

# East Rockingham Senior Center

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

# Senior Center of Excellence

# September 2016

MON	TUE	WED	THU	FRI
			1 Walking video—10am Art class—1:30pm Tai-Chi-1:30pm Darts—3pm	2 Walking video-10am Hand therapy—noon Rummikub—2pm Darts—3pm
5 <b>CLOSED FOR LABOR DAY</b>	6 Walking video—10am CV practice—1pm Cornhole-3pm	7 Walking video—10am Bingo—1pm Color me calm—2pm Cornhole—3pm	8 Walking video—10am Art class—1:30pm Tai-Chi-1:30pm Cornhole—3pm	9 Walking video—10am Hand therapy—noon Scrabble—2pm Cornhole—3pm
12 Walking video—10am Stitch in Time—1pm Tai-Chi-1:30pm Line dance—2:30pm Cornhole—3pm	13 Walking video—10am <i>Grief support group-2pm</i> Cornhole—3pm HAPPY HOUR—6pm	14 Walking video—10am Nancy Porter w/Health Dept 12:00pm CV game w/Ellerbe—2pm (AWAY)	15 Walking video—10am Art class—1:30pm Tai-Chi-1:30pm Cornhole—3pm	16 Walking video—10am Hand therapy—noon Contract rummy—2pm Cornhole—3pm
19 Walking video—10am Stitch in Time—1pm Tai-Chi-1:30pm Line dance—2:30pm Darts—3pm	20 Walking video—10am BP's by Bayada—11am CV practice—1pm Darts—3pm	21 Walking video—10am Color me calm—1pm Darts—3pm	22 Walking video—10am Art class—1:30pm Tai-Chi-1:30pm Darts—3pm	23 Walking video—10am Hand therapy—noon B*I*N*G*O—2pm Darts—3pm
26 Walking video—10am Stitch in Time—1pm Line dance—2pm Cornhole—3pm	27 Walking video—10am CV practice—1pm Cornhole—3pm	28 Walking video—10am CV game w/Hamlet—2pm (HOME) Cornhole—3pm	29 <b>CLOSED VETERANS' LUNCH &amp; LEARN 11AM—1PM</b>	30 Walking video—10am Hand therapy—noon Popcorn & a video—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

# September 2016

MON	TUE	WED	THU	FRI
<b>Must be at least 55 or older to participate</b>			1 Bingo @ 12:15 Tai Chi @ 1:00	2 Birthday Party @12:15
5 <b>CLOSED</b> Labor Day	6 Art Class @12:15	7 Volleyball v/s Pruitt Health @ 2:00	8 Bingo @ 12:15 Tai Chi @ 1:30	9 Contract Rummy
12 Bingo @ 12:15 Tai Chi @ 1:30	13 Art Class @ 12:15 Sherry the Librarian @ 11:45 Nancy Porter w/Health Dept @ 11:45	14 Volleyball Game v/s East Rockingham @ 2:00 Home Game	15 Bingo @ 12:15 Tai Chi @ 1:30	16 Scrabble @ 12:15
19 Bingo @12:15 Tai Chi @ 1:30	20 Art Class @ 12:15 Volleyball Game @ Hamlet 2:00	21 Volleyball Game v/s Hamlet Away Game	22 Bingo @ 12:15 Tai Chi @ 1:30	23 Phase 10 @ 12:15
26 Bingo @ 12:15 Tai Chi @ 1:30	27 Art Class @ 12:15	28 Pamper Day	29 Bingo Tai Chi @ 1:30	30 Scrabble @ 12:15

# Rockingham Senior Center

225 South Lawrence Street  
Rockingham, N.C. 28379

# September 2016

MON	TUE	WED	THU	FRI
<b>Must be at least 55 or older to participate</b>	<b>Legend: SHIP= Seniors' Health Insurance Information Program</b>		<b>1-</b> Exercise room:7:30-6:30, Walkie Talkies 9:00am Puzzle	<b>2-</b> Exercise room: 8-5,
<b>5- CLOSED LABOR DAY</b>	<b>6-</b> Exercise room: 7:30-6:30,  Puzzle	<b>7-</b> Exercise room: 7:30-6:30, <b>Paraffin Hand Wax 7:30am-6:00pm</b> Shiip-app. only	<b>8-</b> Exercise room:7:30-6:30, Walkie Talkies 9:00am Puzzle	<b>9-</b> Exercise room: 8-5,
<b>12-</b> Exercise room: 7:30-6:30,	<b>13-</b> Exercise room: 7:30-6:30,  Puzzle	<b>14-</b> Exercise room: 7:30-6:30, <b>Paraffin Hand Wax 7:30am-6:00pm</b> Shiip-app. only	<b>15-</b> Exercise room:7:30-6:30, Walkie Talkies 9:00am Puzzle	<b>16-</b> Exercise room: 8-5,
<b>19-</b> Exercise room: 7:30-6:30,	<b>20-</b> Exercise room: 7:30-6:30,  Puzzle	<b>21-</b> Exercise room: 7:30-6:30, <b>Paraffin Hand Wax 7:30am-6:00pm</b> Shiip-app. only	<b>22-</b> Exercise room:7:30-6:30, Walkie Talkies 9:00am Puzzle	<b>23-</b> Exercise room: 8-5,
<b>26-</b> Exercise room: 7:30-6:30,	<b>27-</b> Exercise room: 7:30-6:30  Puzzle	<b>28-</b> Exercise room: 7:30-6:30, <b>Paraffin Hand Wax 7:30am-6:00pm</b> Shiip-app. only	<b>29-</b> Exercise room:7:30-6:30, Walkie Talkie 9:00am Puzzle	<b>30-</b> Exercise room: 8-5,