

East Rockingham Senior Center

135 Safie 6th Street

Rockingham, NC 28379

(910)997-8332

June 2018

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEGEND CV=Chair volleyball BP"s=blood pressure check \$=fee for activity/program	TCJ of ER=The Crown Jewels of East Rockingham			1 Hand wax therapy 12:00pm Scrabble 1:00pm Tai-chi class 3:00pm Walking video 3:00pm
4 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	5 CV practice 1:00pm "Just Crafts" 2:00pm UNO 2:00pm Walking video 3:00pm	6 Table tennis 1:00pm Contract rummy 2:00pm Walking video 3:00pm	7 Color me calm 1:00pm \$Art Class 1:30pm Walking video 3:00pm Bocce 3:00pm	8 Scrabble 1:00pm Cornhole 2:00pm Tai-chi class 3:00pm Walking video 3:00pm
11 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	12 Senior Fishing Trip 8:00am "Just Crafts" 2:00pm CV practice 1:00pm HAPPY HOUR 6:00pm	13 CV game w/Ellerbe 1:30pm (HOME)	14 Closed Senior Symposium	15 Scrabble 1:00pm Horseshoes 2:00pm Tai-chi class 3:00pm Walking video 3:00pm TCJ of ER 4:30pm
18 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	19 CV practice 1:00pm "Just Crafts" 2:00pm Aggravation 2:00pm Walking video 3:00pm	20 \$Girls' Day Out 8:00am Table tennis 1:00pm Contract rummy 2:00pm Walking video 3:00pm	21 Color me calm 1:00pm \$Art Class 1:30pm Walking video 3:00pm Bocce 3:00pm	22 CLOSED
25 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	26 Birthday Party 12:00pm CV practice 1:00pm "Just Crafts" 2:00pm Rummikub 2:00pm Walking video 3:00pm	27 "Just Crafts" 1:00pm CV game w/Hamlet 2:00pm (AWAY)	28 Color me calm 1:00pm \$Art Class 1:30pm Walking video 3:00pm Bocce 3:00pm	29 Scrabble 1:00pm DVD & popcorn 2:00pm Tai-chi 3:00pm Walking video 3:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Contract Rummy 12:15
4 Bingo 12:15pm Richmond Co Hospice 12:15pm Arthritis Class@1:00pm	5 CLOSED	6 Volleyball Practice 10:00	7 Bingo 12:15pm Coffee with Sandy 10:00am Arthritis Class 1:00 pm	8 Aggravation 12:15pm
11 Bingo 12:15pm with Richmond Pines 12:15pm Arthritis Class 1:00 pm	12 CLOSED Senior Fishing Trip	13 Volleyball Game V/S E Rock @ 2:00 Away Game	14 CLOSED Senior Symposium	15 Dominos 12:15pm
18 Bingo 12:15pm Arthritis Class 1:00pm	19 Art Class 12:15pm	20 Volleyball Practice 10:00 Volleyball Game V/S Hamlet @2:00 Away	21 Bingo 12:15pm with Community Hospice Arthritis Class 1:00 pm	22 Scrabble 12:15pm
25 Bingo 12:15pm	26 Art Class 12:15pm	27 Volleyball Practice 10:00	28 Bingo 15:15pm	29 Aggravation 12:15pm
Legend: \$ = Fee for program/ activity				

Rockingham Senior Center

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

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Monday	Tuesday	Wednesday	Thursday	Friday
Legend: Walkie Talkies= Walking at the East Side Cemetery \$=Fee for Program/Activity	Legend: SHIP= Senior Health Insurance Information Program 910-410-1135 for an appt. Appt.= Appointment			1 Exercise Room 8:00am- 5:00pm
4 Exercise Room 7:30am- 5:30pm	5 Exercise Room 7:30am- 5:30pm Puzzle- drop in	6 Exercise Room 7:30am- 5:30pm SHIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	7 Exercise Room 7:30am- 5:30pm Walkie Talkies 9:00am Puzzle- drop in	8 Exercise Room 8:00am- 5:00pm
11 Exercise Room 7:30am- 5:30pm	12 Senior Fishing Trip 8:00am Exercise Room 7:30am- 5:30pm Puzzle- drop in	13 Exercise Room 7:30am- 5:30pm SHIP-by appt. only	14 CLOSED Senior Symposium	15 Exercise Room 8:00am- 5:00pm
18 Exercise Room 7:30am- 5:30pm	19 Exercise Room 7:30am- 5:30pm Puzzle- drop in	20 Exercise Room 7:30am- 5:30pm SHIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	21 Exercise Room 7:30am- 5:30pm Alive after 55-Jerry's Dinner 6:00pm RSVP by 6/20/18 see newsletter for more info.	22 Exercise Room 8:00am- 5:00pm
25 Exercise Room 7:30am- 5:30pm	26 Exercise Room 7:30am- 5:30pm Puzzle -drop in	27 Exercise Room 7:30am- 5:30pm SHIP-by appt. only	28 Exercise Room 7:30am- 5:30pm Walkie Talkies 9:00am Puzzle-drop in	29 Exercise Room 8:00am- 5:00pm