

East Rockingham Senior Center

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

Senior Center of Excellence

January 2016

MON	TUE	WED	THU	FRI
				1 CLOSED Happy New Year
4 Walking Video-9a Stitch in Time—1pm Beg. Line Dance-2p Pool—3pm	5 Walking Video-9a CV practice—1pm Line Dance—2pm Pool—3pm	6 Walking Video-9a BP's—10am “Color meCalm”-2p Writing Class—3pm	7 Walking Video-9a Hand therapy noon- ART CLASS-1:30PM Pool—3pm	8 Walking Video-9am Scrabble—2pm Pool—3pm
11 Walking Video-9a Stitch in Time—1pm Beg. Line Dance-2pm Cornhole—3pm	12 Walking Video - 9am CV practice -1pm Line Dance-2pm Cornhole - 3pm HAPPY HOUR-6PM	13 WalkingVideo-9a CV game w/Ellerbe— 2pm (AWAY) Writing Class—3pm	14 Walking Video 9am Hand therapy-noon- ART CLASS-1:30PM Cornhole—3pm	15 Walking Video 9am Contract Rummy-2p Cornhole—3pm TCJofER—4pm
18 CLOSED Martin Luther King, Jr. Holiday	19 Walking Video-9a CV practice—1pm Line Dance—2pm Darts—3pm	20 WalkingVideo-9a CV w/Hamlet—2pm (HOME) Writing Class—3pm	21 Walking Video-9a Hand therapy-noon- ART CLASS-1:30PM Darts—3pm	22 Walking Video—9am BINGO—2PM Darts—3pm
25 Walking Video-9a Stitch in Time—1pm Beg. Line Dance-2p Pool—3pm	26 Walking Video-9a CV practice—1pm Line Dance—2pm Pool—3pm	27 Walking Video-9a BP's—10am “Color me Calm-2p Writing Class—3pm	28 Walking Video-9a Hand therapy-noon- ART CLASS-1:30PM Pool—3pm	29 Walking Video-9a Popcorn & a movie— 2pm

LEGEND

CV==chair volleyball

BP's==blood pressure check

TCJofER==The Crown Jewels of East Rockingham

Ellerbe Senior Center

306 Millstone Rd.
Ellerbe, N.C. 28338

January 2016

MON	TUE	WED	THU	FRI
				¹ CLOSED Happy New Year
4 Bingo @ 12:15 with Pruitt Health	5 Art Class @ 12:15	6 Volleyball at Pruitt Health @ 2:00	7 Bingo @ 12:15 Card Club @ 1:00	8 Birthday Party
11 Bingo @ 12:15 with Richmond Pines	12 Art Class @ 12:15	13 Pamper Day	14 Bingo @ 12:15 Card Club @ 1:00	15 Scrabble @ 12:15
18 CLOSED Martin Luther King, Jr. Holiday	19 Art Class @ 12:15 Sherry the Librarian @ 11:45	20 Volleyball Game v/s Hamlet @ 2:00 at Home	21 Bingo @ 12:15 with Community Hospice Card Club @ 1:00	22 Phase 10 @ 12:15
25 Bingo @ 12:15 with Richmond Co. Hospice	26 Art Class @ 12:15	27 Volleyball Game v/s E. Rock @ 2:00 Away	28 Bingo @ 12:15 Card Club @ 1:00	29 Rummikub @ 12:15

Rockingham Senior Center

225 South Lawrence Street

Rockingham, N.C. 28379

January 2016

MON	TUE	WED	THU	FRI
				1- CLOSED Happy New Year
4- Exercise room: 7:30-6:30,	5- Exercise room: 7:30-6:30, Puzzle	6- Exercise room: 7:30-6:30, Walkie Talkies- 8:30am Shiip-app. only	7- Exercise room:7:30-6:30, Puzzle	8- Exercise room: 8-5,
11- Exercise room:7:30-6:30,	12- Exercise room: 7:30-6:30, Puzzle	13- Exercise room: 7:30-6:30, Walkie Talkies- 8:30am Shiip-app. only	14- Exercise room:7:30-6:30, Puzzle	15- Exercise room: 8-5,
18- CLOSED Martin Luther King, Jr. Holiday	19- Exercise room: 7:30-6:30, Puzzle	20- Exercise room: 7:30-6:30, Walkie Talkies- 8:30am Shiip-app. only	21- Exercise room:7:30-6:30, Puzzle	22- Exercise room: 8-5,
25- Exercise room:7:30-6:30,	26- Exercise room: 7:30-6:30, Puzzle	27- Exercise room: 7:30-6:30, Walkie Talkies- 8:30am Shiip app. only	28- Exercise room:7:30-6:30, Puzzle	29- Exercise room: 8-5,

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