

**East Rockingham Senior Center**  
**135 Safie 6<sup>th</sup> Street**  
**Rockingham, NC 28379**  
**(910)997-8332**

# January 2019

*NC Senior Center of Excellence*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LEGEND</b> Cv=Chair volleyball BP's=blood pressure check \$=fee for program	<b>1</b>  <b>CLOSED</b> <b>Happy New Year!!!</b>	<b>2</b> Contract rummy 2:00pm Walking video 3:00pm Cornhole 3:00pm	<b>3</b> Color me calm 1:00pm \$ Art Class 1:30pm Bocce 3:00pm	<b>4</b> Hand wax therapy 12:00p Scrabble 1:00pm Tai-chi class 2:00pm Walking video 3:00pm
<b>7</b> Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm	<b>8</b> CV practice 1:00pm "Just Crafts" 2:00pm Aggravation 3:00pm Walking video 3:00pm HAPPY HOUR 6:00PM	<b>9</b> Contract rummy 2:00pm Walking video 3:00pm Darts 3:00pm	<b>10</b> Color me calm 1:00pm \$ Art Class 1:30pm Bocce 3:00pm	<b>11</b> Hand wax therapy 12:00p Scrabble 1:00pm Tai-chi class 2:00pm Walking video 3:00pm
<b>14</b> Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm	<b>15</b> CV practice 1:00pm "Just Crafts" 2:00pm Rummikub 3:00pm Walking video 3:00pm	<b>16</b> Contract rummy 2:00pm Walking video 3:00pm Cornhole 3:00pm	<b>17</b> Color me calm 1:00pm \$ Art Class 1:30pm Bocce 3:00pm	<b>18</b> Hand wax therapy 12:00p Scrabble 1:00pm Tai-chi class 2:00pm Walking video 3:00pm TCJofER 4:30pm
<b>21</b>  <b>CLOSED</b> <b>Martin Luther King Jr.</b> <b>Holiday</b>	<b>22</b> CV practice 1:00pm "Just Crafts" 2:00pm UNO 3:00pm Walking video 3:00pm	<b>23</b> Contract rummy 2:00pm Walking video 3:00pm Darts 3:00pm	<b>24</b> Color me calm 1:00pm \$ Art Class 1:30pm Bocce 3:00pm	<b>25</b> Hand wax therapy 12:00p Scrabble 1:00pm Bingo 2:00pm
<b>28</b> Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm	<b>29</b> GIRLS DAY OUT 8:00am CV practice 1:00pm "Just Crafts" 2:00pm Walking video 3:00pm	<b>30</b> Contract rummy 2:00pm Walking video 3:00pm Cornhole 3:00pm	<b>31</b> Color me calm 1:00pm \$ Art Class 1:30pm Bocce 3:00pm	<b>LEGEND</b> TCJofER=The Crown Jewels of East Rockingham

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

# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>CLOSED</b> <b>Happy New Year</b>	<b>2</b> Volleyball Practice 10:00am	<b>3</b> Bingo 12:15pm	<b>4</b> Scrabble 12:15pm
<b>7</b> Bingo 12:15pm with Richmond Co. Hospice	<b>8</b> Card Club 12:30pm	<b>9</b> Volleyball Practice 10:00am	<b>10</b> Bingo 12:15pm with Liberty Hospice	<b>11</b> Aggravation 12:15pm
<b>14</b> Bingo 12:15pm with Richmond Pines	<b>15</b> <b>\$Pamper Day leave @</b> <b>8:30am</b> (subject to change)	<b>16</b> Volleyball Practice 10:00am	<b>17</b> Bingo 12:15pm with Richmond County Hospice	<b>18</b> Contract Rummy 12:15pm
<b>21</b> <b>CLOSED</b> <b>Martin Luther King Jr.</b> <b>Holiday</b>	<b>22</b> Card Club 12:30pm	<b>23</b> Volleyball Practice 10:00am	<b>24</b> Bingo 12:15pm with Autumn Care	<b>25</b> Triominos 12:15pm
<b>28</b> Bingo 12:15pm	<b>29</b> Card Club 12:15pm	<b>30</b> Volleyball Practice 10:00am	<b>31</b> Bingo 12:15pm	<b>Legend: \$= Fee for</b> <b>program/activity</b>

# Rockingham Senior Center

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

# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Legend: Fee for Program/Activity</b> <b>* Seating is limited</b>	<b>1 CLOSED</b> <b>Happy New Year</b>	<b>2</b> Exercise Room & Computer Lab 7:30am- 5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>3</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>4</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>7</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>8</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>9</b> Exercise Room & Computer Lab 7:30am- 5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>10</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>11</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>14</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>15</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>16</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>17</b> Exercise Room 7:30am-5:30pm <b>Alive after 55-Captain D's 5:00pm-8:00pm See Newsletter for more information</b>	<b>18</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>21 CLOSED</b> <b>Martin Luther King Jr. Holiday</b>	<b>22</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>23</b> Exercise Room & Computer Lab 7:30am-5:00pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>24</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>25</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>28</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>29</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>30</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>Legend: \$=Fee for Program/Activity</b> <b>* Seating is limited</b>	<b>Legend: SHIIP=</b> Senior Health Insurance Information Program 410-1135 for an appt. <b>Appt.</b> =Appointment