<p>15 Exercise Room 7:30am-5:30pm Puzzle- drop in \$ Alive after 55- 6:00pm RSVP by 2/14/18 see newsletter for more info.</p>	<p>16 Exercise Room 8:00am-5:00pm</p>
<p>19 Exercise Room 7:30am-5:30pm</p>	<p>20 Exercise Room 7:30am-5:30pm Puzzle- drop in</p>	<p>21 Exercise Room 7:30am-5:30pm SHIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm</p>	<p>22 Exercise Room 7:30am-5:30pm Puzzle-drop in</p>	<p>23 Exercise Room 8:00am-5:00pm</p>
<p>26 Exercise Room 7:30am-5:30pm</p>	<p>27 Exercise Room 7:30am-5:30pm Puzzle- drop in</p>	<p>28 Exercise Room 7:30am-5:30pm SHIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm</p>		<p><u>Field Trip \$</u> Saturday February 10th Chocolate Festival in Moore County- leave from Rockingham 6:00am</p>