

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

# February 2019

*NC Senior Center of Excellence*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LEGEND</b> \$=fee for activity/program CV=chair volleyball	TCJofER=The Crown Jewels of East Rockingham BP's=blood pressure			1 Scrabble 1:00pm Tai-chi class 3:00pm
4 Stitch in Time 1:00pm Line dance class 2:00pm Walking video 3:00pm	5 CV practice 1:00pm UNO 2:00pm "Just Crafts" 2:00pm	6 Contract rummy 2:00pm Horseshoes 3:00pm Cornhole 3:00pm	7 Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	8 Hand wax therapy Scrabble 1:00pm Tai-chi class 3:00pm
11 Stitch in Time 1:00pm Line dance class 2:00pm Walking video 3:00pm	12 CV practice 1:00pm Rummikub 2:00pm HAPPY HOUR 6:00PM	13 CV game with Ellerbe 1:30pm (HOME)	14 Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	15 Scrabble 1:00pm Tai-chi class 3:00pm TCJofER 4:30pm
18 Stitch in Time 1:00pm Line dance class 2:00pm Walking video 3:00pm	19 CV practice 1:00pm Aggravation 2:00pm "Just Crafts" 2:00pm	20 Contract rummy 2:00pm Horseshoes 3:00pm Cornhole 3:00pm	21 Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	22 Scrabble 1:00pm BINGO 2:00pm Tai-chi class 3:00pm
25 Stitch in Time 1:00pm Line dance class 2:00pm Walking video 3:00pm	26 GIRLS DAY OUT 8:00am CV practice 1:00pm 2:00pm	27 CV game with Hamlet 2:00pm (AWAY)	28 Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	

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

# February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Legend: \$ = Fee for program/activity</b>				<b>1</b> Scrabble 12:15pm
<b>4</b> Bingo 12:15pm with Richmond Co. Hospice	<b>5</b> Card Club 12:30pm	<b>6</b> Volleyball Practice 10:00am Game at Pruitt Health 2:00pm	<b>7</b> Bingo 12:15pm with Richmond Pines	<b>8</b> Aggravation 12:15pm
<b>11</b> Bingo 12:15pm	<b>12</b> Pamper Day leave @ 8:30am Card Club 12:30pm	<b>13</b> Volleyball Practice 10:00am Game at 2:00pm v/s E Rock (Away)	<b>14</b> Bingo 12:15pm Valentines Social 1:30pm-4:00pm Cole Auditorium	<b>15</b> Contract Rummy 12:15pm
<b>18</b> Bingo 12:15pm	<b>19</b> \$ Trip to Concord Mills leave Ellerbe @8:00am	<b>20</b> Volleyball Practice 10:00am Game @2:00pm v/s Hamlet (Home)	<b>21</b> Bingo 12:15pm with Community Hospice	<b>22</b> Triominos 12:15pm
<b>25</b> Bingo 12:15pm	<b>26</b> Card Club 12:15pm	<b>27</b> Volleyball Practice 10:00am	<b>28</b> Bingo 12:15pm with Autumn Care	

# Rockingham Senior Center

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

# February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Legend: Fee for Program/Activity</b> <b>* Seating is limited</b>	<b>Legend: SHIP= Senior Health Insurance Information Program</b> 410-1135 for an appt. <b>Appt.=Appointment</b>			<b>1</b> Exercise Room & Computer Lab 8:00am- 5:00pm
<b>4</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>5</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>6</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>7</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>8</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>11</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>12</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>13</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>14</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>15</b> Exercise Room & Computer Lab 8:00am- 5:00pm
<b>18</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>19</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>20</b> Exercise Room & Computer Lab 7:30am-5:00pm SHIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>21</b> Exercise Room & Computer Lab 7:30am-5:30pm <b>Alive after 55- Hudson Brother's Deli 6:00pm-8:00pm</b>	<b>22</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>25</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>26</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>27</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIP-by appt. only Paraffin Hand Wax	<b>28</b> Exercise Room & Computer Lab 7:30am-5:30pm	