

East Rockingham Senior Center

135 Safie 6th Street ; Rockingham, NC 28379

(910) 997-8332

June 2019

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stitch in time 1:00pm Line dance 2:00pm Walking video 3:00pm	4*\$ Trip to Albemarle 8:00am "Just Crafts" 1:00pm CV practice 1:00pm Uno 1:00pm	5 Contract rummy 2:00pm Walking video 3:00pm Horseshoes 3:00pm	6 Spring Fling Social @RSC 11:00am-1:00pm Color me calm 1:30pm \$Art class 1:30pm Walking video 3:00pm Bocce 3:00pm	7 Hand wax therapy 12:00pm Scrabble 2:00pm Walking video 3:00pm Darts 3:00pm
10 Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm Darts 3:00pm **	11 "Just Crafts" 1:00pm CV practice 1:00pm Cornhole 3:00pm HAPPY HOUR 6:00pm	12 CV game w/Ellerbe 1:30pm (HOME)	13 Closed for Senior Symposium @ Cole Auditorium **	14 Scrabble 2:00pm Walking video 3:00pm Horseshoes 3:00pm
17 Stitch n Time 1:00pm Line Dance 2:00pm Walking video 3:00pm Horseshoes 3:00pm **	18 "Just Crafts" 1:00pm CV practice 1:00pm Aggravation 2:00pm Walking video 3:00pm Darts 3:00pm	19 \$Girls' ' Day Out 8:00am (regular prices apply)	20 Color me calm 1:00pm \$Art class 1:30pm Walking video 3:00pm Bocce 3:00pm **	21 Hand wax therapy 12:00pm Scrabble 2:00pm Walking video 3:00pm Darts 3:00pm TCJ of ER 4:30pm
24 Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm Darts 3:00pm **	25 Just Crafts" 1:00pm CV practice 1:00pm Rummikub 2:00pm Walking video 3:00pm Cornhole 3:00pm	26 CV game w/Hamlet 1:30pm (AWAY)	27 Veteran's Event 9:00am-11:00am @ The COLE Color me calm 1:00pm \$Art class 1:30pm Walking video 3:00pm **	28 Bingo 2:00pm Scrabble 2:00pm Walking video 3:00pm Horseshoes 3:00pm
**WATER AEROBICS MONDAYS & THURSDAYS 5:00PM LIFEGUARD ON DUTY			<u>LEGEND</u> TCJ of ER=The Crown Jewels of E. R'ham \$=fee-based activity	<u>LEGEND</u> CV=chair volleyball BP's=blood pressure check

Monday	Tuesday	Wednesday	Thursday	Friday
3 Bingo 12:15pm with Richmond co. Hospice	4 \$*Shopping trip to Albemarle Leave at 8:00am	5 Volleyball Practice 10:00am Game @ Pruitt Health 2:00pm	6 Center Closed for Spring Fling Rockingham Senior Center 11:00am-1:00pm	7 Scrabble 12:15pm
10 Bingo 12:15pm with United Health Care	11 Card Club 12:30pm	12 Volleyball Practice 10:00am Game @E Rock 2:00pm (Away)	13 CLOSED for Senior Symposium @ Cole Auditorium	14 Aggravation 12:15pm
17 Bingo 12:15pm	18 Card Club 12:30pm	19 Volleyball Practice 10:00am Game at 2:00pm (Home)	20 Bingo 12:15pm with Community Hospice	21 Contract Rummy 12:15pm
24 Bingo 12:15pm	25 Card Club 12:30pm	26 Volleyball Practice 10:00am	27 Veteran's Breakfast 9:00am-11:00am @ the COLE Bingo12:15pm with Autumn Care	28 Triominos 12:15pm
Legend: \$ = Fee for program/ activity *= Seating is limited				

Rockingham Senior Center

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

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Legend: \$= Fee for Program/Activity *Seating is limited Appt.=Appointment	Legend: SHIIP= Senior Health Insurance Information Program 410-1135 for an appt.			
3 Exercise Room & Computer Lab 7:30am-5:30pm	4 Exercise Room & Computer Lab 7:30am- 5:30pm	5 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	6 Spring Fling 11:00am-1:00pm Exercise Room & Computer Lab 7:30am- 5:30pm	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	12 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	13 CLOSED for Senior Symposium Cole Auditorium	14 Exercise Room & Computer Lab 8:00am-5:00pm
17 Exercise Room & Computer Lab 7:30am-5:30pm	18 Exercise Room & Computer Lab 7:30am-5:30pm	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-Peking Wok 6:00pm-8:00pm	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	26 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	27 Veteran's Breakfast 9:00am-11:00am @the COLE Exercise Room & Computer Lab 7:30pm-5:30pm	28 Exercise Room & Computer Lab 8:00am-5:00pm