

East Rockingham Senior Center
135 Safie 6th Street
Rockingham, NC 28379
(910)997-8332

OCTOBER 2021

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEGEND BP'S=BLOOD PRESSURE CHECK \$=fee for activity/program	*Limit Capacity on all games and activities*	*Face Masks Required *Practice Social Distance		1 CLOSED
4 CLOSED	5 CLOSED	6 CLOSED	7 CLOSED	8 CLOSED
11 Senior Exercise 9:30am Trivia questions 12:00pm	12 Senior Exercise 9:30am "Just Crafts" 9:00am Rummikub 3:00pm	13 Senior Exercise 9:30am Contract rummy 2:00pm Cornhole 3:00pm	14 Senior Exercise 9:30am Color me calm 1:00pm	15 Senior Exercise 9:30am Hand wax therapy 12:00pm Scrabble 1:00pm
18 Senior Exercise 9:30am Trivia questions 12:00pm	19 Senior Exercise 9:30am "Just Crafts" 9:00am UNO 3:00pm	20 Senior Exercise 9:30am Contract rummy 2:00pm Horseshoes 3:00pm	21 Senior Exercise 9:30am Color me calm 1:00pm	22 Senior Exercise 9:30am Scrabble 1:00pm Bingo 2:00pm
25 Senior Exercise 9:30am Trivia questions 12:00pm	26 Senior Exercise 9:30am "Just Crafts" 9:00am Phase 10 3:00pm	27 Senior Exercise 9:30am Contract rummy 2:00pm Cornhole 3:00pm	28 Senior Exercise 9:30am Color me calm 1:00pm	29 Senior Exercise 9:30am Scrabble 1:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
Legend: \$ = Fee for program/ activity *= Seating is limited	*Masks are required * Practice social distancing			1 Walk @ 9:00am
4 Walk @ 9:00am Bingo @ 12pm with Richmond Co. Hospice	5 Walk @ 9:00am Sheila Raye with Theraputic Alternatives	6 Walk @ 9:00am Contract rummy	7 Walk @ 9:00am Exercise @ 10:30am with Sherry /Bingo @12pm with Corner Stone Ins.	8 Walk @ 9:00am Bingo with Community Hospice @ 12:15
11 Walk @ 9:00am Bingo @ 12pmwith Premier Benefits	12 Walk @ 9:00am Birthday Party with First Carolin Care @ 12:15	13 Walk @ 9:00am Trip to Hammericks @9:00am	14 Walk @ 9:00am Exercise with Sherry @10:30am Bingo with Richmond Pines 12pm	15 Walk @ 9:00am
18 Walk @ 9:00am Bingo with Simply Medical Supply 12pm	19 Walk @ 9:00 Crafts with Kim Hotter	20 Walk @ 9:00am Aggravation	21 Walk @ 9:00am/ Exercise with Sherry @ 10:30am Bingo with Humana @ 12pm	22 Walk @ 9:00am
25 Walk @ 9:00am Bingo with Judy @12pm	26 Walk @ 9:00am Rummikub	27 Walk @ 9:00am	28 Walk @ 9:00am Exercise with Sherry@10:30am Bingo with Autumn Care @12pm	29 Walk @9:00am

Rockingham Senior Center

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

October 2021

Skincare & Makeup classes-see newsletter.
Fall Hat Month- see newsletter.

Monday	Tuesday	Wednesday	Thursday	Friday
* Masks are required * Practice social distancing	Legend: \$= Fee for Program/Activity *Seating is limited Appt.=Appointment	Legend: SHIP= Senior Health Insurance Information Program 410-1135 for an appt.		1 Exercise Room & Computer Lab 7:30am-4:00pm
4 Exercise Room & Computer Lab 7:30am-4:00pm	5 Exercise Room & Computer Lab 7:30am- 4:00pm	6 Exercise Room & Computer Lab 7:30am-4:00pm SHIP-by appt. only	7 Exercise Room & Computer Lab 7:30am- 4:00pm	8 Exercise Room & Computer Lab 8:00am-4:00pm
11 Exercise Room & Computer Lab 7:30am-4:00pm	12 Exercise Room & Computer Lab 7:30am-4:00pm	13 Exercise Room & Computer Lab 7:30am-4:00pm SHIP-by appt. only	14 Exercise Room & Computer Lab 7:30am-4:00pm	15 Exercise Room & Computer Lab 8:00am-4:00pm
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