

East Rockingham Senior Center

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

Senior Center of Excellence

February 2016

MON	TUE	WED	THU	FRI
1 Walking video-9a Stitch in time-1pm Beg. Line dance-2pm Pool—3pm	2 Walking video-9am CV practice-1pm Line dance-2pm Pool—3pm	3 Walking video-9am BP's—10am “color me calm”-2pm Writing class—3pm	4 Walking video-9am Art Class—1:30pm Pool—3pm	5 Walking video-9am Rummikub—2pm Pool—3pm
8 Walking video-9a Stitch in time-1pm Beg. Line dance-2pm Cornhole—3pm	9 Walking Video-9am CV-1pm Line Dance-2pm Cornhole-3pm Happy Hour- 6pm	10 Walking video-9am CV w/Ellebe—2pm (HOME) Writing class—3pm	11 Walking video-9a Art Class—1:30pm Cornhole—3pm	12 Walking video—9am Scrabble—2pm Cornhole—3pm
15 Walking video-9a Fab-u-lous February Valentine’s Social at the Ellebe Senior Center 1pm-3pm	16 Girls Day Out— 8am	17 Walking video-9a “color me calm”-2pm Writing class-3pm	18 Walking video-9a Art Class—1:30pm Darts—3pm	19 Walking video— 9am Contract Rummy-2p Darts—3pm
22 Walking video-9a Stitch in time-1pm Beg. Line dance-2pm Pool—3pm	23 Walking video- 9am CV practice-1pm Line dance-2pm	24 Walking video-9a BP's—10am CV w/Hamlet—2pm (AWAY)	25 Walking video-9a Art Class—1:30pm Pool—3pm	26 Walking video-9am BINGO—2pm Pool—3pm
29 Walking video-9a Stitch in time-1pm Beg. Line dance-2pm Cornhole—3pm				

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

February 2016

MON	TUE	WED	THU	FRI
1 Bingo @12:15 with Richmond County Hospice	2 Art Class @ 12:15	3 Volleyball Game @ Pruitt Health @ 2:00	4 Bingo@12:15 Volleyball Practice @1:00 Card Club @ 2:00	5 Birthday Party with Community Hospice
8 Bingo@12:15 with Richmond Pines	9 Art Class @ 12:15	10 Volleyball Game V/S E.Rock @ 2:00 Away	11 Bingo@12:15 Volleyball Practice @1:00 Card Club @2:00	12 Scrabble @12:15
15 Fab-u-lous Valentine's Day Social 1:00-3:00	16 Art Class @12:15	17 Volleyball Game V/S Hamlet @2:00 Home	18 Bingo@12:15 With Community Hospice Volleyball Practice @1:00 Card Club @2:00	19 Contract Rummy @ 12:15
22 Bingo@12:15 with Pruitt Health	23 Art Class @12:15	24 CLOSED Pamper Day	25 Bingo@12:15 Volleyball Practice @1:00 Card Club@2:00	26 Triominos @12:15
29 Bingo@12:15				

Rockingham Senior Center

225 South Lawrence Street
Rockingham, N.C. 28379

February 2016

MON	TUE	WED	THU	FRI
1- Exercise room: 7:30-6:30,	2- Exercise room: 7:30-6:30, Puzzle	3- Exercise room: 7:30-6:30, Shiip-app. only	4- Exercise room:7:30-6:30, Puzzle	5- Exercise room: 8-5,
8- Exercise room: 7:30-6:30,	9- Exercise room: 7:30-6:30, Puzzle	10- Exercise room: 7:30-6:30, Shiip-app. only	11- Exercise room:7:30-6:30, Puzzle	12- Exercise room: 8-5,
15- Exercise room:7:30-6:30, Fab-u-lous February Valentine's Social 1:00-3:00 @Ellerbe Senior Center	16- Exercise room: 7:30-6:30, Puzzle	17- Exercise room: 7:30-6:30, Shiip-app. only	18- Exercise room:7:30-6:30, Puzzle	19- Exercise room: 8-5,
22- Exercise room:7:30-6:30,	23- Exercise room: 7:30-6:30, Puzzle	24- Exercise room: 7:30-6:30, Shiip-app. only	25- Exercise room:7:30-6:30, Puzzle	26- Exercise room: 8-5,
29- Exercise room:7:30-6:30,				



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