

East Rockingham Senior Center

135 Safie 6th Street, Rockingham, NC 28379

910-997-8332

Senior Center Of Excellence

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Legend: BP = Blood Pressure Check \$ = Fee for program/activity	Legend: CV= Chair Volleyball TCJ of ER= The Crown Jewels of East R'ham			1 Walking video 10:00am Hand wax therapy 12:00pm Scrabble 2:00pm Cornhole 3:00pm
4 Closed Labor Day	5 Tell me something G☺☺D Walking video 10:00am CV practice 1:00pm UNO 2:00pm Cornhole 3:00pm	6 Walking video 10:00am "Just Crafts" 1:00pm Contract rummy 2:00pm Darts 3:00pm	7 CLOSED HEALTH FAIR	8 Walking video 10:00am Hand wax therapy 12:00pm Scrabble 2:00pm Darts 3:00pm
11 Walking video 10:00am Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Cornhole 3:00pm	12 Walking video 10:00am Birthday party 12:00pm CV practice 1:00pm Darts 3:00pm HAPPY HOUR 6:00pm	13 Walking video 10:00am "Just Crafts" 1:00pm CV game w/Ellerbe 1:30pm (AWAY) Cornhole 3:00pm	14 Tell me something G☺☺D Walking video 10:00am Color me calm 1:00pm \$Art Class 1:30pm Darts 3:00pm	15 Walking video 10:00am Hand wax therapy 12:00pm Scrabble 2:00pm Cornhole 3:00pm TCJ of ER 4:30pm
18 Walking video 10:00am Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Darts 3:00pm	19 Division of Deaf & Hard of Hearing 10:00am—12:00pm Walking video 10:00am CV practice 1:00pm Aggravation 2:00pm	20 Tell me something G☺☺D Walking video 10:00am "Just Crafts" 1:00pm Contract rummy 2:00pm Darts 3:00pm	21 Walking video 10:00am Color me calm 1:00pm \$Art Class 1:30pm Cornhole 3:00pm	22 Walking video 10:00am Hand wax therapy 12:00pm Bingo 2:00pm Scrabble 2:00pm Darts 3:00pm
25 Tell me something G☺☺D Walking video 10:00am Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Cornhole 3:00pm	26 Walking video 10:00am CV practice 1:00pm Rummikub 2:00pm Darts 3:00pm	27 Girls Day Out 8:00am Walking video 10:00am "Just Crafts" 1:00pm CV game w/Hamlet 2:00pm (AWAY) Cornhole 3:00pm	28 Walking video 10:00am Color me calm 1:00pm \$Art Class 1:30pm Darts 3:00pm	29 Walking video 10:00am Hand wax therapy 12:00pm Scrabble 2:00pm Cornhole 3:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Birthday Party with Community Hospice 12:00pm
4 CLOSED LABOR DAY	5 Art Class 12:15pm	6 Volleyball Practice 10:00am Game V/S E.Rock 2:00pm Home	7 CLOSED HEALTH FAIR	8 Tell me something G😊😊D 11:30am Darts 12:15pm
11 Bingo 12:15pm with Richmond Pines Line Dancing 1:00pm	12 Sherry the Librarian 11:45am Art Class 12:15pm	13 Volleyball Practice 10:00am Game V/S Hamlet 2:00pm Away	14 Bingo 12:15pm	15 Cornhole 12:15pm
18 Bingo 12:15pm Line Dancing 1:00pm	19 CLOSED Pamper Day 8:30am	20 CLOSED \$Trip to Mayberry N.C.	21 Bingo 12:15pm	22 Scrabble 12:15pm
25 Bingo 12:15pm	26 Art Class 12:15pm	27 Volleyball Practice 10:00am	28 Bingo 12:15pm	29 Contract Rummy 12:15pm

Rockingham Senior Center

225 South Lawrence Street, Rockingham, NC 28379
910-997-4491

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Legend: SHIIP= Seniors' Health Insurance Information Program- Call 910-410-1135 for an appointment				1 Exercise Room 8:00am-5:00pm
4 CLOSED LABOR DAY	5 Exercise Room 7:30am-6:30pm Puzzle- drop in	6 Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm	7 Exercise Room 7:30am-6:30pm Puzzle- drop in	8 Exercise Room 8:00am-5:00pm
11 Exercise Room 7:30am-6:30pm	12 Exercise Room 7:30am-6:30pm Puzzle- drop in	13 Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm	14 Exercise Room 7:30am-6:30pm Puzzle- drop in	15 Exercise Room 8:00am-5:00pm
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