

East Rockingham Senior Center

135 Safie 6th Street

Rockingham, NC 28379

(910) 997-8332

July 2018

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	3 CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Cornhole 3:00pm	4 CLOSED Happy 4th of July	5 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	6 Hand wax therapy 12:00pm Scrabble 1:00pm Tai-chi class 3:00pm Walking video 3:00pm
9 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	10 CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Darts 3:00pm HAPPY HOUR 6:00pm	11 \$Girls Day Out 8:00am CV game w/Ellerbe 1:30pm (AWAY) Cornhole 3:00pm	12 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	13 "Can you hear me now?" advocacy event 10:00am—1:00pm Scrabble 1:00pm Tai-chi class 3:00pm
16 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	17 CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Cornhole 3:00pm	18 Table Tennis 1:00pm Contract rummy 2:00pm Walking video 3:00pm Darts 3:00pm	19 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	20 Scrabble 1:00pm Tai-chi class 3:00pm Walking video 3:00pm TCJ of ER 4:30pm
23 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm Walking video 3:00pm	24 CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Darts 3:00pm	25 CV game w/Hamlet 2:00pm (HOME) Cornhole 3:00pm	26 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	27 Scrabble 1:00pm Bingo 2:00pm Tai-chi class 3:00pm Walking video 3:00pm
30 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm Walking video 3:00pm	31 Birthday party 12:00pm CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Cornhole 3:00pm		LEGEND TCJ of ER=The Crown Jewels of East Rockingham	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

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bingo 12:15pm Richmond Co. Hospice	3 \$ Art Class 12:15pm	4 CLOSED Happy 4th of July	5 Coffee with Sandy Bingo 12:15pm	6 Contract Rummy 12:15pm
9 Bingo 12:15pm Richmond Pines	10 \$ Art Class 12:15pm	11 Volleyball Practice 10:00 Volleyball Game 2:00 @ Home	12 Bingo 12:15pm with Liberty Hospice	13 Aggravation 12:15pm
16 Bingo 12:15pm	17 CLOSED	18 Volleyball Game V/S Hamlet @ 2:00 Away	19 Bingo 12:15pm with Community Hospice	20 Dominos 12:15pm
23 Bingo 12:15pm	24 \$ Art Class 12:15pm	25 \$ Campbell Soup Trip 9:00am	26 Bingo 12:15pm	27 Scrabble 12:15pm
30 Bingo 12:15pm	31 \$ Art Class 12:15pm			Legend: \$ Fee for program/activity

Rockingham Senior Center

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

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Exercise Room & Computer Lab 7:30am-5:30pm	3 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle-drop in	4 CLOSED Happy 4th of July	5 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle-drop in	6 Exercise Room & Computer Lab 8:00am-5:00pm
9 Exercise Room & Computer Lab 7:30am-5:30pm	10 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle- drop in	11 Exercise Room & Computer Lab 7:30am- 5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30-5:00pm	12 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle- drop in	13 Exercise Room & Computer Lab 8:00am-5:00pm
16 Exercise Room & Computer Lab 7:30am-5:30pm	17 Closed 8:30am-11:30am Exercise Room & Computer Lab 11:30am-5:30pm Puzzle- drop in	18 Exercise Room & Computer Lab 7:30am-5:30pm Paraffin Hand Wax 7:30am-5:00pm	19 Exercise Room & Computer Lab 7:30am-5:30pm Alive after 55-Bella Italy 6:00pm RSVP by7/18/18 see newsletter for more info.	20 Exercise Room & Computer Lab 8:00am-5:00pm
23 Exercise Room & Computer Lab 7:30am-5:30pm	24 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle- drop in	25 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am - 5:00pm	26 Exercise Room & Computer Lab 7:30am-5:30pm	27 Exercise Room & Computer Lab 8:00am-5:00pm
30 Exercise Room & Computer Lab 7:30am-5:30pm	31 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle –drop in		Legend: \$=Fee for Program/Activity	Legend: SHIIP= Senior Health Insurance Information Program 910-410-1135 for an appt. Appt.= Appointment