

# East Rockingham Senior Center

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

# Senior Center of Excellence

# October 2015

MON	TUE	WED	THU	FRI
			1 Art Class—1:30pm Darts—3pm Walking video—3pm	2 Rummikub—2pm Darts—3pm Walking video—3pm
5 Stitch in Time-1pm Beginner line dance-2pm Pool—3pm Walking Video—3pm	6 CV practice—1pm Line dance—2pm Pool—3pm Walking video—3pm	7 <b>CLOSED</b>	8 Art Class—1:30pm Pool—3pm Walking video—3pm	9 Scrabble—2pm Pool—3pm Walking video—3pm
12 Stitch in Time-1pm Beginner line dance-2pm <b>Living w/ Arthritis— 3pm</b> Walking Video—3pm	13 CV practice—1pm Line dance—2pm Cornhole—3pm <b>Happy Hour—6pm</b>	14 “Color me calm”-2pm CV w/Ellerbe—2pm (AWAY)	15 Art Class—1:30pm Cornhole—3pm Walking video—3pm	16 Contract Rummy—2pm <b>Living w/ Arthritis— 3pm</b> Walking video—3pm TCJofER—4pm
19 <b>Pumpkin Decorating—12 pm</b> Stitch in Time-1pm Beginner line dance-2pm <b>Living w/ Arthritis— 3pm</b>	20 <b>Flu Shot Clinic 9am—12pm</b> CV practice—1pm Line dance—2pm	21 “Color me calm”-2pm CV w/Hamlet—2pm (HOME)	22 Art Class—1:30pm Darts—3pm Walking video—3pm	23 <b>“Autumn Antics” 1pm—4:30pm</b>
26 Stitch in Time—1pm Beginner line dance—2pm Pool—3pm <b>Living w/ Arthritis— 3pm</b>	27 <b>Girls Day Out—8am</b>	28 “Color me calm”-2pm Walking video—3pm Pool—3pm	29 Art Class—1:30pm Pool—3pm Walking video—3pm	30 <b>Bingo—2pm</b> <b>Living w/ Arthritis— 3pm</b> Walking video—3pm

**Notice Change In Happy Hour Date\*\*\*\*\***

# Ellerbe Senior Center

306 Millstone Rd.  
Ellerbe, N.C. 28338

# October 2015

MON	TUE	WED	THU	FRI
			1 Bingo @ 12:15 Card Club @ 1:00	2 Birthday Party @ 12:00
5 Bingo @ 12:15	6 Art Class @ 12:15	7 <b>Flu Shots @ 9:30</b> Paraffin Hand Wax Treatment @ 12:15 <b>Volleyball Game @ 2:00 E. Rock Home</b>	8 Bingo @ 12:15 Card Club @ 1:00	9 Scrabble @ 12:15
12 Bingo @ 12:15 With Richmond Pines	13 Art Class @ 12:15 David Jenkins Health Topic	14 Volleyball Game vs. E. Rock @ 2:00 Home	15 Bingo @ 12:15 With Community Hospice <b>Card Club @ 1:00</b>	16 Phase 10 @ 12:15
19 Bingo @ 12:15 With Pruitt Health	20 Closed for Pamper Day 8:00 am	21 <b>Closed for Mountain Trip 8:00 am</b>	22 Bingo @ 12:15 With Richmond County Hospice <b>Card Club @ 1:00</b>	23 Art Class @ 12:15
26 Bingo @ 12:15	27 Art Class @ 12:15	28 Volleyball Game @ 2:00 Hamlet AWAY	29 Bingo @ 12:15	30 Halloween Party @ 12:00

# Rockingham Senior Center

225 South Lawrence Street

P.O. Box 340

Rockingham, N.C. 28380

# October 2015

MON	TUE	WED	THU	FRI
			1-Exercise room: 7:30-6:30, Computer lab-internet access only: 7:30-6:30, Puzzle	2- Exercise room: 8-5, Computer lab-internet access only: 8-5
5- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax Treatment 10am-6pm</b>	6- Exercise room: 7:30-6:30, Computer lab internet access only: 7:30-6:30, Puzzle	7- <b>CLOSED</b>	8- Exercise room: 7:30-6:30, Computer lab-internet access only: 7:30-6:30, Puzzle	9- Exercise room: 8-5, Computer lab-internet access only: 8-5
12- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax Treatment 10am-6pm</b>	13- Exercise room: 7:30-6:30,Computer lab internet access only: 7:30-6:30, Puzzle	14- Exercise room: 7:30-6:30, Walkie Talkies 8:30am <b>SHIIP- app only</b>	15- Exercise room: 7:30-6:30, Computer lab-internet access only: 7:30-6:30, Puzzle	16- Exercise room: 8-5, Computer lab-internet access only: 8-5
19- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax Treatment 10am-6pm</b>	20- Exercise room: 7:30-6:30,Computer lab internet access only: 7:30-6:30, Puzzle SHIIP- app only	21- Exercise room: 7:30-6:30, Walkie Talkies 8:30am <b>SHIIP- app only</b>	22- Exercise room: 7:30-6:30, Computer lab internet access only: 7:30-6:30, Puzzle	23- Exercise room: 8-5, Computer lab-internet access only: 8-5
26- Exercise room: 7:30-6:30, <b>Paraffin Hand Wax Treatment 10am-6pm</b> SHIIP- app only	27- Exercise room: 7:30-6:30, Computer lab internet access only: 7:30-6:30, Puzzle SHIIP- app only	28- Exercise room: 7:30-6:30, Walkie Talkies 8:30am <b>SHIIP- app only</b>	29- Exercise room: 7:30-6:30, Computer lab internet access only: 7:30-6:30, Puzzle SHIIP- app only	30- Exercise room: 8-5, Computer lab-internet access only: 8-5

**Legend: SHIIP= Senior Health Insurance Information Program 910-410-1135**