

# East Rockingham Senior Center

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

\*Limit Capacity on all  
games and activities\*

# August 2021

*NC Senior Center of Excellence*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Senior Exercising 9:30am-10:30am Line Dancing 2:00pm	3 Senior Exercising 9:30am-10:30am Crafts starting @9:00am Water Aerobics 5:00pm	4 Senior Exercising 9:30am-10:30am GAMES DAY (UNO, CARDS, DOMINOES) 9:00AM— 11:00AM	5 Senior Exercising 9:30am-10:30am Drop-in activities 9:00am WATER AEROBICS 5:00PM	6 Senior Exercising 9:30am-10:30am Hand wax therapy 12:00p
9 Senior Exercising 9:30am-10:30am Shelia Raye 1:00pm Line Dancing 2:00pm	10 Senior Exercising 9:30am-10:30am Crafts starting@9:00am CV practice 12:00pm WATER AEROBICS 5:00PM	11 Senior Exercising 9:30am-10:30am GAMES DAY (UNO, CARDS, DOMINOES) 9:00AM— 11:00AM	12 Senior Exercising 9:30am-10:30am Drop-in activities 9:00am WATER AEROBICS 5:00PM	13 Senior Exercising 9:30am-10:30am Birthday Party for everyone!!!
16 Senior Exercising 9:30am-10:30am Louis Suarez Bingo 1:00pm Line Dancing 2:00pm	17 Senior Exercising 9:30am-10:30am Crafts starting @9:00am CV practice 12:00pm WATER AEROBICS 5:00PM	18 Senior Exercising 9:30am-10:30am GAMES DAY (UNO, DOMINOES, Etc.) 9:00AM—11:00AM	19 Senior Exercising 9:30am-10:30am Drop-in activities 9:00am WATER AEROBICS 5:00PM	20 Senior Exercising 9:30am-10:30am Hand wax therapy 12:00pm
23 Senior Exercising 9:30am-10:30am Line Dancing 2:00pm	24 Senior Exercising 9:30am-10:30am Crafts starting @9:00am CV practice 12:00pm WATER AEROBICS 5:00PM	25 Senior Exercising 9:30am-10:30am GAMES DAY (UNO, CARDS, DOMINOES) 9:00AM—11:00AM	26 Senior Exercising 9:30am-10:30am Drop-in activities 9:00am WATER AEROBICS 5:00PM	27 Senior Exercising 9:30am-10:30am BINGO 2:00PM
30 Senior Exercising 9:30am-10:30am Line Dancing 2:00pm	31 Senior Exercising 9:30am-10:30am Crafts starting@9:00am CV practice 12:00pm WATER AEROBICS 5:00PM	\$=fee for activity/program Monday-Friday: Senior Exercises 9:30am-10:30am *Faces Masks are required * Practice social distancing	<u>LEGEND</u> CV==Chair Volleyball BP's=blood pressure check	<u>LEGEND</u> TCJofER=The Crown Jewels of East Rockingham

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

# August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Walk @ 9:00am Bingo with Richmond County Hospice @ 12:15pm	<b>3</b> Walk @ 9:00am Sheila Raye with Therapeutic Alternatives	<b>4</b> Walk @ 9:00am Volleyball Practice@ 10:00am	<b>5</b> Walk @ 9:00am Bingo Valerie with Cornerstone @ 12:15pm	<b>6</b> Walk @ 9:00am
<b>9</b> Walk @ 9:00am Bingo Premier Benefits @12:15pm	<b>10</b> Walk @ 9:00am Birthday Party with First Carolina Care @ 12:15pm Kendra Health Topic	<b>11</b> Walk @ 9:00am Volleyball Practice 10:00 am	<b>12</b> Walk @ 9:00am Bingo with Richmond Pines 12:15pm Exercise @ 9:30am – 10:00am	<b>13</b> Walk @ 9:00am Bingo with Community Hospice @ 12:15pm
<b>16</b> Walk @ 9:00am Bingo @ 12:15pm	<b>17</b> Walk @ 9:00am Crafts with Kim Hotter	<b>18</b> Walk @ 9:00am Volleyball Practice 10:00am	<b>19</b> Walk @ 9:00am Bingo with Humana 12:15pm	<b>20</b> Walk @ 9:00am
<b>23</b> Walk @ 9:00am Bingo with Simply Medical Supply 12:15pm	<b>24</b> Walk @ 9:00am Hand Waxing @ 12:15pm	<b>25</b> Walk @ 9:00am	<b>26</b> Walk @ 9:00am Bingo with Autumn Care	<b>27</b> Walk @ 9:00am
<b>30</b> Walk @ 9:00am	<b>31</b> Walk @ 9:00am	<b>*Face Masks are required *Practice social distancing</b>	<b>*Limited capacity on all games and activities*</b>	Legend: \$ = Fee for program/ activity *= Seating is limited

# Rockingham Senior Center

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

# August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Exercise Room & Computer Lab 7:30am-4:00pm	<b>3</b> Exercise Room & Computer Lab 7:30am- 4:00pm	<b>4</b> Exercise Room & Computer Lab 7:30am-4:00pm SHIIP-by appt. only	<b>5</b> Exercise Room & Computer Lab 7:30am- 4:00pm	<b>6</b> Exercise Room & Computer Lab 7:30am-4:00pm
<b>9</b> Exercise Room & Computer Lab 7:30am-4:00pm	<b>10</b> Exercise Room & Computer Lab 7:30am- 4:00pm	<b>11</b> Exercise Room & Computer Lab 7:30am-4:00pm SHIIP-by appt. only	<b>12</b> Exercise Room & Computer Lab 7:30am- 4:00pm	<b>13</b> Exercise Room & Computer Lab 8:00am-4:00pm
<b>16</b> Exercise Room & Computer Lab 7:30am-4:00pm	<b>17</b> Exercise Room & Computer Lab 7:30am-4:00pm	<b>18</b> Exercise Room & Computer Lab 7:30am-4:00pm SHIIP-by appt. only	<b>19</b> Exercise Room & Computer Lab 7:30am-4:00pm	<b>20</b> Exercise Room & Computer Lab 8:00am-4:00pm
<b>23</b> Exercise Room & Computer Lab 7:30am-4:00pm	<b>24</b> Exercise Room & Computer Lab 7:30am-4:00pm	<b>25</b> Exercise Room & Computer Lab 7:30am-4:00pm SHIIP-by appt. only	<b>26</b> Exercise Room & Computer Lab 7:30am-4:00pm	<b>27</b> Exercise Room & Computer Lab 8:00am-4:00pm
<b>30</b> Exercise Room & Computer Lab 7:30am-4:00pm	<b>31</b> Exercise Room & Computer Lab 7:30am-4:00pm	<b>* Masks are required</b> <b>* Practice Social distancing</b>	<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>