

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

# August 2018

*NC Senior Center of Excellence*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>LEGEND</b>  <b>BP's=</b>blood pressure check  <b>CV=</b>chair volleyball  <b>\$=</b>fee for activity</p>	<p><b>LEGEND</b>            TCJ of ER=The Crown Jewels of East Rockingham</p>	<p><b>1</b> Table tennis 1:00pm            Contract rummy 2:00pm            Walking video 3:00pm            Horseshoes 3:00pm</p>	<p><b>2</b> Color me calm 1:00pm            \$Art class 1:30pm            Bocce 3:00pm            Walking video 3:00pm</p>	<p><b>3</b> Hand wax therapy 12:00pm            Scrabble 1:00pm            Walking video 3:00pm</p>
<p><b>6</b> Trivia questions 12:00pm            Stitch in Time 1:00pm            Line dance 2:00pm            Walking video 3:00pm</p>	<p><b>7</b> CV practice 1:00pm            "Just Crafts" 1:00pm            Uno 2:00pm            Walking video 3:00pm</p>	<p><b>8</b> CV game w/Ellerbe 1:30pm ((HOME))            Cornhole 3:00pm</p>	<p><b>9</b> Color me calm 1:00pm            \$Art class 1:30pm            Bocce 3:00pm            Walking video 3:00pm</p>	<p><b>10</b> Scrabble 1:00pm            Walking video 3:00pm</p>
<p><b>13</b> Trivia questions 12:00pm            Stitch in Time 1:00pm            Line dance 2:00pm            Walking video 3:00pm</p>	<p><b>14</b> CV practice 1:00pm            "Just Crafts" 1:00pm            Aggravation 2:00pm            Walking video 3:00pm            HAPPY HOUR 6:00pm</p>	<p><b>15</b> Table tennis 1:00pm            Contract rummy 2:00pm            Walking video 3:00pm            Horseshoes 3:00pm</p>	<p><b>16</b> Color me calm 1:00pm            \$Art class 1:30pm            Bocce 3:00pm            Walking video 3:00pm</p>	<p><b>17</b> Hand wax therapy 12:00pm            Scrabble 1:00pm            Walking video 3:00pm            TCJ of ER 4:30pm</p>
<p><b>20</b> Trivia questions 12:00pm            Stitch in Time 1:00pm            Line dance 2:00pm            Walking video 3:00pm            Darts 3:00pm</p>	<p><b>21</b> \$Campbell's Soup Trip 9:30am            CV practice 1:00pm            "Just Crafts" 1:00pm            Rummikub 2:00pm</p>	<p><b>22</b> <b>CLOSED 8:00am-1:00pm</b>            CV game w/Hamlet 2:00pm ((AWAY))            Cornhole 3:00pm</p>	<p><b>23</b> Color me calm 1:00pm            \$Art class 1:30pm            Bocce 3:00pm            Walking video 3:00pm</p>	<p><b>24</b> Scrabble 1:00pm            Bingo 2:00pm            Walking video 3:00pm</p>
<p><b>27</b> Trivia questions 12:00pm            Stitch in Time 1:00pm            Line dance 2:00pm            Walking video 3:00pm</p>	<p><b>28</b> Girls Day Out 8:00am            CV practice 1:00pm            "Just Crafts" 1:00pm            Walking video 3:00pm</p>	<p><b>29</b> Table tennis 1:00pm            Contract rummy 2:00pm            Walking video 3:00pm            Horseshoes 3:00pm</p>	<p><b>30</b> Color me calm 1:00pm            \$Art class 1:30pm            Bocce 3:00pm            Walking video 3:00pm</p>	<p><b>31</b> Hand wax therapy 12:00pm            Walking video 3:00pm</p>

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

# August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Legend: \$ Fee for program/activity</b>		<b>1</b> Volleyball Practice 10:00am	<b>2</b> Coffee with Sandy Bingo 12:15pm	<b>3</b> Contract Rummy 12:15pm
<b>6</b> Bingo 12:15pm Richmond Co. Hospice	<b>7</b> \$Art Class 12:15pm	<b>8</b> Volleyball Practice 10:00am Volleyball Game 2:00pm @ Home	<b>9</b> Bingo 12:15pm with Liberty Hospice	<b>10</b> Aggravation 12:15pm
<b>13</b> Bingo 12:15pm Richmond Pines	<b>14</b> \$Art Class 12:15pm	<b>15</b> Volleyball Game V/S Hamlet @ 2:00pm Away	<b>16</b> Bingo 12:15pm with Community Hospice	<b>17</b> Family Day 9:00am-2:00pm
<b>20</b> Bingo 12:15pm	<b>21</b> \$Art Class 12:15pm	<b>22</b> <b>CLOSED</b>	<b>23</b> Bingo 12:15pm with Autumn Care of Biscoe	<b>24</b> Scrabble 12:15pm
<b>27</b> Bingo 12:15pm	<b>28</b> \$Art Class 12:15pm	<b>29</b> Volleyball Practice 10:00am	<b>30</b> Bingo 12:15pm	<b>31</b> Aggravation 12:15pm

# Rockingham Senior Center

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

# August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Legend:</b> \$=Fee for Program/Activity	<b>Legend:</b> SHIIP=Senior Health Insurance Information Program 410-1135 for an appt. Appt.=Appointment	<b>1</b> Exercise Room&Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>2</b> Exercise Room & Computer Lab 7:30am-5:30pm Puzzle-drop in	<b>3</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>6</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>7</b> Exercise Room & Computer Lab 7:30am-5:30pm Puzzle- drop in	<b>8</b> Exercise Room&Computer Lab 7:30am- 5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>9</b> Exercise Room & Computer Lab 7:30am-5:30pm Puzzle- drop in	<b>10</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>13</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>14</b> Exercise Room & Computer Lab 11:30am-5:30pm Puzzle- drop in	<b>15</b> Exercise Room&Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>16</b> Exercise Room & Computer Lab 7:30am-5:30pm <b>Alive after 55-Captain D's 6:00pm RSVP by 8/15/18 see newsletter for more info.</b>	<b>17</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>20</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>21</b> Exercise Room & Computer Lab 7:30am-5:30pm Puzzle- drop in	<b>22 CLOSED 7:30-1:00pm</b> Exercise Room 1:00pm-5:30pm SHIIP-by appt. only	<b>23</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>24</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>27</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>28</b> Exercise Room & Computer Lab 7:30am-5:30pm Puzzle –drop in	<b>29</b> Exercise Room&Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>30</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>31</b> Exercise Room & Computer Lab 8:00am-5:00pm