

# East Rockingham Senior Center

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

# Senior Center of Excellence

# June 2016

MON	TUE	WED	THU	FRI
Legend: \$ = Fee for class or program CV = Chair volleyball TCJofER = The Crown Jewels of East Rockingham BP's =blood pressure check		1 <b>Walking video—10am</b> <b>Color me calm—1pm</b> <b>Cornhole—3pm</b>	2 <b>Walking video—10am</b> <b>Hand therapy—noon-</b> <b>Art class—1:30pm</b> <b>Cornhole—3pm</b>	3 <b>Walking video—10am</b> <b>Rummikub—2pm</b> <b>Cornhole—3pm</b>
6 <b>Walking video—10am</b> <b>Stitch in time—1pm</b> <b>Line dance—2pm</b> <b>Billiards —3pm</b>	7 <b>CLOSED ELECTION DAY</b>	8 <b>Walking video—10am</b> <b>Health Dept.—noon</b> <b>CV w/Ellerbe—2pm (HOME)</b> <b>Billiards—3pm</b>	9 <b>Walking video—10am</b> <b>Hand therapy—noon-</b> <b>Art class—1:30pm</b> <b>Billiards—3pm</b> <b>\$ WATER AEROBICS-5PM</b>	10 <b>Walking video—10am</b> <b>Scrabble—2pm</b> <b>Billiards—3pm</b>
13 <b>Walking video—10am</b> <b>Stitch in time—1pm</b> <b>Line dance—2pm</b> <b>Cornhole—3pm</b> <b>\$ WATER AEROBICS-5P</b>	14 <b>Walking video—10am</b> <i>Grief loss support group-2pm</i> <b>Line dance—3pm</b> <b>HAPPY HOUR—6pm</b>	15 <b>Walking video-10am</b> <b>CV practice—1pm</b> <b>Color me calm—2pm</b> <b>Cornhole—3pm</b>	16 <b>Walking video—10am</b> <b>Hand therapy—noon-</b> <b>Art class—1:30pm</b> <b>Cornhole—3pm</b> <b>\$ WATER AEROBICS-5PM</b>	17 <b>Walking video—10am</b> <b>Contract rummy—2pm</b> <b>Cornhole—3pm</b> <b>TCJofER—4:30pm</b>
20 <b>Walking video—10am</b> <b>Stitch in time—1pm</b> <b>Line dance—2pm</b> <b>Darts—3pm</b> <b>\$ WATER AEROBICS-5PM</b>	21 <b>Girls Day Out—8am</b>	22 <b>Walking video—10am</b> <b>CV w/Hamlet—2pm (AWAY)</b>	23 <b>Walking video—10am</b> <b>Hand therapy—noon-</b> <b>Art class—1:30pm</b> <b>Darts—3pm</b> <b>\$ WATER AEROBICS-5PM</b>	24 <b>Walking video—10am</b> <b>Bingo—2pm</b> <b>Darts—3pm</b>
27 <b>Walking video—10am</b> <b>Stitch in time—1pm</b> <b>Line dance—2pm</b> <b>Billiards—3pm</b> <b>\$ WATER AEROBICS-5PM</b>	28 <b>Summer Social @ Rockingham Senior Center 11am—1pm</b>	29 <b>Walking video—10am</b> <b>Color me calm—2pm</b> <b>Billiards —3pm</b>	30 <b>CLOSED For Senior Symposium @ Cole Auditorium \$ WATER AEROBICS-5PM</b>	

# Ellerbe Senior Center

306 Millstone Rd.  
Ellerbe, N.C. 28338

# June 2016

MON	TUE	WED	THU	FRI
<b>Must be at least 55 or older to participate</b>		1 Volleyball @ Pruitt Health @ 2:00	2 Bingo@12:15 Card Club@1:00 Volleyball Practice @2:00	3 Birthday Party @12:15
6 Bingo @ 12:15 with Richmond County Hospice	<b>7 CLOSED for Trip to the Beach \$</b>	8 Volleyball v/s E.Rock @ 2:00 Away Game Sheila Raye Health Educator	9 Bingo @ 12:15 Card Club@1:00 Volleyball Practice @2:00	10 Contract Rummy
13 Bingo @ 12:15 with Richmond Pines	14 Art Class @ 12:15	15 Volleyball Game v/s Hamlet @ 2:00 Home Game	16 Bingo @ 12:15 Card Club @ 1:00 Volleyball Practice @2:00	17 Scrabble @ 12:15
20 Bingo @12:15	21 Art Class @ 12:15 Sherry the Librarian @ 11:45	22 Pamper Day	<b>23 Veterans Breakfast &amp; Learn 9am– 11am</b>	24 Phase 10 @ 12:15
27 Bingo @ 12:15	<b>28 Summer Social @ Rockingham Senior Center 11am –1pm</b> Art Class @ 12:15	29 Scrabble @12:15	<b>30 CLOSED for Senior Symposium@ Cole Auditorium</b>	

# Rockingham Senior Center

225 South Lawrence Street  
Rockingham, N.C. 28379

# June 2016

MON	TUE	WED	THU	FRI
<b>Must be at least 55 or older to participate</b>		1- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax 7:30am-6:00pm</b> Shiip-app. only	2- Exercise room:7:30-6:30,  Walkie Talkies 8:30am Puzzle	3- Exercise room: 8-5,
6- Exercise room: 7:30-6:30,	7- Exercise room: 7:30-6:30,  Puzzle	8- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax 7:30am-6:00pm</b> Shiip-app. only	9- Exercise room:7:30-6:30,  Walkie Talkies 8:30am Puzzle	10- Exercise room: 8-5,
13- Exercise room: 7:30-6:30,	14- Exercise room: 7:30-6:30,  Puzzle	15- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax 7:30am-6:00pm</b> Shiip-app. only	16- Exercise room:7:30-6:30,  Walkie Talkies 8:30am Puzzle	17- Exercise room: 8-5,
20- Exercise room: 7:30-6:30,	21- Exercise room: 7:30-6:30,  Puzzle	22- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax 7:30am-6:00pm</b> Shiip-app. only	23- <b>Veterans Breakfast and Learn @ Ellerbe Senior Center 9am – 11am</b> Exercise room:7:30-6:30,	24- Exercise room: 8-5,
27- Exercise room: 7:30-6:30,	<b>28- Summer Social @ Rockingham Senior Center 11-1 <u>Alzheimer's Support Group</u> 5:30pm—6:30pm</b>	29- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax 7:30am-6:00pm</b> Shiip-app. only	30-  <b>CLOSED for Senior Symposium @ Cole Auditorium</b>	<b>Legend:</b> <b>SHIP= Seniors' Health Insurance Information Program</b> <b>910-410-1135</b>