

East Rockingham Senior Center

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

*Limit Capacity on all
games and activities*

SEPTEMBER 2021

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEGEND BP'S=BLOOD PRESSURE CHECK \$=fee for activity/program		1 Senior Exercise 9:30am Contract rummy 2:00pm Cornhole 3:00pm	2 Senior Exercise 9:30am Color me calm 1:00Pm	3 Senior Exercise 9:30am Hand wax therapy 12:00p Scrabble 1:00pm
6 CLOSED FOR LABOR DAY	7 Senior Exercise 9:30am "Just Crafts" 9:00am Aggravation 3:00pm	8 Senior Exercise 9:30am Contract rummy 2:00pm Skincare & Makeup 2pm Horseshoes 3:00pm	9 Senior Exercise 9:30am Color me calm 1:00pm	10 Senior Exercise 9:30am Scrabble 1:00pm
13 Senior Exercise 9:30am Trivia questions 12:00pm	14 Senior Exercise 9:30am "Just Crafts" 9:00am Rummikub 3:00pm	15 Senior Exercise 9:30am Contract rummy 2:00pm Skincare & Makeup 2pm Cornhole 3:00pm	16 Senior Exercise 9:30am Color me calm 1:00pm	17 Senior Exercise 9:30am Hand wax therapy 12:00pm Scrabble 1:00pm
20 Senior Exercise 9:30am Trivia questions 12:00pm	21 Senior Exercise 9:30am "Just Crafts" 9:00am UNO 3:00pm	22 Senior Exercise 9:30am Contract rummy 2:00pm Skincare & Makeup 2pm Horseshoes 3:00pm	23 Senior Exercise 9:30am Color me calm 1:00pm	24 Senior Exercise 9:30am Scrabble 1:00pm Bingo 2:00pm
27 Senior Exercise 9:30am Trivia questions 12:00pm	28 Senior Exercise 9:30am "Just Crafts"9:00am Phase 10 3:00pm	29 Senior Exercise 9:30am Contract rummy 2:00pm Skincare & Makeup 2pm Cornhole 3:00pm	30 Senior Exercise 9:30am Color me calm 1:00pm	Fall Hat Month- see newsletter.

Monday	Tuesday	Wednesday	Thursday	Friday
*Masks are required *limited capacity on games and activities		1 Walk @ 9:00am Volleyball Practice@ 10:00am	2 Walk @ 9:00am Bingo Valeri with Cornerstone @ 12:15pm	3 Walk @ 9:00am
6 Closed for Labor Day	7 Walk @ 9:00am Birthday Party with First Carolina Care @ 12:15	8 Walk @ 9:00am Volleyball Practice 10:00 AWAY Game V/S E Rock@ 2:00pm	9 Walk @ 9:00am Bingo with Richmond Pines 12:15pm Exercise @ 9:30am – 10am	10 Walk @ 9:00am Bingo with Community Hospice @ 12:15
13 Walk @ 9:00am Bingo @ 12:15pmwith Premier Benefits	14 Walk @ 9:00am Crafts with Kim Hotter	15 Walk @ 9:00am Volleyball Practice Volleyball Game V/S Hamlet HOME @ 2:00pm	16 Walk @ 9:00am Bingo with Humana 12:15pm	17 Walk @ 9:00am
20 Walk @ 9:00am Bingo with Simply Medical Supply 12:15pm	21 Walk @ 9:00am Hand Waxing @ 12:15	22 Walk @ 9:00am	23 Walk @ 9:00am Bingo with Autumn Care	24 Walk @ 9:00am
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

September 2021

Skincare & Makeup classes-see newsletter.

Fall Hat Month- see newsletter.

Monday	Tuesday	Wednesday	Thursday	Friday
* Masks are required * Practice social distancing	Legend: \$= Fee for Program/Activity *Seating is limited Appt.=Appointment	1 Exercise Room & Computer Lab 7:30am-4:00pm SHIIP-by appt. only	2 Exercise Room & Computer Lab 7:30am- 4:00pm	3 Exercise Room & Computer Lab 7:30am-4:00pm
6 Closed for Labor Day	7 Exercise Room & Computer Lab 7:30am- 4:00pm	8 Exercise Room & Computer Lab 7:30am-4:00pm SHIIP-by appt. only	9 Exercise Room & Computer Lab 7:30am- 4:00pm	10 Exercise Room & Computer Lab 8:00am-4:00pm
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27 Exercise Room & Computer Lab 7:30am-4:00pm	28 Exercise Room & Computer Lab 7:30am-4:00pm	29 Exercise Room & Computer Lab 7:30am-4:00pm SHIIP-by appt. only	30 Exercise Room & Computer Lab 7:30am-4:00pm	Legend: SHIIP= Senior Health Insurance Information Program 410-1135 for an appt.