

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

# MAY 2019

*NC SENIOR CENTER OF EXCELLENCE*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LEGEND</b> \$=fee for program/activity *= limited seating	<b>CV=chair volleyball</b> <b>TCJ of ER=The Crown Jewels of East Rockingham</b>	<b>1 *\$ Trip to Unilever</b> <b>7:00am</b> Contract rummy 1:00pm Table tennis 2:00pm Walking video 3:00pm	<b>2</b> Color me calm 1:00pm \$Art class 1:30pm0p Bocce 3:00pm	<b>3</b> Hand wax therapy 12:00p Scrabble 1:00pm Tai-Chi class 3:00pm
<b>6</b> Trivia questions/sheets Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	<b>7</b> CV practice 1:00Ppm "Just Crafts" 2:00pm UNO 2:00pm	<b>8</b> CV game with Ellerbe 1:00pm (AWAY)	<b>9</b> Color me calm 1:00pm \$Art class 1:30pm0p Bocce 3:00pm	<b>10</b> Senior Games Chair Volleyball 1:00pm Browder Park
<b>13</b> <b>Closed for Senior Games</b> <b>Billiards (Men's) 10:00am</b>	<b>14 *\$ Ocean Isle Beach Trip</b> <b>CLOSED FOR ELECTION DAY</b>	<b>15</b> Contract rummy 1:00pm Table tennis 2:00pm Walking video 3:00pm	<b>16</b> Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	<b>17</b> Hand wax therapy 12:00p Scrabble 1:00pm Tai-Chi class 3:00pm TCJ of ER 4:30pm
<b>20</b> Trivia questions/sheets Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	<b>21</b> CV practice 1:00Ppm "Just Crafts" 2:00pm Rummikub 2:00pm	<b>22</b> CV game with Hamlet 1:30pm (HOME)	<b>23</b> Color me calm 1:00pm \$Art class 1:30pm0p Bocce 3:00pm	<b>24</b> Scrabble 1:00pm BINGO 2:00pm Tai-Chi class 3:00pm
<b>27</b> <b>CLOSED FOR MEMORIAL DAY</b>	<b>28</b> CV practice 1:00Ppm "Just Crafts" 2:00pm Dominoes 2:00pm	<b>29</b> Contract rummy 1:00pm Table Tennis 2:00pm Walking Video 3:00pm	<b>30</b> Color me calm 1:00pm \$Art class 1:30pm0p Bocce 3:00pm	<b>31</b> Hand wax therapy 12:00p Scrabble 1:00pm Tai-Chi class 3:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1 *\$ Unilever Trip 7:00am</b> Volleyball Practice @ 10:00am Pruitt Health Game @2:00pm	<b>2</b> Bingo 12:15pm Richmond Pines	<b>3</b> Scrabble 12:15pm
<b>6</b> Bingo 12:15pm with Humana Laney Floyd Health Topic	<b>7</b> Crisis Mgt. Mrs. Blackmon 10:00am	<b>8</b> Volleyball Practice 10:00am Game at 2:00pm v/s E Rock (Home)	<b>9</b> Bingo 12:15pm	<b>10</b> Volleyball Senior Games Contract Rummy
<b>13</b> Bingo 12:15pm with United Health Care Crisis Mgmt. Mental Health	<b>14 *\$ Ocean Isle Beach Trip</b> <b>Center CLOSED</b>	<b>15</b> Volleyball Practice 10:00am Game at 2:00pm v/s Hamlet (Away)	<b>16</b> Bingo 12:15pm with Community Hospice	<b>17</b> <b>Fishing Trip</b> <b>8:30am-1:30pm</b>
<b>20</b> Bingo 12:15pm with Mt. Gilead Ind. Living	<b>21</b> Card Club 12:30pm	<b>22</b> Volleyball Practice 10:00am	<b>23</b> Bingo 12:15pm with Autumn Care	<b>24</b> Rummikub 12:15pm
<b>27</b> <b>CLOSED</b> <b>Memorial Day</b>	<b>28</b> Card Club 12:30pm	<b>29</b> Volleyball Practice 10:00am	<b>30</b> Bingo 12:15pm	<b>31</b> Triominos 12:15pm

# Rockingham Senior Center

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

# May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Legend:\$= Fee for Program/Activity</b> <b>*Seating is limited</b> <b>Appt.=Appointment</b>	<b>Legend: SHIIP= Senior Health Insurance Information Program</b> <b>410-1135 for an appt.</b>	<b>1</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>2</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>3</b> Exercise Room & Computer Lab 8:00am- 5:00pm
<b>6</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>7</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>8</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>9</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>10</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>13</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>14</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>15</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>16</b> Exercise Room & Computer Lab 7:30am-5:30pm <b>Alive after 55-Captain George's 6:00pm-8:00pm</b>	<b>17 *\$ Fishing Trip 8:30am</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>20</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>21</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>22</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>23 *\$Gibson Mill Trip Concord 7:30am</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>24</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>27</b> <b>CLOSED</b> <b>Memorial Day</b>	<b>28</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>29</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>30</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>31</b> Exercise Room & Computer Lab 8:00am-5:00pm