

East Rockingham Senior Center

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

Senior Center of Excellence

October 2016

MON	TUE	WED	THU	FRI
3 Walking video-10am Stitch in Time—1pm Line Dance—2pm	4 Walking video—10am CV practice—1pm Darts—3pm	5 Walking video—10am BP's 11am Robeson County Fair Senior Day 10am	6 Walking video—10am Art Class—1:30pm Darts—3pm	7 Walking video-10am Hand therapy-noon Rummikub—2pm Darts—3pm
10 Walking video-10am CV practice—1pm Stitch in Time—1:30pm Line Dance—2:30pm	11 Walking video—10am <i>Grief/loss support group—</i> <i>2pm</i> Cornhole—3pm HAPPY HOUR—6PM	12 Walking video-10am CV game w/Ellerbe-2pm (HOME) Cornhole—3pm	13 CLOSED Alzheimer's Workshop @ Cole Auditorium 9:30am-3:30pm <i>Register by 10/7/16</i> <i>at 997-4491</i>	14 Walking video-10am Hand therapy-noon Scrabble—2pm Cornhole—3pm
17 Walking video-10am CV practice—1pm Stitch in Time—1:30pm Line Dance—2:30pm	18 BP's—11am Bayada Walking video—10am CV practice—1pm Cornhole—3pm	19 Walking video—10am “color me calm”—1pm Darts—3pm	20 Autumn Antics 1pm-3pm	21 Walking video-10am Hand therapy-noon Contract rummy—2pm Darts—3pm TCJofER—4:30pm
24 Walking video-10am Stitch in Time—1pm Line Dance—2pm	25 <u>Girls Day</u> <u>Out—8am</u>	26 Walking video—10am CV game w/Hamlet-2pm (AWAY) Cornhole—3pm	27 Walking video—10am Art Class—1:30pm Cornhole—3pm	28 Walking video-10am Hand therapy-noon Bingo—2pm Cornhole—3pm <i>Deadline to register for Fruit</i> <i>Cake Factory Trip \$ 5.00</i>
31 Walking video-10am CV practice—1pm Stitch in Time—1:30pm Line Dance—2:30pm				

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

October 2016

MON	TUE	WED	THU	FRI
3 Bingo @12:15 Card Club @ 1:00	4 Art Class @ 12:15	5 Robeson County Fair Senior Day 9:30am	6 Bingo @ 12:15 Card Club @ 1:00	7 Birthday Party @12:15
10 Bingo @ 12:30 Ida McGill Services for the Blind @ 12:00	11 Art Class @12:15	12 Volleyball v/s E. Rock Away Game @ 2:00	13 CLOSED Alzheimer's Workshop @ Cole Auditorium 9:30am-3:30pm <i>Register by 10/7/16 at 997-4491</i>	14 Contract Rummy
17 Decorate Pumpkins for Autumn Antics 12:30	18 Art Class @ 12:15 Pamper Day	19 Volleyball Game v/s Hamlet @ 2:00 Home Game	20 Closed 12:30-3:30 for Autumn Antics 1pm-3pm @ E. Rock Sr. Ctr.	21 Scrabble @ 12:15
24 Bingo @12:15	25 Sherry the Librarian @ 11:45	26 Volley ball Practice@12:15	27 Center closed for Trip to Mountains	28 Phase 10 @ 12:15 <i>Deadline to register for Fruit Cake Factory Trip \$ 5.00</i>
31 Halloween Party @12:15				

Rockingham Senior Center

225 South Lawrence Street
Rockingham, N.C. 28379

October 2016

MON	TUE	WED	THU	FRI
3- Exercise room: 7:30-6:30,	4- Exercise room: 7:30-6:30, Puzzle	5- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm Shiip-app. only	6- Exercise room:7:30-6:30, Walkie Talkies 9:00am Puzzle	7- Exercise room: 8-5,
10- Exercise room: 7:30-6:30, Energy Assistance 10am-12pm & 1pm-2pm	11- Exercise room: 7:30-6:30, Puzzle	12- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm Shiip-app. only	13- CLOSED Alzheimer's Workshop @ Cole Auditorium 9:30am-3:30pm <i>Register by 10/7/16 at 997-4491</i>	14- Exercise room: 8-5,
17- Exercise room: 7:30-6:30, Energy Assistance 10am-12pm & 1pm-2pm SHIIP-app. only	18- Exercise room: 7:30-6:30, Puzzle SHIIP-app. only	19- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm SHIIP-app. only	20- Closed 12:30-3:30 for Autumn Antics 1pm-3pm @East Rockingham Senior Center	21- Exercise room: 8-5,
24- Exercise room: 7:30-6:30, Energy Assistance 10am-12pm & 1pm-2pm SHIIP-app only	25- Exercise room: 7:30-6:30, Puzzle	26- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm SHIIP-app. only	27- Exercise room:7:30-6:30, Walkie Talkies 9:00am Puzzle SHIIP-app. only	28- Exercise room: 8-5,
31- Exercise room: 7:30-6:30, Energy Assistance 10am-12pm & 1pm-2pm SHIIP-app.only			Must be at least 55 or older to participate	Legend: SHIIP= Seniors' Health Insurance Information Program 910-410-1135