

East Rockingham Senior Center

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

Senior Center of Excellence

November 2015

MON	TUE	WED	THU	FRI
<p>2 Stitch in time—1pm Line dance—2pm Living w/Arthritis-3pm Pool—3pm Walking video—3pm</p>	<p>3 CV practice—1pm Line dance—2pm Pool—3pm Walking video—3pm</p>	<p>4 “Color ME Calm” 2pm Pool—3pm Walking video—3pm</p>	<p>5 Hand therapy—noon- Art Class-1:30pm Walking video—3pm Candlelight Reflections 6pm Mt Olive Baptist Church R’ham</p>	<p>6 Rummikub—2pm Living w/Arthritis—3pm Pool—3pm Walking video—3pm</p>
<p>9 Stitch in time—1pm Line dance—2pm Living w/Arthritis-3pm Cornhole—3pm Walking video-3pm</p>	<p>10 CV practice—1pm Line dance—2pm Cornhole—3pm Happy Hour 6pm</p>	<p>11 CLOSED Thank you to every Veteran</p>	<p>12 Hand therapy—noon- Art Class-1:30pm Cornhole—3pm Walking video—3pm</p>	<p>13 Scrabble—2pm Living w/Arthritis-3pm Cornhole—3pm Walking video—3pm Southern Christmas Show -Charlotte- (\$) 8am call Ellerbe SC 652-6006</p>
<p>16 Trip to Unilever/ Campbell Soup— 8:30am</p>	<p>17 CV practice—1pm Line dance—2pm Darts—3pm</p>	<p>18 “Color ME Calm” 2pm CV w/Hamlet—2pm ((AWAY))</p>	<p>19 Hand therapy—noon- Art Class-1:30pm Darts—3pm Walking video—3pm</p>	<p>20 Contract rummy—2pm Living w/Arthritis—3pm Darts—3pm Walking video—3pm TCJofER—4pm</p>
<p>23 Stitch in time—1pm Line dance—2pm Living w/Arthritis-3pm</p>	<p>24 Girls Day Out—8am</p>	<p>25 “Color ME Calm” 2pm Pool—3pm</p>	<p>26 CLOSED HAPPY THANKSGIVING!!</p>	<p>27 CLOSED</p>
<p>30 Stitch in time—1pm Line dance—2pm Living w/Arthritis-3pm Cornhole—3pm</p>				

LEGEND

CV==chair volleyball

BP’s==blood pressure check

\$==fee for event

TCJofER==The Crown Jewels of East Rockingham

Ellerbe Senior Center

306 Millstone Rd.

Ellerbe, N.C. 28338

November 2015

MON	TUE	WED	THU	FRI
2 Bingo @ 12:15	3 Art Class @ 12:15 Shiip Counselor	4 Volleyball Game @ Pruitt Health @ 2:00 Craft Class @ 12:15	5 Bingo @ 12:15 Card Club @ 1:00 Candlelight Reflections 6pm Mt Olive Baptist Church R'ham	6 Birthday Party
9 Bingo @ 12:15 with Richmond Pines	10 Art Class @ 12:15	11 CLOSED Veteran's Day	12 Bingo @ 12:15 Card Club @ 1:00	13 Southern Christmas Show – Charlotte (\$) Leave by 8am
16 Bingo @ 12:15 with Pruitt Health	17 Pamper Day	18 Craft Class @ 12:15	19 Bingo @ 12:15 with Community Hospice Card Club @ 1:00	20 Contract Rummy @ 12:15
23 Bingo @ 12:15	24 Art Class @ 12:15	25 Contract Rummy @ 12:30	26 CLOSED Thanksgiving Holiday	27 CLOSED Thanksgiving Holiday
30 Bingo @ 12:15				

LEGEND \$- fee for event

Rockingham Senior Center

225 South Lawrence Street
Rockingham, N.C. 28380

November 2015

MON	TUE	WED	THU	FRI
2- Exercise room: 7:30-6:30, Paraffin Hand Wax Treatment 10:00am-6:00pm SHIIP-app only	3- Exercise room: 7:30-6:30, Computer lab internet access only: 7:30-6:30, Puzzle SHIIP-app only	4- Exercise room: 7:30-6:30, Walkie Talkies–8:30am	5- Exercise room: 7:30-6:30, Candlelight Reflections 6pm Mt Olive Baptist Church R’ham	6- Exercise room: 8-5, Computer lab-internet access only: 8-5
9- Exercise room: 7:30-6:30, Paraffin Hand Wax Treatment 10:00am-6:00pm SHIIP-app only	10- Exercise room: 7:30-6:30, Puzzle SHIIP-app only	11- CLOSED Veteran’s Day	12- Exercise room:7:30-6:30, Puzzle SHIIP-app only	13- Exercise room: 8-5, Computer lab-internet access only: 8-5
16- Exercise room:7:30-6:30, Paraffin Hand Wax Treatment 10:00am-6:00pm SHIIP-app only	17- Exercise room: 7:30-6:30, Puzzle SHIIP-app only	18- Exercise room: 7:30-6:30, Walkie Talkies-8:30am	19- Exercise room:7:30-6:30, Puzzle SHIIP– app only	20- Exercise room: 8-5, Computer lab-internet access only: 8-5
23- Exercise room:7:30-6:30, Paraffin Hand Wax Treatment 10:00am-6:00pm SHIIP-app only	24- Exercise room: 7:30-6:30, Puzzle SHIIP– app only	25- Exercise room: 7:30-6:30, Walkie Talkies–8:30am	26- CLOSED Thanksgiving Holiday	27- CLOSED Thanksgiving Holiday
30- Exercise room:7:30-6:30, Paraffin Hand Wax Treatment 10:00am-6:00pm SHIIP-app only				

Legend: SHIIP= Senior Health Insurance Information Program 910-410-1135