

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

JULY 2021

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 CLOSED HAPPY 4 TH OF JULY	6 Water Aerobics 5:00pm	7 <u>REOPENING</u> GAMES DAY (UNO, CARDS, DOMINOES) 9:00AM—11:00AM	8 Drop-in activities 9:00am-- WATER AEROBICS 5:00PM	9 Hand wax therapy 12:00p
12 Shelia Raye 1:00pm Line Dancing 2:00pm	13 CV practice 12:00pm WATER AEROBICS 5:00PM	14 GAMES DAY (UNO, CARDS, DOMINOES) 9:00AM—11:00AM	15 Drop-in activities 9:00am-- WATER AEROBICS 5:00PM	16 ??Birthday Party for everyone!!!
19 Louis Suarez Bingo 1:00pm Line Dancing 2:00pm	20 CV practice 12:00pm WATER AEROBICS 5:00PM	21 GAMES DAY (UNO, DOMINOES, Etc.) 9:00AM—11:00AM	22 Drop-in activities 9:00am-- WATER AEROBICS 5:00PM	23 Hand wax therapy 12:00pm
26 Line Dancing 2:00pm	27 CV practice 12:00pm WATER AEROBICS 5:00PM	28 GAMES DAY (UNO, CARDS, DOMINOES) 9:00AM—11:00AM	29 Drop-in activities 9:00am-- WATER AEROBICS 5:00PM	30 BINGO 2:00PM
		\$=fee for activity/program	<u>LEGEND</u> CV==Chair Volleyball BP's=blood pressure check	<u>LEGEND</u> TCJofER=The Crown Jewels of East Rockingham

Monday	Tuesday	Wednesday	Thursday	Friday
5 CLOSED	6 CLOSED	7 Walk @ 9:00am	8 Walk @ 9:00am	9 Walk @ 9:00am
12 Walk @ 9:00am Bingo Premier Benefits	13 Walk @ 9:00am Hand Waxing @12:30pm	14 Walk @ 9:00am Volleyball Practice 10:00am	15 Walk @ 9:00am Bingo with Humana 12:15pm	16 Walk @ 9:00am Birthday Party
19 Walk @ 9:00am Bingo with Simply Medical Supply 12:15pm	20 Walk @ 9:00am Crafts with Kim Hotter	21 Walk @ 9:00am Volleyball Practice 10:00am	22 Walk @ 9:00am Bingo with Autumn Care 12:15pm	23 Walk @ 9:00am
26 Walk @ 9:00am Bingo with Richmond Co. Hospice 12:15pm	27 Walk @ 9:00am	28 Walk @ 9:00am	29 Walk @ 9:00am	30 Walk @ 9:00am
				Legend: \$ = Fee for program/ activity *= Seating is limited

Rockingham Senior Center

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

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		7 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only	8 Exercise Room & Computer Lab 7:30am- 5:30pm	9 Exercise Room & Computer Lab 7:30am-5:30pm
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 SHIIP-by appt. only	15 Exercise Room & Computer Lab 7:30am- 5:30pm	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	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	29 Exercise Room & Computer Lab 7:30am-5:30pm	30 Exercise Room & Computer Lab 8:00am-5:00pm
			Legend: \$= Fee for Program/Activity *Seating is limited Appt.=Appointment	Legend: SHIIP= Senior Health Insurance Information Program 410-1135 for an appt.