

East Rockingham Senior Center

135 Safie 6th Street

Rockingham, NC 28379

(910)997-8332

April 2019

NC Senior Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	2 CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Cornhole 3:00pm	3 Table Tennis 1:00pm Contract rummy 2:00pm Walking video 3:00pm Darts 3:00pm	4 *\$Trip to Hamrick's 9:00amHorseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	5 Hand wax therapy 12:00pm Scrabble 1:00pm Tai-chi class 3:00pm Walking video 3:00pm
8 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	9 CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm HAPPY HOUR 6:00pm	10 CV game w/Ellerbe 1:30pm ((HOME) Cornhole 3:00pm	11 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	12 Scrabble 1:00pm Tai-chi class 3:00pm
15 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance 2:00pm Walking video 3:00pm	16 CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Cornhole 3:00pm	17 Table Tennis 1:00pm Contract rummy 2:00pm Walking video 3:00pm Darts 3:00pm	18 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	19 CLOSED GOOD FRIDAY
22 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm Walking video 3:00pm	23 CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Darts 3:00pm	24 CV game w/Hamlet 2:00pm (AWAY) Cornhole 3:00pm	25 Horseshoes 10:00am Color me calm 1:00pm \$Art class 1:30pm Bocce 3:00pm	26 Scrabble 1:00pm Bingo 2:00pm Tai-chi class 3:00pm Walking video 3:00pm
29 Trivia questions 12:00pm Stitch in Time 1:00pm Line dance 2:00pm Walking video 3:00pm	30 Birthday party 12:00pm CV practice 1:00pm "Just Crafts" 1:00pm Walking video 3:00pm Cornhole 3:00pm		LEGEND TCJ of ER=The Crown Jewels of East Rockingham	LEGEND \$=FEE for program/activity CV=chair volleyball BP's=blood pressure check

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bingo 12:15pm Richmond Co. Hospice	2 Card Club 12:30pm	3 Volleyball Practice @ 10:00am Pruitt Health Game @2:00pm	4 Bingo 12:15pm Richmond Pines	5 Scrabble 12:15pm
8 Bingo 12:15pm with Humana Laney Floyd Health Topic	9 Card Club 12:30pm	10 Volleyball Practice 10:00am Game at 2:00pm v/s E Rock (Away)	11 Bingo 12:15pm	12 Aggravation 12:15pm
15 Bingo 12:15pm with United Health Care Crisis Mgmt. Mental Health	16 *\$ Trip to Bostic School House and Rankin Museum \$2.00	17 Volleyball Practice 10:00am Game at 2:00pm v/s Hamlet (Home) Hot Dog Dinner	18 Bingo 12:15pm with Community Hospice	19 CLOSED
22 Bingo 12:15pm with Mt. Gilead Ind. Living	23 Card Club 12:30pm	24 Volleyball Practice 10:00am	25 Bingo 12:15pm with Autumn Care	26 Triominos 12:15pm
29 Bingo 12:15pm	30 CLOSED			Legend: \$ = Fee for program/activity

Rockingham Senior Center

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

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Exercise Room & Computer Lab 7:30am-5:30pm	2 Exercise Room & Computer Lab 7:30am-5:30pm	3 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	4 *\$Hamrick's Trip Fayetteville, NC Exercise Room & Computer Lab 7:30am-5:30pm	5 Exercise Room & Computer Lab 8:00am- 5:00pm
8 Exercise Room & Computer Lab 7:30am-5:30pm	9 Exercise Room & Computer Lab 7:30am- 5:30pm	10 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	11 Exercise Room & Computer Lab 7:30am- 5:30pm	12 Exercise Room & Computer Lab 8:00am-5:00pm
15 *\$Asheboro Trip Exercise Room & Computer Lab 7:30am-5:30pm	16 Exercise Room & Computer Lab 7:30am-5:30pm	17 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	18 Exercise Room & Computer Lab 7:30am-5:30pm	19 CLOSED
22 Exercise Room & Computer Lab 7:30am-5:30pm	23 Exercise Room & Computer Lab 7:30am-5:30pm	24 Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	25 Exercise Room & Computer Lab 7:30am-5:30pm Alive after 55-Bowling 4:00pm-6:00pm Godfather's Pizza 6:00pm-8:00pm	26 Exercise Room & Computer Lab 8:00am-5:00pm
29 Exercise Room & Computer Lab 7:30am-5:30pm	30 Exercise Room & Computer Lab 7:30am-5:30pm		Legend: Fee for Program/Activity * Seating is limited Appt. = Appointment	Legend: SHIIP= Senior Health Insurance Information Program 410-1135 for an appt.