

**East Rockingham Senior Center**  
**135 Safie 6<sup>th</sup> Street**  
**Rockingham, NC 28379**  
**(910) 997-8332**

# February 2020

*NC Senior Center of Excellence*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Trivia questions AM Stitch in Time 1:00pm Line Dance class 2:00pm	4 “just crafts” 10:00am CV practice 1:00pm UNO 2:00pm	5 Contract rummy 2:00pm Cornhole 3:00pm	6 Color me calm 1:00pm \$Art Class 1:30pm Bocce 3:00pm	7 Hand wax therapy 10:00pm Scrabble 2:00pm Tai-chi 3:00pm
10 Trivia questions AM Stitch in Time 1:00pm Line Dance class 2:00pm	11 “just crafts” 10:00am CV practice 1:00pm Dominoes 2:00pm HAPPY HOUR 6:00pm	12 CV game w/Ellerbe 1:30pm (HOME)	13 Color me calm 1:00pm \$Art Class 1:30pm Bocce 3:00pm	14 Valentines’ Social 1:00pm—3:00pm Snacks, games, fun!!!!
17 Unilever trip 7:00am Trivia questions AM Stitch in Time 1:00pm Line Dance class 2:00pm	18 Girls’ Day Out 8:00am “just crafts” 10:00am CV practice 1:00pm Aggravation 2:00pm	19 Contract rummy 2:00pm Cornhole 3:00pm	20 Color me calm 1:00pm \$Art Class 1:30pm Bocce 3:00pm	21 Hand wax therapy 10:00pm Scrabble 2:00pm Tai-chi 3:00pm TCJ of ER 4:30pm
24 Trivia questions AM Stitch in Time 1:00pm Line Dance class 2:00pm	25 Campbell’s Soup Trip 9:30am “just crafts” 10:00am CV practice 1:00pm UNO 2:00pm	26 CV game w/Hamlet 1:30pm (AWAY)	27 Color me calm 1:00pm \$Art Class 1:30pm Bocce 3:00pm	28 BINGO 2:00pm Scrabble 2:00pm Tai-chi 3:00pm
<b><u>LEGEND</u></b>	<b>CV=chair volleyball</b>	<b>\$=fee for activity/program</b>	<b>BP’s=blood pressure check</b>	<b>TCJ of ER=The Crown Jewels of East Rockingham</b>

**Ellerbe Senior Center**  
 306 Millstone Road, Ellerbe, NC 28338  
 910-652-6006

# February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Bingo 12:15pm with Richmond co Hospice	<b>4</b> Movie in Aberdeen and lunch 9:00am-4:00pm	<b>5</b> Volleyball Practice@10:00am	<b>6</b> Bingo with Richmond Pines12:15pm	<b>7</b> Contract Rummy 12:15pm
<b>10</b> Bingo 12:15pm with United Healthcare	<b>11</b> Pastor David Fore 11:45am	<b>12</b> Volleyball Practice 10:00am Pastor McKnight 11:45am Game at E Rock 1:30pm	<b>13</b> Bingo 12:15pm with Cornerstone Ins	<b>14</b> Aggravation 12:15pm Valentines Social @ E-Rock 1:00pm-3:00pm
<b>17</b> Bingo 12:15pm with Humana	<b>18</b> Movie Day @Leath Memorial Library 1:00pm-3:00pm	<b>19</b> Volleyball Practice 10:00am Volleyball Game V/S Hamlet-Home 1:30pm	<b>20</b> Bingo 12:15pm with Community Hospice	<b>21</b> Contract Rummy 12:15pm
<b>24</b> Bingo 12:15pm	<b>25</b> Chair Exercises 10:30am	<b>26</b> Volleyball Practice 10:00am	<b>27</b> Bingo12:15pm	<b>28</b> Scrabble 12:15pm
<b>Legend:</b> \$ = Fee for program/ activity				

# Rockingham Senior Center

225 South Lawrence St. Rockingham, NC 28379  
910-997-4491

# February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>4</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>5</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>6</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>7</b> Exercise Room & Computer Lab 7:30am-5:30pm
<b>10</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>11</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>12</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>13</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>14</b> Exercise Room & Computer Lab 8:00am-5:00pm <b>Valentine's Social @ East Rockingham SC 1:00pm-3:00pm</b>
<b>17</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>18</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>19</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>20</b> Exercise Room & Computer Lab 7:30am-5:30pm <b>Alive after 55-6:00pm-8:00 Smithfield's Chicken &amp; BBQ</b>	<b>21</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>24</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>25</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>26</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>27</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>28</b> Exercise Room & Computer Lab 8:00am-5:00pm <b>Dixie Deer Classic Trip 8:00am</b>
			<b>Legend: \$= Fee for Program/Activity</b> <b>*Seating is limited</b> <b>Appt.=Appointment</b>	<b>Legend: SHIIP= Senior Health Insurance Information Program</b> <b>410-1135 for an appt.</b>