

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

# November 2019

## NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LEGENDS</b> <b>BP's =blood pressure check</b> <b>CV=chair volleyball</b>	TCJ of ER= The Crown Jewels of East Rockingham <b>\$=fee for activity/program</b>			1 Hand wax therapy 12:00pm Scrabble 2:00pm Tai-chi class 3:00pm
4 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance class 2:00pm	5 \$Trip to fruitcake factory <b>Closed for Election Day</b>	6 Horseshoes 10am Contract rummy 2:00pm	7 Color me calm 1:00pm Intergenerational Art class 1:30pm Bocce 3:00pm	8 Scrabble 2:00pm Tai-chi class 3:00pm
11 <b>Closed for Veterans' Day Thank you to our American Veterans!</b>	12 \$Girls' Day Out 8:00am- Transportation is on your own CV practice 1:00pm Walking video 3:00pm	13 Horseshoes 10am Contract rummy 2:00pm	14 Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	15 Hand wax therapy 12:00pm Scrabble 2:00pm Tai-chi class 3:00pm TCJofER 4:30pm
18 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance class 2:00pm	19 CV practice 1:00pm Rummikub 2:00PM Walking video 3:00pm HAPPY HOUR 6:00pm	20 \$ Campbell's Soup Co. 9:30am Horseshoes 10am Contract rummy 2:00pm	21 Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	22 Scrabble 2:00pm Tai-chi class 3:00pm BINGO 2:00PM
25 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance class 2:00pm	26 CV practice 1:00pm Dominoes 2:00PM Walking video 3:00pm	27 Horseshoes 10am Contract rummy 2:00pm	28 <b>CLOSED HAPPY THANKSGIVING!</b>	29 <b>CLOSED FOR DAY AFTER THANKSGIVING</b>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Legend: \$ =Fee for program/activity</b>				<b>1</b> <b>CLOSED</b>
<b>4</b> Bingo 12:15pm with Richmond Co Hospice	<b>5</b> <b>CLOSED</b> \$Fruit Cake Factory 8:00am	<b>6</b> Volleyball Practice 10:00am Game at Pruitt Health 2:00pm	<b>7</b> Bingo 12:15pm with Richmond Pines	<b>8</b> Aggravation 12:15pm
<b>11</b> <b>CLOSED</b> <b>Veteran's Day</b> <b>Thank you to our American Veterans!</b>	<b>12</b> <b>CLOSED</b>	<b>13</b> Volleyball Practice 10:00am	<b>14</b> Bingo 12:15pm with Cornerstone Ins.	<b>15</b> Contract Rummy 12:15pm
<b>18</b> Bingo 12:15pm with United Health Care	<b>19</b> Chair Exercises 10:30am	<b>20</b> Volleyball Practice 10:00am	<b>21</b> Bingo 12:15pm with Community Hospice	<b>22</b> Scrabble 12:15pm
<b>25</b> Bingo 12:15pm	<b>26</b> Chair Exercises 10:30am	<b>27</b> Volleyball Practice 10:00am	<b>28</b> <b>CLOSED</b> <b>Happy Thanksgiving</b>	<b>29</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b>

# Rockingham Senior Center

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

# November 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
<b>4</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>5</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>6</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>7</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>8</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>11 CLOSED</b> <b>Veteran's Day</b> <b>Thank you to our American Veterans!</b>	<b>12</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only <b>-Christmas Party</b> <b>Tickets available begins today.</b>	<b>13</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>14</b> Exercise Room & Computer Lab 7:30am-5:30pm <b>Alive after 55- LaCabana Restaurant -Hamlet</b> <b>6:00pm-8:00pm</b>	<b>15</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>18</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only	<b>19</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only	<b>20</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>21</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only	<b>22</b> Exercise Room & Computer Lab 8:00am-5:00pm
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