

East Rockingham Senior Center

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

Senior Center of Excellence

July 2016

MON	TUE	WED	THU	FRI
Exercise equipment Monday-Friday 9am—5pm				1 Walking video-10am Rummikub—2pm Darts—3pm
4 CLOSED Independence Day	5 Walking video-10am CV practice—1pm Billiards—3pm	6 Walking video-10am Color me calm—3pm Billiards—3pm	7 Walking video-10am Hand therapy—noon Art class—1:30pm \$ Billiards--3pm WATER AEROBICS-5P \$	8 Walking video-10am Scrabble—2pm Billiards—3pm
11 Walking video—10a CV practice—1pm Line dance—2pm WATER AEROBICS-5P \$	12 Walking video-10a <i>Grief support group-2p</i> Cornhole—3pm HAPPY HOUR—6pm	13 Walking video-10am CV game w/Ellerbe-2pm (AWAY) Cornhole—3pm	14 Walking video-10am Hand therapy—noon Art class—1:30pm \$ WATER AEROBICS-5P \$	15 Walking video-10am Contract rummy—2pm Cornhole—3pm TCJofER—4:30pm
18 Walking video—10am Line dance—2pm Darts—3pm WATER AEROBICS-5P \$	19 GIRLS DAY OUT 8AM	20 Walking video-10am Color me calm—1pm Darts—3pm	21 Walking video-10am Hand therapy—noon Art class—1:30pm \$ Darts—3pm WATER AEROBICS-5PM	22 Walking video- 10am Bingo—2pm
25 Walking video—10a CV practice—1pm Line dance—2pm WATER AEROBICS-5P \$	26 Walking video-10am CV practice—1pm Billiards—3pm	27 Walking video-10am CV game w/Hamlet-2pm (HOME) Billiards—3pm	28 Walking video-10am Hand therapy—noon Art class—1:30pm \$ Billiards—3pm WATER AEROBICS-5P \$	29 Walking video-10am Popcorn & a movie—2pm Billiards—3pm

LEGEND

CV==chair volley ball

BP's==blood pressure check

TCJofER==The Crown Jewels of East Rockingham

\$== Fee for program

Ellerbe Senior Center

306 Millstone Rd.
Ellerbe, N.C. 28338

July 2016

MON	TUE	WED	THU	FRI
Must be at least 55 or older to participate				1 Birthday Party @12:15
4 CLOSED Independence	5 Art Class @12:15 \$	6 Volleyball v/s Pruitt Health @ 2:00	7 Bingo @ 12:15 Card Club@1:00 Matter of Balance 1-3	8 Contract Rummy@12:15
11 Bingo @ 12:15 with Richmond Pines	12 Art Class @ 12:15 \$ Sherry the Librarian @ 11:45	13 Volleyball Game v/s East Rockingham @ 2:00 Home Game	14 Bingo @ 12:15 Card Club @ 1:00 Matter of Balance 1-3	15 Scrabble @ 12:15
18 Bingo @12:15	19 Art Class @ 12:15 \$ Volley ball Game @ Hamlet 2:00	20 Pamper Day	21 Bingo @ 12:15 with Community Hospice Card Club @ 1:00 Matter of Balance 1-3	22 Phase 10 @ 12:15
25 Bingo @ 12:15	26 Art Class @ 12:15 \$	27 Scrabble @12:15	28 Bingo @12:15 Card Club@1:00 Matter of Balance 1-3	29 Scrabble @12:15

LEGEND \$== Fee for program

Rockingham Senior Center

225 South Lawrence Street

Rockingham, N.C. 28379

July 2016

MON	TUE	WED	THU	FRI
Must be at least 55 or older to participate	Legend: SHIP= Seniors' Health Insurance Information Program			1- Exercise room: 8-5,
4 CLOSED Independence Day	5- Exercise room: 7:30-6:30, Puzzle	6- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm Ship-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 Ship-app. only	14- Exercise room:7:30-6:30, Walkie Talkies 8:30am Puzzle	15- Exercise room: 8-5,
18- Exercise room: 7:30-6:30,	19- Exercise room: 7:30-6:30, Puzzle	20- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm	21- Exercise room:7:30-6:30, Walkie Talkies 8:30am Puzzle	22- Exercise room: 8-5,
25- Exercise room: 7:30-6:30,	26- Exercise room: 7:30-6:30 <u>Alzheimer's Support Group</u> <u>5:30pm—6:30pm</u>	27- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm Ship-app. only	28- Exercise room:7:30-6:30, Walkie Talkies 8:30am Puzzle	