

East Rockingham Senior Center

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

Senior Center of Excellence

August 2016

MON	TUE	WED	THU	FRI
1 Walking video—10am Darts—3pm	2 Walking video—10am CV practice—1pm Darts—3pm	3 Walking video-10am Color me calm—2pm Darts—3pm	4 Walking video—10am Art Class—1:30pm Darts—3pm	5 Walking video-10am Hand therapy—noon Rummikub—2pm Darts—3pm
8 Walking video—10am Tai-Chi class-1:30pm Line dance—2:30pm Cornhole—3pm	9 Walking video—10am CV practice—1pm <i>Grief support group-2pm</i> Cornhole—3pm HAPPY HOUR—6pm	10 Walking video—10am CV game w/Ellerbe-2pm (HOME) Cornhole—3pm	11 Walking video—10am Tai-Chi class-1:30pm Art Class—1:30pm Cornhole—3pm	12 Family Day 9-1 @Ellerbe Scrabble—2pm Cornhole—3pm
15 Walking video—10am Tai-Chi class-1:30pm Line dance—2:30pm Darts—3pm	16 Walking video—10am CV practice—1pm Darts—3pm	17 Walking video-10am Color me calm-2pm Darts—3pm	18 Walking video—10am Tai-Chi class-1:30pm Art Class—1:30pm Darts—3pm	19 Walking video-10am Hand therapy—noon Contract rummy-2pm Darts—3pm TCJofER—4:30pm
22 Walking video—10a Tai-Chi class-1:30pm Line dance—2:30pm Cornhole—3pm	23 Walking video—10am CV practice—1pm Cornhole—3pm	24 Walking video—10am CV game w/Hamlet-2pm (AWAY) Cornhole—3pm	25 Walking video—10am Tai-Chi class-1:30pm Art Class—1:30pm Cornhole—3pm	26 Walking video—10am Hand therapy—noon Bingo—2pm Cornhole—3pm
29 Walking video—10am Tai-Chi class-1:30pm Line dance—2:30pm Darts—3pm	30 Girls Day Out-8am	31 Walking video—10am Color me calm—2pm Darts—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

August 2016

MON	TUE	WED	THU	FRI
1 Bingo @ 12:15	2 Art Class @ 12:15	3 Volleyball v/s Pruitt Health @ 2:00	4 Bingo @ 12:15	5 Birthday Party @12:15
8 Bingo @ 12:15 Tia Chi @ 1:30-2:30	9 Art Class @12:15	10 Volleyball v/s Pruitt Health @ 2:00	11 Bingo @ 12:15 Tia Chi @ 1:30-2:30	12 Family Day 9-1
15 Bingo @ 12:15 Tia Chi @ 1:30-2:30	16 Art Class @ 12:15 Sherry the Librarian @ 11:45	17 Volleyball Game v/s East Rockingham @ 2:00 Home Game	18 Bingo @ 12:15 Tia Chi @ 1:30-2:30	19 Scrabble @ 12:15
22 Bingo @12:15 Tia Chi @ 1:30-2:30	23 Art Class @ 12:15 Volley ball Game @ Hamlet 2:00	24 Pamper Day	25 Bingo @ 12:15 Tia Chi @ 1:30-2:30	26 Phase 10 @ 12:15
29 Bingo @ 12:15 Tia Chi @ 1:30-2:30	30 Art Class @ 12:15	31 Scrabble @12:15		Must be at least 55 or older to participate

Rockingham Senior Center

225 South Lawrence Street

Rockingham, N.C. 28379

August 2016

MON	TUE	WED	THU	FRI
1- Exercise room: 7:30-6:30,	2- Exercise room: 7:30-6:30, Puzzle	3- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm Shipp-app. only	4- Exercise room:7:30-6:30, Puzzle	5- Exercise room: 8-5,
8- Exercise room: 7:30-6:30,	9- Exercise room: 7:30-6:30, Puzzle	10- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm Shipp-app. only	11- Exercise room:7:30-6:30, Puzzle	12- Family Day @ Ellerbe Exercise room: 8-5,
15- Exercise room: 7:30-6:30,	16- Exercise room: 7:30-6:30, Puzzle	17- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm Shipp-app. only	18- Exercise room:7:30-6:30, Puzzle	19- Exercise room: 8-5,
22- Exercise room: 7:30-6:30,	23- Exercise room: 7:30-6:30, Puzzle	24- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm Shipp-app. only	25- Exercise room:7:30-6:30, Puzzle	26- Exercise room: 8-5,
29- Exercise room: 7:30-6:30,	30- Exercise room: 7:30-6:30 <u>Alzheimer's Support Group</u> <u>5:30pm—6:30pm</u>	31- Exercise room: 7:30-6:30, Paraffin Hand Wax 7:30am-6:00pm Shipp-app. only	Must be at least 55 or older to participate	Legend: SHIP= Seniors' Health Insurance Information Program 910-410-1135