

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

November 2021

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Senior Exercise 9:30am Trivia questions 12:00pm	2 Senior Exercise 9:30am "Just Crafts" 9:00am UNO 3:00pm	3 Senior Exercise 9:30am Contract rummy 2:00pm Cornhole 3:00pm	4 Senior Exercise 9:30am Color me calm 1:00pm	5 Senior Exercise 9:30am Hand wax therapy 12:00p Scrabble 1:00pm
8 Senior Exercise 9:30am Trivia questions 12:00pm	9 Senior Exercise 9:30am "Just Crafts" 9:00am Aggravation 3:00pm	10 Senior Exercise 9:30am Contract rummy 2:00pm Horseshoes 3:00pm	11 CLOSED FOR VETERANS' DAY THANK YOU TO OUR VETERANS	12 Senior Exercise 9:30am Scrabble 1:00pm
15 Senior Exercise 9:30am Trivia questions 12:00pm	16 Senior Exercise 9:30am "Just Crafts" 9:00am Rummikub 3:00pm	17 Senior Exercise 9:30am Contract rummy 2:00pm Cornhole 3:00pm	18 Senior Exercise 9:30am Color me calm 1:00pm	19 Senior Exercise 9:30am Hand wax therapy 12:00pm Scrabble 1:00pm
22 Senior Exercise 9:30am Trivia questions 12:00pm	23 Senior Exercise 9:30am "Just Crafts" 9:00am UNO 3:00pm	24 Senior Exercise 9:30am Contract rummy 2:00pm Horseshoes 3:00pm	25 CLOSED HAPPY THANKSGIVING	26 CLOSED FOR RETAIL THERAPY
29 Senior Exercise 9:30am Trivia questions 12:00pm	30 Senior Exercise 9:30am "Just Crafts" 9:00am Phase 10 3:00pm			<u>LEGEND</u> BP's=blood pressure check \$=fee for program/activity

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

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Walk @ 9:00 Bingo with Richmond Co. Hospice @ 12:00	2 Walk @ 9:00 Sheila Raye @ 12:00 Crafts with Sarah @ 9:30	3 Walk @ 9:00 Aggravation @ 9:30	4 Walk @ 9:00 Bingo with Corner Stone Ins	5 Walk @ 9:00am Veterans Event @Richmond County Hospice @ 11:00
8 Walk @ 9:00am Bingo @ 12pm with Premier Benefits	9 Walk @ 9:00am Birthday Party with First Carolina Care @ 12:00	10 Walk @ 9:00am Contract rummy	11 CLOSED	12 Walk @ 9:00am Bingo with Community Hospice @ 12:15
15 Walk @ 9:00am Bingo @ 12pm with Simply Medical	16 Walk @ 9:00am Crafts With Sarah@9:30	17 Walk @ 9:00am Trip to Costco @9:00am	18 Walk @ 9:00am Exercise with Sherry @10:30am Bingo with Humana 12pm	19 Walk @ 9:00am
22 Walk @ 9:00am Bingo with Judy@12pm	23 Walk @ 9:00	24 Walk @ 9:00am Aggravation	25 CLOSED	26 CLOSED
29 Walk @ 9:00am Bingo with Judy @12pm	30 Walk @ 9:00am Crafts with Sarah @9:30			

Rockingham Senior Center

225 South Lawrence St. Rockingham, NC 28379

910-997-4491

November 2021

Skincare & Makeup classes-see newsletter.

Fall Hat Month- see newsletter.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Exercise Room 7:30am-4:00pm	2 Exercise Room 7:30am- 4:00pm	3 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	4 Exercise Room 7:30am- 4:00pm	5 Exercise Room 8:00am-4:00pm
8 Exercise Room 7:30am-4:00pm	9 Exercise Room 7:30am- 4:00pm	10 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	11 Exercise Room 7:30am- 4:00pm	12 Exercise Room 8:00am-4:00pm
15 Exercise Room 7:30am-4:00pm	16 Exercise Room 7:30am-4:00pm	17 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	18 Exercise Room 7:30am-4:00pm	19 Exercise Room 8:00am-4:00pm
22 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	23 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	24 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	25 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	26 Exercise Room 8:00am-4:00pm
29 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	30 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	* Masks are required * Practice social distancing	Legend: SHIIP= Senior Health Insurance Information Program 410-1135 for an appt.	Legend: \$= Fee for Program/Activity *Seating is limited Appt.=Appointment