

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

# March 2018

*NC Senior Center of Excellence*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>LEGEND</u> \$=Fee for activity/program CV=chair volleyball BP's=blood pressure check	<u>LEGEND</u> TCJ of ER=The Crown Jewels of East Rockingham		<b>1</b> Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm Walking video 3:00pm	<b>2</b> Hand wax therapy 12:00pm Scrabble 2:00pm Darts 3:00pm Walking video 3:00pm
<b>5</b> Trivia questions 12:00pm Stitch in time 1:00pm Line dance class 2:00pm Cornhole 3:00pm Walking video 3:00pm	<b>6</b> Campbell's Soup 9:30am CV practice 1:00pm DEEP class 2:00pm Darts 3:00pm Walking video 3:00pm	<b>7</b> "Just Crafts" 1:00pm Contract rummy 2:00pm Cornhole 3:00pm Walking video 3:00pm	<b>8</b> Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm Walking video 3:00pm	<b>9</b> Hand wax therapy 12:00pm Scrabble 2:00pm Horseshoes 3:00pm Walking video 3:00pm
<b>12</b> Trivia questions 12:00pm Stitch in time 1:00pm Line dance class 2:00pm Bocce 3:00pm Walking video 3:00pm	<b>13</b> Girls Day Out 8:00am CV practice 1:00pm DEEP class 2:00pm Horseshoes 3:00pm Walking video 3:00pm	<b>14</b> Trip to Winston-Salem 8:00am "Just Crafts" 1:00pm	<b>15</b> Alzheimer's Workshop 9:00am (Cole) Color me calm 1:00pm \$ Art Class 1:30pm Bocce 3:00pm Walking video 3:00pm	<b>16</b> Hand wax therapy 12:00pm Scrabble 2:00pm Darts 3:00pm Walking video 3:00pm TCJ of ER 4:30pm
<b>19</b> Trivia questions 12:00pm Stitch in time 1:00pm Line dance class 2:00pm Cornhole 3:00pm Walking video 3:00pm	<b>20</b> CV practice 1:00pm DEEP class 2:00pm Darts 3:00pm Happy Hour 6:00pm	<b>21</b> Walking video 10:00am "Just Crafts" 1:00pm Contract rummy 2:00pm Cornhole 3:00pm	<b>22</b> Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm Walking video 3:00pm	<b>23</b> Hand wax therapy 12:00pm Scrabble 2:00pm Horseshoes 3:00pm Walking video 3:00pm
<b>26</b> Trivia questions 12:00pm Stitch in time 1:00pm Line dance class 2:00pm Bocce 3:00pm Walking video 3:00pm	<b>27</b> Birthday Party 12:00pm CV practice 1:00pm DEEP class 2:00pm Horseshoes 3:00pm Walking video 3:00pm	<b>28</b> "Just Crafts" 1:00pm CV game w/Hamlet 2:00pm (HOME)	<b>29</b> <b>Veterans' Breakfast</b> <b>9:00am Cole Auditorium</b> Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	<b>30</b> <b>Closed</b> <b>Good Friday</b>

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

# March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Coffee with Sandy Bingo 12:15pm	<b>2</b> Contract Rummy 12:15pm
<b>5</b> Bingo 12:15pm Richmond Co. Hospice	<b>6</b> Art Class 12:15pm	<b>7</b> Volleyball Practice 10:00 Volleyball Game 2:00 @ Pruitt Health	<b>8</b> Bingo 12:15pm with Liberty Hospice	<b>9</b> Aggravation 12:15pm
<b>12</b> Bingo 12:15pm with Richmond Pines	<b>13</b> Art Class 12:15pm	<b>14</b> <b>CLOSED</b>	<b>15</b> <b>Closed Dementia Conference @ Cole</b>	<b>16</b> Dominos 12:15pm
<b>19</b> Bingo 12:15pm	<b>20</b> Art Class 12:15pm	<b>21</b> Volleyball Practice 10:00 Volleyball Game v/s Hamlet 2:00	<b>22</b> <b>CLOSED</b> <b>\$Trip to Old Salem</b>	<b>23</b> Scrabble 12:15pm
<b>26</b> Bingo 12:15pm	<b>27</b> Art Class 12:15pm	<b>28</b> <b>CLOSED</b> <b>Pamper Day</b>	<b>29</b> Bingo 12:15pm	<b>30</b> <b>CLOSED</b>
Legend:      \$ = Fee for program/ activity				

# Rockingham Senior Center

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

# March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Legend:</b> SHIIP= Senior Health Insurance Information Program 910-410-1135 for an appt.	<b>Legend:</b> Appt.=Appointment \$= Fee for Program/Activity	<b>Legend:</b> Walkie Talkies = Walking at the East Side Cemetery	1 Exercise Room 7:30am-5:30pm Puzzle- drop in	2 Exercise Room 8:00am-5:00pm
5 Exercise Room 7:30am-5:30pm	6 Exercise Room 7:30am-5:30pm Puzzle- drop in	7 Exercise Room 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	8 Exercise Room 7:30am-5:30pm Walkie Talkies 9:00am Puzzle- drop in	9 Exercise Room 8:00am-5:00pm
12 Exercise Room 7:30am-5:30pm	13 Exercise Room 7:30am-5:30pm	14 Exercise Room 7:30am-5:30pm <b>\$TRIP- Winston Salem</b> Paraffin Hand Wax 7:30am-5:00pm	15 <b>Closed 8:30am-11:30am for Alzheimer's Workshop @the Cole \$ Alive after 55- 6:00pm RSVP by 3/14/18 see newsletter for more info.</b>	16 Exercise Room 8:00am-5:00pm
19 Exercise Room 7:30am-5:30pm	20 Exercise Room 7:30am-5:30pm Puzzle- drop in	21 Exercise Room 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	22 Exercise Room 7:30am-5:30pm Walkie Talkies 9:00am Puzzle-drop in	23 Exercise Room 8:00am-5:00pm
26 Exercise Room 7:30am-5:30pm	27 Exercise Room 7:30am-5:30pm Puzzle- drop in	28 Exercise Room 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	29 Exercise Room 7:30am-5:30pm Walkie Talkies 9:00am Puzzle-drop in	30- <b>CLOSED</b> <b>Good Friday</b>