

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

SEPTEMBER 2018

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Closed for Labor Day	4 CV practice 1:00pm "Just Crafts" 2:00pm UNO 3:00pm Walking video 3:00pm	5 Table Tennis 1:00pm Contract rummy 2:00pm Cornhole 3:00pm	6 Color me calm 1:00pm \$Art Class 1:30pm Bocce 3:00pm	7 Hand wax therapy 12:00pm Scrabble 1:00pm Horseshoes 3:00pm
10 Walk with ease class 10:00am Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm	11 Walk with ease class 10:00am CV practice 1:00pm "Just Crafts" 2:00pm Aggravation 3:00pm HAPPY HOUR 6:00PM	12 Walk with ease class 10:00am CV game w/Ellerbe (AWAY) 1:30pm Darts 3:00pm	13 Color me calm 1:00pm \$Art Class 1:30pm Bocce 3:00pm	14 Scrabble 1:00pm Horseshoes 3:00pm Tai-chi class 3:30pm
17 Walk with ease class 10:00am Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm	18 Walk with ease class 10:00am CV practice 1:00pm "Just Crafts" 2:00pm Rummikub 3:00pm	19 Walk with ease class 10:00am Table tennis 1:00pm Contract rummy 2:00pm Cornhole 3:00pm	20 Color me calm 1:00pm \$Art Class 1:30pm Bocce 3:00pm	21 Hand wax therapy 12:00pm Scrabble 1:00pm Horseshoes 3:00pm
24 Walk with ease class 10:00am Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm	25 Walk with ease class 10:00am Girls Day Out 8:00am Birthday Party 12:00pm CV practice 1:00pm "Just Crafts" 2:00pm	26 Walk with ease class 10:00am CV w/Hamlet (HOME) 2:00pm Darts 3:00pm	27 Color me calm 1:00pm \$Art Class 1:30pm Bocce 3:00pm	28 Scrabble 1:00pm Bingo 2:00pm Tai-chi class 3:30pm
LEGEND BP's=blood pressure check CV=chair volleyball \$=fee for activity/program	LEGEND TCJ of ER=The Crown Jewels of East Rockingham			Walk with ease class begins 9/10/18 thru 10/17/18 Call Donna 997-8332 to register

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED Labor Day	4 Dementia Friends 12:15pm	5 Pamper Day 8:30am	6 Health Fair in Hamlet 10:00am-2:00pm	7 Contract Rummy 12:15pm
10 Bingo 12:15pm Richmond Co. Hospice	11 Ornament Making 12:15pm	12 Volleyball Practice 10:00am Volleyball Game 2:00pm @ Home	13 Bingo 12:15pm with Liberty Hospice	14 Aggravation 12:15pm
17 Bingo 12:15pm Richmond Pines	18 Trip to Bass Pro Shop 8:00am	19 Volleyball Game V/S Hamlet @ 2:00 Away	20 Bingo 12:15pm with Community Hospice	21 Rummikub 12:15pm
24 Bingo 12:15pm	25 Art Class 12:15pm	26 Volleyball Practice 10:00am	27 Bingo 12:15pm with Autumn Care of Biscoe	28 Scrabble 12:15pm
30 Bingo 12:15pm				Legend: \$ = Fee for program /activity

Rockingham Senior Center

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

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED Labor Day	4 Exercise Room & Computer Lab 7:30am-5:00pm	5 Exercise Room&Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	6 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle-drop in	7 Exercise Room & Computer Lab 8:00am-5:00pm
10 Exercise Room & Computer Lab 7:30am-5:30pm	11 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle- drop in	12 Exercise Room&Computer Lab 7:30am- 5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	13 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle- drop in	14 Exercise Room & Computer Lab 8:00am-5:00pm
17 Exercise Room & Computer Lab 7:30am-5:30pm	18 Exercise Room & Computer Lab 11:30am-5:30pm Puzzle- drop in	19 Exercise Room&Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	20 Exercise Room & Computer Lab 7:30am-5:30pm Alive after 55-The Taco Factory 6:00pm RSVP by 9/19/18 see newsletter for more info.	21 Exercise Room & Computer Lab 8:00am-5:00pm
24 Exercise Room & Computer Lab 7:30am-5:30pm	25 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle- drop in	26 Exercise Room 1:00pm-5:30pm SHIIP-by appt. only	27 Exercise Room & Computer Lab 7:30am-5:30pm	28 Exercise Room & Computer Lab 8:00am-5:00pm
			Legend: \$=Fee for Program/Activity	Legend: SHIIP=Senior Health Insurance Program 410-1135 for an appt. Appt.=Appointment