

# East Rockingham Senior Center

135 Safie 6<sup>th</sup> Street ; Rockingham, NC 28379

(910) 997-8332

# May 2018

*NC Senior Center of Excellence*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tell me something G☺☺D Anytime!	<b>1</b> "Just Crafts" 1:00pm CV practice 1:00pm Uno 1:00pm Walking video 3:00pm Darts 3:00pm	<b>2</b> Tai-chi class 1:30pm Contract rummy 2:00pm Walking video 3:00pm Horseshoes 3:00pm	<b>3</b> Color me calm 1:00pm \$Art class 1:30pm Walking video 3:00pm Bocce 3:00pm	<b>4</b> Hand wax therapy 12:00pm Scrabble 2:00pm Line Dance 2:00pm Walking video 3:00pm
<b>7</b> Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm Darts 3:00pm	<b>8</b>  <b>CLOSED FOR PRIMARY</b>	<b>9</b> Tai-chi class 1:30pm CV game w/Ellerbe 1:30pm (AWAY)	<b>10</b> Color me calm 1:00pm \$Art class 1:30pm Walking video 3:00pm Bocce 3:00pm	<b>11</b> Scrabble 2:00pm Line Dance 2:00pm Walking video 3:00pm Horseshoes 3:00pm
<b>14</b> Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm Horseshoes 3:00pm	<b>15</b> "Just Crafts" 1:00pm CV practice 1:00pm Aggravation 2:00pm Walking video 3:00pm Darts 3:00pm HAPPY HOUR 6pm	<b>16</b> Tai-chi class 1:30pm Contract rummy 2:00pm Walking video 3:00pm Cornhole 3:00pm	<b>17</b> Color me calm 1:00pm \$Art class 1:30pm Walking video 3:00pm Bocce 3:00pm	<b>18</b> Hand wax therapy 12:00pm Scrabble 2:00pm Line Dance 2:00pm Walking video 3:00pm Darts 3:00pm TCJ of ER 4:30pm
<b>21</b> Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm Darts 3:00pm	<b>22</b> \$Trip to Campbell's Soup 9:30am Just Crafts" 1:00pm CV practice 1:00pm Rummikub 2:00pm Walking video 3:00pm	<b>23</b> Tai-chi class 1:30pm CV game w/Hamlet 2:00pm (HOME)	<b>24</b> Color me calm 1:00pm \$Art class 1:30pm Walking video 3:00pm Bocce 3:00pm	<b>25</b> Bingo 2:00pm Scrabble 2:00pm Walking video 3:00pm Horseshoes 3:00pm
<b>28</b>  <b>CLOSED</b>	<b>29</b> "Just Crafts" 1:00pm Birthday Party 12:00pm CV practice 1:00pm Walking video 3:00pm Darts 3:00pm	<b>30</b> Tai-chi class 1:30pm Contract rummy 2:00pm Walking video 3:00pm Cornhole 3:00pm	<b>31</b> Color me calm 1:00pm \$Art class 1:30pm Walking video 3:00pm Bocce 3:00pm	<b>LEGEND</b> CV=chair volleyball BP's=blood pressure check TCJ of ER=The Crown Jewels of E. R'ham \$=fee-based activity

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> \$ Art Class 12:15pm	<b>2</b> Volleyball Practice 10:00am	<b>3</b> Coffee with Sandy Bingo 12:15pm	<b>4</b> Contract Rummy 12:15pm
<b>7</b> Bingo 12:15pm Richmond Co. Hospice	<b>8</b> \$ Art Class 12:15pm	<b>9</b> Volleyball Practice 10:00am Volleyball Game 2:00pm@ Home	<b>10</b> Bingo 12:15pm with Liberty Hospice	<b>11</b> Aggravation 12:15pm
<b>14</b> Bingo 12:15pm with Richmond Pines	<b>15</b> \$ Art Class 12:15pm	<b>16</b> Volleyball Game V/S Hamlet @ 2:00pm Away	<b>17</b> Bingo 12:15pm with Community Hospice	<b>18</b> Dominos 12:15pm
<b>21</b> Bingo 12:15pm	<b>22</b> \$ Art Class 12:15pm	<b>23</b> \$ Pamper Day	<b>24</b> Bingo 12:15pm	<b>25</b> Scrabble 12:15pm
<b>28</b> <b>Closed</b>	<b>29</b> \$ Art Class 12:15pm	<b>30</b> Volleyball Practice 10:00am	<b>31</b> Bingo 12:15pm	<b>Legend: \$ = Fee for program/activity</b>

# Rockingham Senior Center

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

# May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Legend:</b> Walkie Talkies= Walking at the East Side Cemetery \$=Fee for Program/Activity	<b>1</b> Exercise Room 7:30am- 5:30pm Puzzle-drop in	<b>2</b> Exercise Room 7:30am- 5:30pm SHIP by appt. only	<b>3</b> Exercise Room 7:30am- 5:30pm Walkie Talkies 9:00am Puzzle- drop in	<b>4</b> Exercise Room 8:00am- 5:00pm
<b>7</b> Exercise Room 7:30am- 5:30pm	<b>8</b> Exercise Room 7:30am- 5:30pm Puzzle- drop in	<b>9</b> Exercise Room 7:30am- 5:30pm SHIP-by appt. only Paraffin Hand Wax 7:30am- 5:00pm	<b>10</b> Exercise Room 7:30am- 5:30pm Walkie Talkies 9:00am Puzzle- drop in	<b>11</b> Exercise Room 8:00am- 5:00pm
<b>14</b> Exercise Room 7:30am- 5:30pm	<b>15</b> Exercise Room 7:30am- 5:30pm Puzzle- drop in	<b>16</b> Exercise Room 7:30am- 5:30pm SHIP-by appt. only	<b>17</b> Exercise Room 7:30am- 5:30pm Walkie Talkies 9:00am <b>Alive after 55-Ellerbe Springs                      Restaurant 6:00pm RSVP by                      5/17/18 see newsletter for                      more info.</b>	<b>18</b> Exercise Room 8:00am- 5:00pm
<b>21</b> Exercise Room 7:30am- 5:30pm	<b>22</b> Exercise Room 7:30am- 5:30pm Puzzle- drop in	<b>23</b> Exercise Room 7:30am- 5:30pm SHIP-by appt. only Paraffin Hand Wax 7:30am- 5:00pm	<b>24</b> Exercise Room 7:30am- 5:30pm Walkie Talkies 9:00am Puzzle-drop in	<b>25</b> Exercise Room 8:00am- 5:00pm
<b>28</b> <b>CLOSED</b>	<b>29</b> Exercise Room 7:30am- 5:30pm Puzzle –drop in	<b>30</b> Exercise Room 7:30am- 5:30pm SHIP-by appt. only	<b>31</b> Exercise Room 7:30am- 5:30pm Walkie Talkies 9:00am Puzzle-drop in	<b>Legend:</b> SHIP= Senior Health Insurance Information Program 910-410-1135 for an appt. Appt.= Appointment