

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

January 2020

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEGEND BP's =blood pressure check CV=chair volleyball \$=fee for activity	TCJ of ER=The Crown Jewels of East Rockingham	1 CLOSED HAPPY NEW YEAR!!!	2 Color me calm 1:00pm \$Art Class 1:30pm	3 Hand wax therapy 12:00pm Tai-chi class 3:00pm
6 Stitch in Time 1:00pm Line Dance class 2:00pm Contract rummy 3:00pm	7 CV practice 12:00pm UNO 1:00pm	8 CV game w/Ellerbe 1:30pm (AWAY)	9 Color me calm 1:00pm \$Art Class 1:30pm	10 Hand wax therapy 12:00pm Tai-chi class 3:00pm
13 Stitch in Time 1:00pm Line Dance class 2:00pm Contract rummy 3:00pm	14 CV practice 12:00pm Rummikub 1:00pm HAPPY HOUR 6:00pm	15 Bocce 1:00pm Horseshoes 2:00pm Cornhole 3:00pm	16 Color me calm 1:00pm \$Art Class 1:30pm	17 Hand wax therapy 12:00pm Tai-chi class 3:00pm TCJ of ER 4:30pm
20 CLOSED Martin Luther King, Jr. day	21 CV practice 12:00pm Dominoes 1:00pm	22 CV game w/Hamlet 1:30pm (HOME)	23 Color me calm 1:00pm \$Art Class 1:30pm	24 Hand wax therapy 12:00pm Tai-chi class 3:00pm
27 Stitch in Time 1:00pm Line Dance class 2:00pm Contract rummy 3:00pm	28 CV practice 12:00pm Scrabble 1:00pm	29 Bocce 1:00pm Horseshoes 2:00pm Cornhole 3:00pm	30 Color me calm 1:00pm \$Art Class 1:30pm	31 Hand wax therapy 12:00pm Tai-chi class 3:00pm

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

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Legend: \$ = Fee for program/activity *= seating is limited		1 Closed Happy New Year	2 Bingo with Richmond Pines 12:15pm	3 Triominos 12:15pm
6 Bingo 12:15pm with Richmond Co Hospice	7 Pastor David Fore 11:45am	8 Volleyball Practice 10:00am Game at E Rock Pastor McKnight 11:45am	9 Bingo 12:15pm with Cornerstone Ins	10 Aggravation 12:15pm
13 Bingo 12:15 with Humana	14 Trip to Hamrick's leaving @ 8:00am	15 Volleyball Practice 10:00am	16 Bingo 12:15pm with Community Hospice	17 Contract Rummy 12:15pm
20 Closed Martin Luther King Jr. Day	21 Chair Exercises 10:30am	22 Volleyball Practice 10:00am	23 Bingo 12:15pm	24 Scrabble 12:15pm
27 Bingo 12:15pm United Health Care	28 Chair Exercises 10:30am	29 Volleyball Practice 10:00am	30 Bingo 12:15pm	31 Card Games 12:15pm

Rockingham Senior Center

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

January 2020

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 CLOSED HAPPY NEW YEAR	2 Exercise Room & Computer Lab 7:30am- 5:30pm	3 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	8 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	9 Exercise Room & Computer Lab 7:30am- 5:30pm	10 Exercise Room & Computer Lab 8:00am-5:00pm
13 Exercise Room & Computer Lab 7:30am-5:30pm	14 Exercise Room & Computer Lab 7:30am-5:30pm	15 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	16 Exercise Room & Computer Lab 7:30am-5:30pm Alive after 55- Co-op Extension Building	17 Exercise Room & Computer Lab 8:00am-5:00pm
20 CLOSED Martin Luther King Jr. Day	21 Exercise Room & Computer Lab 7:30am-5:30pm	22 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	23 Exercise Room & Computer Lab 7:30am- 5:30pm	24 Exercise Room & Computer Lab 8:00am-5:00pm
27 Exercise Room & Computer Lab 7:30am-5:30pm	28 Exercise Room & Computer Lab 7:30am-5:30pm	29 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	30 Exercise Room & Computer Lab 7:30am- 5:30pm	31 Exercise Room & Computer Lab 8:00am-5:00pm