

# East Rockingham Senior Center

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

# Senior Center of Excellence

# March 2016

MON	TUE	WED	THU	FRI
	<b>1</b> Walking video—9am CV practice—1pm Line dance—2pm Pool—3pm	<b>2</b> Walking video-9am Liberty Tax Service—10am Grief support group—2pm (first meeting) Writing class—3pm Pool—3pm	<b>3</b> Walking video-9am Hand therapy-noon Art Class—1:30pm Pool—3pm	<b>4</b> Walking video-9am Rummikub—2pm Alzheimer's Support Group - 1pm (first meeting) Pool—3pm
<b>7</b> Walking video-9am Stitch in time—1pm Beginner line dance—2p Cornhole—3pm	<b>8</b> Walking video—9am CV practice—1pm Line dance—2pm Cornhole—3pm HAPPY HOUR—6PM	<b>9</b> Walking video-9am Liberty Tax Service-10a How to tie a headscarf w/ Shervella Ellerbe 12pm CV w/ Ellerbe—2pm (AWAY) Cornhole—3pm	<b>10</b> Walking video-9am Hand therapy-noon Art Class—1:30pm Cornhole—3pm	<b>11</b> Walking video-9am Scrabble—2pm Cornhole—3pm
<b>14</b> Walking video-9am Stitch in time—1pm Beginner line dance—2p Darts—3pm	<b>15</b> <p style="text-align: center;"><b>CLOSED</b></p> Girls Day Out—8am	<b>16</b> Walking video-9am Liberty Tax Service-10a Color me calm—2pm Writing class-3pm Darts—3pm	<b>17</b> Walking video-9am Hand therapy-noon Art Class—1:30pm Darts—3pm	<b>18</b> Walking video-9am Contract rummy—2pm Darts—3pm TCJofER—4pm
<b>21</b> Walking video-9am Stitch in time—1pm Beginner line dance—2p Pool—3pm	<b>22</b> Walking video—9am Better Choices—1pm CV practice—1pm Line dance—2pm Pool—3pm	<b>23</b> Walking video-9am Liberty Tax Service-10a Tax exemption—10am CV w/ Hamlet—2pm (HOME) Pool—3pm	<b>24</b> Veterans lunch- eon—11am—1pm Art class—1:30pm Pool—3pm	<b>25</b> <p style="text-align: center;"><b>CLOSED</b></p> Good Friday
<b>28</b> Walking video-9am Stitch in time—1pm Beginner line dance-2pm Cornhole—3pm	<b>29</b> Walking video—9am Better Choices—1pm CV practice—1pm Line dance—2pm Cornhole—3pm	<b>30</b> Walking video-9am Liberty Tax Service-10a PLAY class—1pm Writing class-3pm Cornhole—3pm	<b>31</b> Walking video-9am Hand therapy-noon Art Class—1:30pm Cornhole—3pm	<b>LEGEND</b> 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  
 910-652-6006

# March 2016

MON	TUE	WED	THU	FRI
	1 Art Class @12:15	2 Volleyball Game @ Pruitt Health @2:00 Fire Safety Program Liberty Tax 10-12	3 Bingo @ 12:15 Chair Volleyball Prac@1:00 Card Club @2:00	4 Birthday Party with Community Hospice @12:00
7 Bingo @12:15 with Richmond County Hos- pice	8 <b>Colon Cancer Aware- ness w/ Nancy Porter Health Dept. 11:45</b> Art Class @12:15	9 Volleyball Game V/S E. Rock. @2:00 Home	10 Bingo @12:15 Chair Volleyball Prac @ 1:00 Card Club @2:00	11 Phase 10 @12:15
14 Bingo @12:15 with Richmond Pines	15 Art Class @12:15 Sherry the Librarian Tax Dept 10-12	16 Volleyball Game V/S Hamlet @2:00 Away <b>Sheila Raye with Theraputic Alternatives—12pm</b> Richmond Tax Dept 10-11	17 Bingo @12:15 with Community Hospice Chair Volleyball Practice @1:00 Card Club @2:00	18 Rummikub @12:15
21 Bingo @12:15 with Pruitt Health Cooking Class 1:00-2:00	22 <b>Campbell's Soup Trip— 9am- \$ 3.00 bus fee</b> Art Class @12:15	23 <b>CLOSED</b> Pamper Day	24 Bingo @12:15 Chair Volleyball Practice @1:00 Card Club @2:00	25 <b>CLOSED</b> Good Friday
28 Bingo @12:15 Cooking Class 1:00-2:00	29 Art Class @12:15	30 Phase 10 @12:15 Popcorn and Movie @1:00 J.A. Bolton Story- teller	31 Bingo @12:15 Chair Volleyball Practice @1:00 Card Club @2:00	

# Rockingham Senior Center

225 South Lawrence Street

Rockingham, N.C. 28379

910-997-4491

# March 2016

MON	TUE	WED	THU	FRI
	1- Exercise room: 7:30-6:30,  Puzzle	2- Exercise room: 7:30-6:30, <b>Liberty Tax Service</b> <b>10:00am-12:00pm</b>	3- Exercise room:7:30-6:30,  Puzzle	4- Exercise room: 8-5,
7- Exercise room: 7:30-6:30,	8- Exercise room: 7:30-6:30,  Puzzle	9- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax</b> <b>7:30am-6:00pm</b> Shiip-app. only	10- Exercise room:7:30-6:30,  Puzzle	11- Exercise room: 8-5,
14- Exercise room:7:30-6:30,	15- Exercise room: 7:30-6:30,  Puzzle	16- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax</b> <b>7:30am-6:00pm</b> Shiip-app. only	17- Exercise room:7:30-6:30,  Puzzle	18- Exercise room: 8-5,
21- Exercise room:7:30-6:30,	22- Exercise room: 7:30-6:30,  Puzzle	23- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax</b> <b>7:30am-6:00pm</b> Shiip-app. only	24- Exercise room:7:30-6:30,  Puzzle	25- <b>CLOSED</b> Good Friday
28- Exercise room:7:30-6:30,	29- Exercise room: 7:30-6:30,  Puzzle	30- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax</b> <b>7:30am-6:00pm</b> Shiip-app. only	31- Exercise room:7:30-6:30,  Puzzle	

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