

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

November 2018

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEGEND Cv=Chair volleyball BP's=blood pressure check \$=fee for program	TCJofER=The Crown Jewels of East Rockingham		1 Walk w/Ease class 9:30am Color me calm 1:00pm \$ Art Class 1:30pm Bocce 3:00pm	2 Walk w/Ease class 9:30am Hand wax therapy 12:00p Scrabble 1:00pm Tai-chi class 2:00pm Walking video 3:00pm
5 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm	6 CLOSED FOR ELECTION DAY \$Trip to Southern Supreme 8:30am	7 FLU SHOTS 10:00AM Table Tennis 1:00pm Contract rummy 2:00pm Walking video 3:00pm Darts 3:00pm	8 Color me calm 1:00pm \$ Art Class 1:30pm Bocce 3:00pm	9 Hand wax therapy 12:00p Scrabble 1:00pm Tai-chi class 2:00pm Walking video 3:00pm
12 CLOSED FOR VETERANS' DAY THANK YOU TO OUR AWESOME VETERANS!	13 CV practice 1:00pm "Just Crafts" 2:00pm Aggravation 3:00pm Walking video 3:00pm HAPPY HOUR 6:00pm	14 Games day : Rummikub, contract rummy, UNO, Aggravation, etc.	15 Color me calm 1:00pm \$ Art Class 1:30pm Bocce 3:00pm	16 Hand wax therapy 12:00p Scrabble 1:00pm Tai-chi class 2:00pm Walking video 3:00pm TCJofER 4:30pm
19 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm	20 CV practice 1:00pm "Just Crafts" 2:00pm Rummikub 3:00pm Walking video 3:00pm	21 Table Tennis 1:00pm Contract rummy 2:00pm Walking video 3:00pm Darts 3:00pm	22 CLOSED FOR THANKSGIVING! Count your blessings.	23 CLOSED FOR RETAIL THERAPY!
26 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm	27 Girls Day Out 8:00am CV practice 1:00pm	28 Cornhole practice 1:00pm Cornhole game 2:00pm	29 Color me calm 1:00pm \$ Art Class 1:30pm Bocce 3:00pm	30 Hand wax therapy 12:00p Scrabble 1:00pm Bingo 2:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
Legend: \$= Fee for program/activity			1 Bingo 12:15pm	2 Veteran Lunch @ Richmond Co. Hospice
5 Bingo 12:15pm Richmond Pines	6 Fruit Cake Factory Trip 8:30am	7 Volleyball Practice 10:00am Volleyball Game 2:00pm @ Away	8 Bingo 12:15pm with Liberty Hospice	9 Aggravation 12:15pm
12 CLOSED	13 Campbell Soup Trip	14 Volleyball Game V/S Hamlet @ 2:00pm Home	15 Bingo with Community Hospice 12:15pm	16 Rummikub 12:15pm
19 Bingo 12:15pm	20 Art Class 12:15pm	21 Volleyball Practice 10:00am	22 CLOSED	23 CLOSED
26 Bingo 12:15pm	27 Art Class 12:15pm	28 Volleyball Practice 10:00am	29 Bingo with Autumn Care 12:15pm	30 Scrabble 12:15pm

Rockingham Senior Center

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

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Legend: \$=Fee for Program/Activity	Legend: SHIIP= Senior Health Insurance Information Program 410-1135 for an appt. Appt. =Appointment		1 Exercise Room & Computer Lab 7:30am-5:00pm SHIIP=by appt. only	2 Exercise Room & Computer Lab 8:00am-5:00pm Puzzle= drop in
5 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle= drop in SHIIP= by appt. only	6 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle= drop in SHIIP= by appt. only	7 Exercise Room&Computer Lab 7:30am- 5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	8 Exercise Room & Computer Lab 7:30am- 5:30pm Puzzle= drop in SHIIP=by appt. only	9 Exercise Room & Computer Lab 8:00am-5:00pm Puzzle= drop in
12 CLOSED	13 Exercise Room & Computer Lab 11:30am-5:30pm Puzzle= drop in SHIIP-by appt. only	14 CLOSED 10:30am-1:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	15 Exercise Room 7:30am-5:30pm Alive after 55- La Cabana/Hamlet 6:00pm RSVP by 11/14/18 see newsletter for more info.	16 Exercise Room & Computer Lab 8:00am-5:00pm Puzzle= drop in
19 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP –by appt. only	20 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only	21 Exercise Room 7:30am-5:30pm SHIIP-by appt. only Paraffin Wax 7:30am-5:00pm	22 CLOSED	23 CLOSED
26 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle= drop in SHIIP-by appt. only	27 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle= drop in SHIIP-by appt. only	28 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Wax 7:30-5:00pm	29 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle= drop in SHIIP= by appt. only	30 Exercise Room & Computer Lab 7:30am-5:30pm Puzzle= drop in