

# East Rockingham Senior Center

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

# Senior Center of Excellence

# November 2016

MON	TUE	WED	THU	FRI
	1 Walking video—10am CV practice—1pm Line dance—2pm Darts—3pm	2 Walking video—10am Color me calm—1pm Darts—3pm	3 Walking video—10am Art class—1:30pm Darts—3pm	4 Walking video—10am Hand therapy—noon Rummikub—2pm Darts—3pm
7 Walking video—10am Stitch in time-1pm Line dance class-2pm Cornhole—3pm	8 <b>CLOSED</b> <b>Election day</b> Trip to Southern Supreme—8:30am	9 Walking video—10am CV game w/Ellerbe-2pm (AWAY) Cornhole—3pm	10 Walking video—10am Art class—1:30pm Cornhole—3pm	11 <b>CLOSED</b> <b>Thank you U.S.</b> <b>veterans</b>
14 Walking video—10am Stitch in time-1pm Line dance class-2pm Darts—3pm	15 Walking video—10am CV practice—1pm Darts—3pm HAPPY HOUR—6pm	16 Trip to SLCS—9am Walking video—10am Making Christmas Ornaments-1pm Color me calm—2pm Darts—3pm	17 Walking video—10am Art class—1:30pm Darts—3pm	18 Walking video—10am Hand therapy—noon Contract rummy—2pm Darts—3pm TCJofER—4:30pm
21 Walking video—10am Stitch in time-1pm Line dance class-2pm Darts—3pm	22 <b>Girls</b> <b>Day</b> <b>Out-8am</b> <b>8am</b>	23 Walking video—10am CV game w/Hamlet-2pm (HOME)	24 <b>CLOSED</b> <b>HAPPY</b> <b>THANKSGIVING</b>	25 <b>CLOSED</b>
28 Walking video—10am Stitch in time-1pm Line dance class-2pm Cornhole—3pm	29 Walking video—10am CV practice—1pm Cornhole—3pm	30 Walking video—10am Making Christmas Ornaments—1pm Color me calm—2pm		

**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

# November 2016

MON	TUE	WED	THU	FRI
	1 Art Class @ 12:15	2 Volleyball Game @ Pruitt Health @2:00 <b>Flu Shots 9:00-11:00</b>	3 Bingo @ 12:15 Card Club @ 1:00	4 <b>Veterans Event at Richmond Co. Hospice leaving @10:00am</b>
7 Bingo @ 12:15 Nancy Porter Nutrition and Diabetes	<b>8 Fruit Cake Factory Trip leaving @9:00am</b>	9 Volleyball v/s E. Rock Away Game @ 2:00	10 Bingo @ 12:15 Card Club	11 <b>CLOSED Veteran's Day</b>
14 Bingo @ 12:15	15 Art Class @ 12:15 Sherry the Librarian @ 11:45	16 Volleyball Game v/s Hamlet @ 2:00 Home Game	17 <b>Festival of Trees Trip leaving @ 8:30am</b>	18 Scrabble @ 12:15
21 Bingo @12:15	22 Art Class @ 12:15	23 Volley ball Practice@12:15	<b>24 CLOSED Happy Thanksgiving</b>	25 <b>CLOSED</b>
28 Bingo @ 12:15	29 Art Class @ 12:15	30 <b>Pamper Day</b>		

# Rockingham Senior Center

225 South Lawrence Street  
Rockingham, N.C. 28379

# November 2016

MON	TUE	WED	THU	FRI
	<b>1-</b> Exercise room: 7:30-6:30, Puzzle <b>SHIIP-app. only</b>	<b>2-</b> Exercise room: 7:30-6:30, <b>Paraffin Hand Wax</b> <b>7:30am-6:00pm</b> <b>SHIIP-app. only</b>	<b>3-</b> Exercise room:7:30-6:30, Walkie Talkies 9:00am Puzzle <b>SHIIP-app. only</b>	<b>4-</b> Exercise room: 8-5,
<b>7-</b> Exercise room: 7:30-6:30, <b>Energy Assistance</b> <b>10am-12pm &amp; 1pm-2pm</b>	<b>8-</b> Exercise room: 7:30-6:30, Puzzle <b>SHIIP-app. only</b>	<b>9-</b> Exercise room: 7:30-6:30, <b>Paraffin Hand Wax</b> <b>7:30am-6:00pm</b> <b>SHIIP-app. only</b>	<b>10-</b> Exercise room:7:30-6:30, Walkie Talkies 9:00am Puzzle <b>SHIIP-app. only</b>	<b>11-</b> <b>CLOSED</b> <b>Veterans Day</b>
<b>14-</b> Exercise room: 7:30-6:30, <b>Energy Assistance</b> <b>10am-12pm &amp; 1pm-2pm</b> <b>SHIIP-app. only</b>	<b>15-</b> Exercise room: 7:30-6:30, Puzzle <b>SHIIP-app. only</b>	<b>16-</b> Exercise room: 7:30-6:30, <b>Paraffin Hand Wax</b> <b>7:30am-6:00pm</b> <b>SHIIP-app. only</b>	<b>17-</b> Exercise room:7:30-6:30, Walkie Talkies 9:00am Puzzle <b>SHIIP-app. only</b>	<b>18-</b> Exercise room: 8-5,
<b>21-</b> Exercise room: 7:30-6:30, <b>Energy Assistance</b> <b>10am-12pm &amp; 1pm-2pm</b> <b>SHIIP-app. only</b>	<b>22-</b> Exercise room: 7:30-6:30, Puzzle <b>SHIIP-app. only</b>	<b>23-</b> Exercise room: 7:30-6:30, <b>Paraffin Hand Wax</b> <b>7:30am-6:00pm</b> <b>SHIIP-app. only</b>	<b>24-</b> <b>CLOSED</b> <b>Happy Thanksgiving</b>	<b>25-</b> <b>CLOSED</b>
<b>28-</b> Exercise room: 7:30-6:30, <b>Energy Assistance</b> <b>10am-12pm &amp; 1pm-2pm</b> <b>SHIIP-app. only</b>	<b>29-</b> Exercise room: 7:30-6:30, Puzzle <b>SHIIP-app. only</b>	<b>30-</b> Exercise room: 7:30-6:30, <b>Paraffin Hand Wax</b> <b>7:30am-6:00pm</b> <b>SHIIP-app. only</b>	<b>Must be at least</b> <b>55 or older to</b> <b>participate</b>	<b>Legend:</b> <b>SHIIP=</b> <b>Seniors' Health</b> <b>Insurance Information</b> <b>Program</b> <b>910-410-1135</b>