

East Rockingham Senior Center

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

Senior Center of Excellence

April 2016

MON	TUE	WED	THU	FRI
LEGEND CV==chair volleyball BP's==blood pressure check TCJofER==The Crown Jewels of East Rockingham	Must be at least 55 or older to participate.			1 Walking video-10am Alzheimer's support group—1pm Rummikub—2pm Darts—3pm
4 Walking video-10am Stitch in time—1pm Beginner line dance-2pm Pool—3pm	5 Trip to Hamrick's -8am Better Choices—1pm	6 Walking video-10am PLAY class—1pm Grief support—2pm Writing class—3pm	7 Walking video-10am Hand therapy—noon Art Class—1:30pm Pool—3pm	8 Walking video-10am Scrabble—2pm Pool—3pm
11 Walking video-10am Stitch in time—1pm Beginner line dance-2pm Cornhole—3pm	12 Walking video-10am Better Choices—1pm Line dance—2pm Cornhole—3pm HAPPY HOUR—6PM	13 Walking video-10am PLAY class—1pm CV w/Ellerbe-2pm (HOME) cancelled	14 Walking video-10am Hand therapy—noon Art Class—1:30pm Cornhole—3pm	15 Walking video-10am Contract rummy-2p Cornhole—3pm TCJofER—4:30pm
18 Walking video-10am Stitch in time—1pm Beginner line dance-2pm Darts—3pm	19 GIRLS DAY OUT—8AM Better choices—1pm	20 Walking video-10am PLAY class—1pm Color me calm—2pm Writing class—3pm	21 Walking video-10am Hand therapy—noon Art Class—1:30pm Darts—3pm	22 Walking video-10am Bingo—2pm Darts
25 Walking video-10am Stitch in time—1pm Beginner line dance-2pm Pool—3pm	26 Walking video-10am Better Choices—1pm Line dance—2pm Pool—3pm	27 CLOSED for Senior Games	28 9am—Senior Games Walking video-10am Hand therapy—noon Art Class—1:30pm Pool—3pm	29 Walking video-10am Popcorn & a video—2pm

Ellerbe Senior Center

306 Millstone Rd.
Ellerbe, N.C. 28338

April 2016

MON	TUE	WED	THU	FRI
	Must be at least 55 or older to participate.			1 Birthday Party
4 Bingo @ 12:15 with Richmond Co. Hospice Cooking Class @ 1:00	5 Art Class @ 12:15	6 Volleyball Game @ Pruitt Health @ 2:00	7 Bingo @ 12:15 Chair Volleyball Practice @ 1:00 Card Club@2:00	8 Scrabble @ 12:15
11 Bingo @ 12:15 with Richmond Pines Cooking Class @ 1:00	12 Art Class @ 12:15	13 Volleyball Game @ E.Rock @ 2:00 Away Game	14 Closed Trip to Bass Pro Shop 8:00-4:00	15 Contract Rummy @ 12:15
18 Bingo @ 12:15 with Pruitt Health Cooking Class @ 1:00	19 Art Class @ 12:15 Sherry the Librarian	20 Volleyball Game v/s Hamlet @ 2:00 Home Game	21 Bingo @ 12:15 with Community Hospice Chair Volleyball Practice @ 1:00 Card Club @ 2:00	22 Triominos @ 12:15
25 Bingo @ 12:15 Cooking Class @ 1:00	26 Art Class @ 12:15	27 CLOSED Pamper Day	28 Bingo @ 12:15 Chair Volleyball Practice @ 1:00 Card Club @2:00	29 Rummikub @ 12:15

Rockingham Senior Center

225 South Lawrence Street
Rockingham, N.C. 28379

April 2016

MON	TUE	WED	THU	FRI
	Must be at least 55 or older to participate.			1- Exercise room: 8-5,
4- Exercise room: 7:30-6:30,	5- Exercise room: 7:30-6:30, Puzzle	6- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm Shiip-app. only	7- Exercise room:7:30-6:30, Walkie Talkies 8:30am 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, Paraffin Hand Wax 7:30am-6:00pm Shiip-app. only	14- Exercise room:7:30-6:30, Walkie Talkies 8:30am Puzzle	15- Exercise room: 8-5,
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25- Exercise room:7:30-6:30,	26- Exercise room: 7:30-6:30, Puzzle	27- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm Shiip-app. only	28- Exercise room:7:30-6:30, Walkie Talkies 8:30am Puzzle	29- Exercise room: 8-5,

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