

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

# March 2019

*NC Senior Center of Excellence*

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
| <b>LEGEND</b><br>\$=Fee for activity/program<br>CV=chair volleyball<br>BP's=blood pressure check         | <b>LEGEND</b><br>TCJ of ER=The Crown Jewels<br>of East Rockingham   |   |   | <b>1</b><br>Scrabble 2:00pm<br>Darts 3:00pm<br>Walking video 3:00pm   |
| <b>4</b><br>Stitch in time 1:00pm<br>Line dance class 2:00pm<br>Cornhole 3:00pm<br>Walking video 3:00pm  | <b>5</b><br>CV practice 1:00pm<br>Darts 3:00pm<br>Walking video 3:00pm  | <b>6</b> Liberty Tax Service<br>10:00am<br>"Just Crafts" 1:00pm<br>Contract rummy 2:00pm<br>Cornhole 3:00pm<br>Walking video 3:00pm   | <b>7</b><br>Color me calm 1:00pm<br>\$Art class 1:30pm<br>Bocce 3:00pm<br>Walking video 3:00pm                                  | <b>8</b><br>Hand wax therapy 12:00pm<br>Scrabble 2:00pm<br>Horseshoes 3:00pm<br>Walking video 3:00pm                  |
| <b>11</b><br>Stitch in time 1:00pm<br>Line dance class 2:00pm<br>Bocce 3:00pm<br>Walking video 3:00pm    | <b>12</b><br>CV practice 1:00pm<br>Horseshoes 3:00pm<br>Walking video 3:00pm<br>HAPPY HOUR 6:00pm               | <b>13</b> Liberty Tax Service<br>10:00am<br>"Just Crafts" 1:00pm<br>CV game w/Ellerbe 1:30pm<br>(AWAY)                                | <b>14</b><br>Color me calm 1:00pm<br>\$ Art Class 1:30pm<br>Bocce 3:00pm<br>Walking video 3:00pm                                | <b>15</b><br>Scrabble 2:00pm<br>Darts 3:00pm<br>Walking video 3:00pm<br>TCJ of ER 4:30pm                              |
| <b>18</b><br>Stitch in time 1:00pm<br>Line dance class 2:00pm<br>Cornhole 3:00pm<br>Walking video 3:00pm | <b>19</b><br>*\$Campbell's Soup Company<br>9:30am<br>CV practice 1:00pm<br>Darts 3:00pm<br>Walking video 3:00pm | <b>20</b> Liberty Tax Service<br>10:00am<br>Walking video 10:00am<br>"Just Crafts" 1:00pm<br>Contract Rummy 2:00pm<br>Cornhole 3:00pm | <b>21</b><br>Color me calm 1:00pm<br>\$Art class 1:30pm<br>Bocce 3:00pm<br>Walking video 3:00pm                                 | <b>22</b><br>Hand wax therapy 12:00pm<br>BINGO 2:00pm<br>Scrabble 2:00pm<br>Horseshoes 3:00pm<br>Walking video 3:00pm |
| <b>25</b><br>Stitch in time 1:00pm<br>Line dance class 2:00pm<br>Bocce 3:00pm<br>Walking video 3:00pm    | <b>26</b><br>*\$Girls' Day Out 8:00am<br>Center Closed  | <b>27</b> Liberty Tax Service 10:00a<br>"Just Crafts" 1:00pm<br>CV game w/Hamlet 2:00pm<br>(HOME)                                     | <b>28</b><br><b>Veterans' Breakfast</b><br>9:00am Cole Auditorium<br>Color me calm 1:00pm<br>\$Art class 1:30pm<br>Bocce 3:00pm | <b>29</b><br>Scrabble 2:00pm<br>Darts 3:00pm<br>Walking video 3:00pm  |

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

# March 2019

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
|  |  |  |  | <b>1</b><br>Scrabble 12:15pm                    |
| <b>4</b><br>Bingo 12:15pm with<br>Richmond Co. Hospice | <b>5</b><br>Card Club 12:30pm  | <b>6</b><br>Volleyball Practice<br>10:00am<br>Game at Pruitt Health<br>2:00pm    | <b>7</b><br>Bingo 12:15pm with<br>Richmond Pines     | <b>8</b><br>Aggravation 12:15pm                 |
| <b>11</b><br>Bingo 12:15pm with<br>Humana              | <b>12</b><br>Card Club 12:30pm<br>*\$Pamper day<br>Leaving Ellerbe @ 8:30am<br>Line Dancing @ 9:00 | <b>13</b><br>Volleyball Practice<br>10:00am<br>Game at 2:00pm v/s<br>E Rock Home | <b>14</b><br>Bingo 12:15pm                           | <b>15</b><br>Contract Rummy 12:15pm             |
| <b>18</b><br>Bingo 12:15                               | <b>19</b><br>*\$Campbell Soup Trip<br>Leaving Ellerbe at 9:00am                                    | <b>20</b><br>Volleyball Practice<br>10:00am<br>Game @2:00 v/s Hamlet<br>Away     | <b>21</b><br>Bingo 12:15pm with<br>Community Hospice | <b>22</b><br>Triominos 12:15pm                  |
| <b>25</b><br>Bingo 12:15pm                             | <b>26</b><br><b>CENTER CLOSED</b>  | <b>27</b><br>Volleyball Practice<br>10:00am                                      | <b>28</b><br>Bingo 12:15pm with<br>Autumn Care       | <b>Legend: \$= Fee for<br/>program/activity</b> |

# Rockingham Senior Center

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

# March 2019

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <b>Legend: Fee for Program/Activity</b><br><b>* Seating is limited</b><br><b>Appt. = Appointment</b> | <b>Legend: SHIP= Senior Health Insurance Information Program</b><br>410-1135 for an appt. |  |   | <b>1</b> Exercise Room & Computer Lab<br>8:00am- 5:00pm  |
| <b>4</b> Exercise Room & Computer Lab<br>7:30am-5:30pm   | <b>5</b> Exercise Room & Computer Lab<br>7:30am- 5:30pm                                   | <b>6</b> Exercise Room & Computer Lab 7:30am-5:30pm<br>SHIP-by appt. only<br>Paraffin Hand Wax<br>7:30am-5:00pm  | <b>7</b> Exercise Room & Computer Lab<br>7:30am- 5:30pm   | <b>8</b> Exercise Room & Computer Lab<br>8:00am-5:00pm   |
| <b>11</b> Exercise Room & Computer Lab<br>7:30am-5:30pm  | <b>12</b> Exercise Room & Computer Lab<br>7:30am-5:30pm                                   | <b>13</b> Exercise Room & Computer Lab 7:30am 5:30pm<br>SHIP-by appt. only<br>Paraffin Hand Wax<br>7:30am-5:00pm | <b>14</b> Exercise Room & Computer Lab<br>7:30am-5:30pm   | <b>15</b> Exercise Room & Computer Lab<br>8:00am- 5:00pm |
| <b>18</b> Exercise Room & Computer Lab<br>7:30am-5:30pm  | <b>19</b> Exercise Room & Computer Lab<br>7:30am-5:30pm                                   | <b>20</b> Exercise Room & Computer Lab 7:30am-5:00pm<br>SHIP-by appt. only<br>Paraffin Hand Wax<br>7:30am-5:00pm | <b>21</b> Exercise Room & Computer Lab 7:30am-5:30pm<br><b>Alive after 55- Holiday Restaurant</b><br><b>6:00pm-8:00pm</b> | <b>22</b> Exercise Room & Computer Lab<br>8:00am-5:00pm  |
| <b>25</b> Exercise Room & Computer Lab<br>7:30am-5:30pm  | <b>26 Closed 7:30am-2:00pm</b><br><b>Opening at 2:00pm</b>                                | <b>27</b> Exercise Room & Computer Lab 7:30am-5:30pm<br>SHIP-by appt. only<br>Paraffin Hand Wax<br>7:30am-5:00pm | <b>28</b> Exercise Room & Computer Lab<br>7:30am-5:30pm   |  |