

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

# SEPTEMBER 2019

*NC Senior Center of Excellence*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR LABOR DAY	3 CV practice 1:00pm "Just Crafts" 2:00pm UNO 2:00pm	4 \$Girls' Day Out 8:00am Horseshoes 10:00am Contract rummy 2:00pm Walking video 3:00pm	5 Color me calm 1:00pm \$Art Class 1:30pm Walking video 3:00pm Bocce 3:00pm	6 Hand wax therapy 12:00pm Scrabble 1:00pm Tai-chi class 3:00pm
9 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance Class 2:00pm	10 CLOSED FOR ELECTION DAY	11 CV game w/Ellebe 1:30pm (AWAY)	12 Color me calm 1:00pm \$Art Class 1:30pm Walking video 3:00pm Bocce 3:00pm	13 Scrabble 1:00pm Tai-chi class 3:00pm
16 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance Class 2:00pm	17 CV practice 1:00pm "Just Crafts" 2:00pm Cornhole 3:00pm HAPPY HOUR 6:00pm	18 Horseshoes 10:00am Contract rummy 2:00pm Walking video 3:00pm	19 Color me calm 1:00pm \$Art Class 1:30pm Walking video 3:00pm Bocce 3:00pm	20 Hand wax therapy 12:00pm Scrabble 1:00pm Tai-chi class 3:00pm
23 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance Class 2:00pm	24 CV practice 1:00pm "Just Crafts" 2:00pm Rummikub 2:00pm	25 CV game w/Hamlet 1:30pm (HOME)	26 Color me calm 1:00pm \$Art Class 1:30pm Walking video 3:00pm Bocce 3:00pm	27 Scrabble 1:00pm Bingo 2:00pm NO TAI-CHI CLASS
30 Trivia questions 12:00pm Stitch in Time 1:00pm Line Dance Class 2:00pm	31 CV practice 1:00pm "Just Crafts" 2:00pm Dominoes 2:00pm		<u>LEGEND</u> TCJofER=The Crown Jewels of East Rockingham	<u>LEGEND</u> BP's=blood pressure CV=chair volleyball \$=fee for program

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CLOSED</b> <b>Labor Day</b>	<b>3</b> Pastor Fore 12:00pm Our Hero's Tree Ornament Making 12:30pm	<b>4</b> Volleyball Practice 10:00am Game @ Pruitt Health	<b>5</b> <b>CLOSED</b> Health Fair in Hamlet	<b>6</b> Scrabble 12:15pm
<b>9</b> <b>CLOSED</b> *\$Trip to Hamrick's	<b>10</b> Healthy Cooking Class 1:00pm-3:00pm	<b>11</b> Volleyball Practice 10:00am Game v/s E Rock 2:00pm (Home)	<b>12</b> Bingo 12:15pm with Cornerstone Ins.	<b>13</b> Aggravation 12:15pm
<b>16</b> Bingo 12:15pm with Humana	<b>17</b> Health Cooking Class 1:00pm-3:00pm	<b>18</b> Volleyball Practice 10:00am Game at 2:00pm v/s Hamlet (Away)	<b>19</b> Bingo 12:15pm with Community Hospice	<b>20</b> Contract Rummy 12:15pm Family Day
<b>23</b> Bingo 12:15pm with Mt Gilead Assisted Living	<b>24</b> Healthy Cooking Class 1:00pm-3:00pm	<b>25</b> Volleyball Practice 10:00am	<b>26</b> Bingo 12:15pm with Autumn Care-	<b>27</b> Triominos 12:15pm
<b>30</b> Bingo 12:15pm				<b>Legend: \$ = Fee for            program/activity</b>

# Rockingham Senior Center

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

# September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CLOSED</b> <b>Labor Day</b>	<b>3</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>4</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>5</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>6</b> Exercise Room & Computer Lab 7:30am-5:30pm
<b>9</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>10</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>11</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP- by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>12</b> Exercise Room & Computer Lab 7:30am- 5:30pm	<b>13</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>16</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>17</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>18</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>19</b> Exercise Room & Computer Lab 7:30am-5:30pm <b>Alive after 55-Captain D's</b> <b>6:00pm-8:00pm</b>	<b>20</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>23</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>24</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>25</b> Exercise Room & Computer Lab 7:30am-5:30pm SHIIP-by appt. only Paraffin Hand Wax 7:30am-5:00pm	<b>26</b> Exercise Room & Computer Lab 7:30am-5:30pm	<b>27</b> Exercise Room & Computer Lab 8:00am-5:00pm
<b>30</b> Exercise Room & Computer Lab 7:30am-5:30pm			<b>Legend: \$= Fee for Program/Activity</b> <b>*Seating is limited</b> <b>Appt.=Appointment</b>	<b>Legend: SHIIP= Senior Health Insurance Information Program</b> <b>410-1135 for an appt.</b>