

East Rockingham Senior Center

135 Safie 6th Street, Rockingham, NC 28379

910-997-8332

Senior Center Of Excellence

August 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Legend: BP = Blood Pressure Check \$ = Fee for program/activity | 1 Tell me something G☺☺D Walking video 10:00am CV practice 1:00pm UNO 2:00pm Darts 3:00pm | 2 Walking video 10:00am "Just Crafts" 1:00pm Contract rummy 2:00pm Cornhole 3:00pm | 3 Walking video 10:00am Color me calm 1:00pm Art class 1:30pm \$ Darts 3:00pm | 4 Walking video 10:00am Hand wax therapy 12:00pm Scrabble 2:00pm Cornhole 3:00pm |
| 7 Walking video 10:00am Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Darts 3:00pm | 8 CLOSED from 9am – 3pm for employee training HAPPY HOUR 6:00pm | 9 Walking video 10:00am "Just Crafts" 1:00pm CV game w/Ellerbe 2:00pm (HOME) Darts 3:00pm | 10 Tell me something G☺☺D Walking video 10:00am Color me calm 1:00pm Art Class 1:30pm \$ Cornhole 3:00pm | 11 Walking video 10:00am Hand wax therapy 12:00pm Scrabble 2:00pm Darts 3:00pm |
| 14 Walking video 10:00am Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Cornhole 3:00pm | 15 \$Campbell Soup Trip 9:00am Walking video 10:00am Aggravation 2:00pm CV practice 1:00pm Darts 3:00pm | 16 Tell me something G☺☺D Walking video 10:00am "Just Crafts" 1:00pm Contract rummy 2:00pm Cornhole 3:00pm | 17 Walking video 10:00am Color me calm 1:00pm Art Class 1:30pm \$ Darts 3:00pm | 18 Surprise, surprise!! @12:30pm Walking video 10:00am Hand wax therapy 12:00pm Scrabble 2:00pm Cornhole 3:00pm TCJ of ER 4:30pm |
| 21 Walking video 10:00am Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Darts 3:00pm | 22 Girls Day Out 8:00am Walking video 10:00am CV practice 1:00pm Rummikub 2:00pm Cornhole 3:00pm | 23 Walking video 10:00am "Just Crafts" 1:00pm CV game w/Hamlet 2:00pm (AWAY) | 24 Walking video 10:00am Color me calm 1:00pm Art Class 1:30pm \$ Cornhole 3:00pm | 25 Tell me something G☺☺D Walking video 10:00am Hand wax therapy 12:00pm Bingo 2:00pm Scrabble 2:00pm Darts 3:00pm |
| 28 Walking video 10:00am Trivia Questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Cornhole 3:00pm | 29 Tell me something G☺☺D Walking video 10:00am CV practice 1:00pm Darts 3:00pm | 30 Walking video 10:00am "Just Crafts" 1:00pm Contract rummy 2:00pm Cornhole 3:00pm | 31 Walking video 10:00am Color me calm 1:00pm Art Class 1:30pm \$ Darts 3:00pm | Legend: CV = Chair Volleyball TCJ of ER=The Crown Jewels of East R'ham |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| | 1 Diabetes Class 1:00pm-3:00pm | 2 Volleyball Practice 10:00am | 3 Coffee with Sandy 10:00am Bingo 12:15pm | 4 Birthday Party with Community Hospice 12:00pm |
| 7 Bingo 12:15pm with Richmond Co. Hospice Shoot Pool in E.Rock 1:00pm | 8 CLOSED Diabetes Class 1:00pm-3:00pm | 9 Volleyball Practice 10:00am Game V/S E.Rock Away 2:00pm | 10 Family Day 9:00am – 1:00pm | 11 Tell me something G😊😊D 11:30am Darts 12:15pm |
| 14 Bingo 12:15pm with Richmond Pines Line Dancing 1:00pm | 15 Sherry the Librarian 12:15pm Diabetes Class 1:00pm-3:00pm | 16 10:00am Volleyball Practice Game V/S Hamlet Home 2:00pm | 17 Bingo 12:15pm ??? Mystery Program 1:00pm ??? | 18 Cornhole 12:15pm |
| 21 Bingo 12:15pm | 22 Diabetes Class 1:00pm-3:00pm | 23 \$Campbell Soup Trip 9:00am | 24 Creative Beauty & Nail Design Trip 12:15pm-call Judy to register 652-6006 | 25 Scrabble 12:15pm |
| 28 Bingo 12:15pm Line Dancing 1:00pm | 29 Diabetes Class 1:00pm-3:00pm | 30 Pamper Day 8:30am | 31 Bingo 12:15pm | Legend: \$ = Fee for program/ activity |

Rockingham Senior Center

225 South Lawrence Street, Rockingham, NC 28379
910-997-4491

August 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Legend: SHIIP= Seniors' Health Insurance Information Program- Call 910-410-1135 for an appointment | 1 Exercise Room 7:30am-6:30pm Puzzle- drop in | 2 Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm | 3 Exercise Room 7:30am-6:30pm Puzzle- drop in | 4 Exercise Room 8:00am-5:00pm |
| 7 Exercise Room 7:30am-6:30pm | 8 Exercise Room 7:30am-6:30pm Puzzle- drop in | 9 Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm | 10 Exercise Room 7:30am-6:30pm Puzzle- drop in | 11 Exercise Room 8:00am-5:00pm |
| 14 Exercise Room 7:30am-6:30pm | 15 Exercise Room 7:30am-6:30pm Puzzle- drop in | 16 FIELD TRIP- Asheboro, NC \$ 8:00am – 5:00pm Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm | 17 Exercise Room 7:30am-6:30pm Puzzle- drop in | 18 Exercise Room 8:00am-5:00pm |
| 21 Exercise Room 7:30am-6:30pm | 22 Exercise Room 7:30am-6:30pm Puzzle- drop in | 23 Exercise Room 7:30am-6:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-6:00pm | 24 Exercise Room 7:30am-6:30pm Puzzle- drop in | 25 Exercise Room 8:00am-5:00pm |
| 28 Exercise Room 7:30am-6:30pm | 29 Exercise Room 7:30am-6:30pm Puzzle- drop in | 30 Exercise Room 7:30am – 6:30pm SHIIP- by appt .only Paraffin Hand Wax 7:30am-6:00pm | 31 Exercise Room 7:30am- 6:30pm Puzzle- drop in | Legend: Appt. = Appointment \$ = Fee for Program/Activity |