

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

August 2019

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LEGEND BP's=blood_pressure check CV=chair volleyball \$=fee for activity/program</p>	<p>LEGEND TCJofER=The Crown Jewels of East Rockingham</p>	<p>LEGEND CSC= Campbell Soup Company *= Limited Sitting</p>	1 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	2 Hand wax therapy 12:00pm Scrabble 1:00pm Walking video 3:00pm
5 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	6 CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Darts 3:00pm	7 CV game w/Ellerbe 1:30pm ((HOME) Cornhole 3:00pm	8 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	9 Scrabble 1:00pm Walking video 3:00pm
12 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	13 *\$Trip to CSC 9:30am CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Cornhole 3:00pm HAPPY HOUR 6:00pm	14 Table Tennis 1:00pm Contract rummy 2:00pm Walking video 3:00pm Darts 3:00pm	15 CLOSED	16 CLOSED
19 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm Walking video 3:00pm	20 CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Darts 3:00pm	21 CV game w/Hamlet 2:00pm ((AWAY) Cornhole 3:00pm	22 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	23 Scrabble 1:00pm Bingo 2:00pm Walking video 3:00pm
26 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm Walking video 3:00pm	27 Birthday party 12:00pm CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Cornhole 3:00pm	28 Table Tennis 1:00pm Contract rummy 2:00pm Walking video 3:00pm Darts 3:00pm	29 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	30 Hand wax therapy 12:00pm Scrabble 1:00pm

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

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Legend: \$= Fee for program/activity			1 Bingo 12:15pm with Richmond Pines	2 Scrabble 12:15pm
5 Bingo 12:15pm with Richmond Co. Hospice	6 Card Club 12:30pm	7 Volleyball Practice 10:00am Game at Pruitt Health 2:00pm	8 Bingo 12:15pm	9 Aggravation 12:15pm
12 Bingo 12:15pm with United Healthcare	13 Card Club 12:30pm	14 CLOSED	15 CLOSED	16 CLOSED
19 Bingo 12:15pm with Humana	20 Card Club 12:30pm	21 Volleyball Practice 10:00am Game @2:00pm v/s Hamlet Home	22 Bingo12:15pm with Autumn Care-	23 Triominos 12:15pm
26 Bingo 12:15pm with Mt.Gilead Assisted Living	27 CLOSED * \$Trip to Albemarle/Morrow Mountain	28 Volleyball Practice 10:00am	29 Bingo 12:15pm	30 Scrabble 12:15pm

Rockingham Senior Center

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

August 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.		1 Exercise Room & Computer Lab 7:30am-5:30pm	2 Exercise Room & Computer Lab 7:30am-5:30pm
5 Exercise Room & Computer Lab 7:30am-5:30pm	6 Exercise Room & Computer Lab 7:30am- 5:30pm	7 Exercise Room & Computer Lab 7:30am-5:30pm Paraffin Hand Wax 7:30am-5:00pm	8*Trip to Concord 8:00am Exercise Room & Computer Lab 7:30am- 5:30pm	9 Exercise Room & Computer Lab 8:00am-5:00pm
12 Exercise Room & Computer Lab 7:30am-5:30pm	13 Exercise Room & Computer Lab 7:30am-5:30pm	14 Exercise Room & Computer Lab 7:30am-5:30pm Paraffin Hand Wax 7:30am-5:00pm	15 Exercise Room & Computer Lab 7:30am-5:30pm Alive after 55-The Grille 6:00pm-8:00pm	16 Exercise Room & Computer Lab 8:00am-5:00pm
19 Exercise Room & Computer Lab 7:30am-5:30pm	20 Exercise Room & Computer Lab 7:30am-5:30pm	21 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	22 Exercise Room & Computer Lab 7:30am-5:30pm	23 Exercise Room & Computer Lab 8:00am-5:00pm
26 Exercise Room & Computer Lab 7:30am-5:30pm	27 Exercise Room & Computer Lab 7:30am-5:30pm	28 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	29 Exercise Room & Computer Lab 7:30am-5:30pm	30 Exercise Room & Computer Lab 8:00am-5:00pm