

RICHMOND COUNTY AGING SERVICES  
**NEWSLETTER**

YOUR TRUSTED RESOURCE FOR AGING WELL

JUNE 2022



**JUNETEENTH**  
*Celebration of Freedom*



*Hello June*

RICHMOND COUNTY AGING SERVICES

**Fans Needed For Senior Citizens**

Help keep seniors cool for the summer by donating:

**NEW FANS**

or

**MONEY**

at the Rockingham Senior Center located at  
225 South Lawrence Street beside the  
Rockingham Fire Department.

**Call (910) 997-4491 if you have questions.**

# Outdoor Activities

These outdoor activities include horesoes, bocce, cornhole, and much more!



Join the Hamlet, East Rockingham, and Ellerbe Senior Centers for these fun activities which is perfect for the summer!

These activities will be so much fun and are great ways to stay active.

These activities will be held here at the Hamlet Senior Center Thursday June 9th and June 23rd, from 9:30am- 10:30am.

Richmond County Aging Services

Lunch with local **LEOs** Law Enforcement Officers



**Godfather's Pizza**  
1010 E. Broad Ave  
Rockingham, NC 28379 @ 11:30am

**Tuesday,  
June 14th**

**RSVP by 6/13/22  
910-997-4491**

This program is open to any senior who is looking for social support, friendship and great food. We will meet once a month on the 2nd Tuesday at 11:30am at Godfather's Pizza restaurant in Richmond County.

Reservations for lunch will close 24 hours before actual event so the venue will know how many participants to expect. RSVP's are required, call 910-997-4491.

Pay- your-own- way- meal. Please remember to tip the wait staff generously

**Connect with members of Richmond County's Law Enforcement.**

a minimum of 15% - 20% so we will be welcomed at the next event.



Thank you to all my "Senior Family" for making my retirement party a sweet success.  
Be seeing you!  
Love Y'all  
Donna

**East Rockingham Senior Center Trip to Bisque Quick Thursday, June 16th @ 1pm**

Let's get crafty and paint some bisque. Ever wonder what those shops full of pottery are about? Come hang out with the East Rockingham Seniors and find out. The month of June we are making Measuring cups and Spoons.



Contact Kim Hotter for details  
910-997-8332  
Spots are limited RSVP by June 13, 2022

*hello!!!*

# SUMMER

## SENIOR WATER AEROBICS

STARTS TUESDAY, JUNE 14, 2022  
 AND ENDS IN AUGUST  
 EVERY TUESDAY AND THURSDAY  
 5-6PM  
 WEATHER PERMITTING

ONE TIME FEE OF \$15  
 RSVP WITH KIM HOTTER  
 910-997-8332

**Flock on over to East Rockingham Senior Center  
 and party like a pineapple in the sun!**

**Friday, June 17, 2022  
 @12pm**

Come have a snow cone and  
 enjoy the start of summer  
 with some fun in the sun.

**Wear something summer themed**

**Games**  
**\*Snow Cones**  
**Photo booth**  
**Swimming**  
**Music**

# Hello Summer



**RICHMOND COUNTY AGING SERVICES/ ROCKINGHAM SENIOR CENTER**

225 S. Lawrence Street  
Rockingham, NC 28379  
(910) 997-4491

**EAST ROCKINGHAM SENIOR CENTER AND MEAL SITE**

135 Safie 6th Street  
Rockingham, NC 28379  
(910) 997-8332  
(910) 997-8225

**ELLERBE SENIOR CENTER AND MEAL SITE**

306 Millstone Road  
Ellerbe, NC 28338  
(910) 652-6006

**HAMLET SENIOR CENTER AND MEAL SITE**

102 Veterans Drive  
Hamlet, NC 28345  
(910) 582-7985

**REPORT ADULT AND/OR CHILD ABUSE**



(910) 997-8415

IF YOU  
THINK IT,  
REPORT IT!

**Realizing the importance of social interaction and physical activity to the vitality of all people, Richmond County Aging Services places special emphasis on this. Some of the social and recreational activities hosted by the Center(s) include:**

- Exercise Classes
- Arts and Craft Classes
- Billiards Tables
- Cultural Experiences
- Day Field Trips
- Volunteer Opportunities
- Senior Club Activities
- and so much more...
- Bingo
- Senior Games
- Intergenerational Programs

**Richmond County Aging Services is committed to the welfare and well-being of our aging population. In addition to a multitude of social activities, a few of the other services offered on-site or either by Information and Assistance by the Center are:**

- In Home Aide Level I
- Nutrition Program- Congregate Meal Sites & Home Delivered Meals
- Seniors' Health Insurance Information Program (SHIIP)
- Adult Social Services
- Dementia Assistance Program
- Nutritional Classes
- Income Tax Preparation Assistance
- Energy Assistance- LIEAP, CIP, Fan & Heater Distribution
- Telephone Reassurance
- Support Groups
- Durable Medical Equipment Loaner Program
- Minor Home Repair & Modification
- Housing Assistance
- Information & Referral
- Legal Services with Legal Aide of NC

**Quick Reference Phone List**

Richmond County's Medicare Counselor- (910) 410-1135  
Report Adult Abuse and/or Fraud- (910) 997-8415  
Richmond County Aging Services- (910) 997-4491  
Richmond County DSS- (910) 997-8480  
Richmond County Health Department- (910) 997-8300  
Richmond County Sheriff's Office- (910) 895-3232



RICHMOND COUNTY AGING SERVICES

# Alive after 55

SUPPER CLUB

LET'S GET TOGETHER FOR SUPPER  
AND  
ENJOY A NIGHT OUT WITH OTHER  
SENIORS OVER 55 YEARS OLD.

**Axe to Grind**  
**34 W. Hamlet Ave.**  
**Hamlet, NC 28345**

**Thursday, June 16th**  
**@ 6pm**  
**RSVP by 6/15/22**  
**910-997-4491**

Want our newsletter  
emailed or mailed to you,



give us a call  
(910) 997-4491.

This program is open to any senior who is  
looking for social support, friendship and great food.  
We will meet once a month on the 3rd Thursday at 6:00pm  
at a designated restaurant in Richmond County.

**Reservations for Dinners will close 24 hours before actual event  
so the venue will know how many members to expect.**  
**RSVP's are a must, call 910-997-4491**

**PAY- YOUR-OWN- WAY- MEAL.**

**PLEASE REMEMBER TO TIP THE WAIT STAFF GENEROUSLY,  
A MINIMUM OF 15% - 20% SO WE WILL BE WELCOME AT THE NEXT EVENT.**

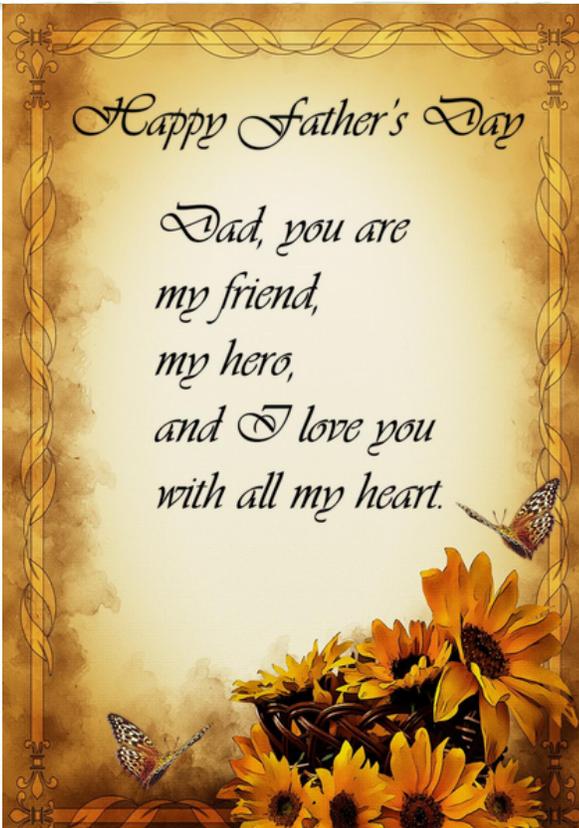


**Area Agency on Aging**



## Save the Date

The next Veteran's program  
sponsored by Lumber River  
Area Agency on Aging will be  
held on  
Thursday,  
June 30, 2022.  
11:am-1:00pm  
Located at the Cole  
Auditorium.  
*Additional sponsors  
are needed.*



# Upcoming Field Trips

Trip Location	Date	Time Leaving	Cost	Register By
Depot at Gibson Mill (Antique Mall) & Lunch Concord, NC	Friday, June 10th	Leaving your assigned senior center at 8:00am <i>Seating is limited</i>	\$ 5.00 <i>does not include lunch</i>	6/7/22 by 5pm
Godfather's Pizza	Tuesday, June 14th	Leaving ELL-SC at 11:00am	Free <i>does not include lunch</i>	6/13/22 by 5pm
Fishing at Hinson Lake in Rockingham	Friday, June 24th	Leaving your assigned senior center at 8:00am	\$ 3.00 if riding van	6/17/22 by 5pm

## Shopping Trip to Depot at Gibson Mill (Antique Mall) and lunch in Concord, NC

Friday, June 10th  
leaving

Rockingham Senior Center at 8:00am

To Register, call (910) 997-4491

Deadline: Tuesday, June 7th by 5pm

**Happy Shopping**

\*\*\*Limited Seating\*\*\*

**\$5.00 fee**

## LET'S GO FISHING!

Sponsored by  
**Richmond County Aging Services**

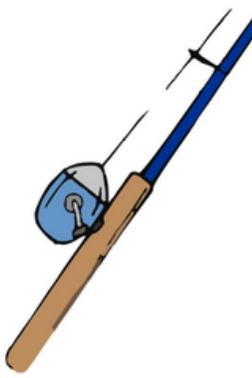
**FRIDAY,  
JUNE 24TH**

**8:30AM - 1:00PM**

*Hinson Lake  
152 Hinson Lake Rd.  
Rockingham, NC 28379*

*To Register, call (910) 997-4491  
Deadline: Monday, June 20th*

Fishing Poles provided by  
*Richmond County Ducks Unlimited*





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Summer Hours**  
**M/W 8-3**  
**T/TH 8-5**  
**F 8-2**

1 Tina from Sandhills  
Home Care  
BINGO 12pm

**"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am



2 **"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am

3 **SORRY WE'RE CLOSED**

6 **SORRY WE'RE CLOSED**

7 Chair Volleyball  
Practice 12:00pm

Senior Exercise  
9:30am  
**"JUST CRAFTS"**  
9:00am

8 **ERock Host Ellerbe**  
**away**  
1:30pm



**Chair Volleyball**  
Senior Exercise  
9:30am  
**"JUST CRAFTS"**  
9:00am

9 **Hand Wax Therapy**  
10:30am

Scrabble 1:00pm  
**"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am



10 **Contract Rummy 1pm**  
**Concord Trip**  
8am  
Senior Exercise  
9:30 am



13 **"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am

14 Chair Volleyball  
Practice 12:00pm

Senior Exercise  
9:30am  
**"JUST CRAFTS"**  
9:00am

15 **Contract Rummy 1pm**

**"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am



16 **Bisque Quick 1pm**  
Nails  
by Kim  
**"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am

17 **Hand Wax Therapy**  
10:30am  
Scrabble 1:00pm  
**BINGO w/Kim**  
2pm  
**Summer Fun Party 12pm**

20 **Trivia Question**  
12pm

**"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am

21 Chair Volleyball  
Practice 12:00pm

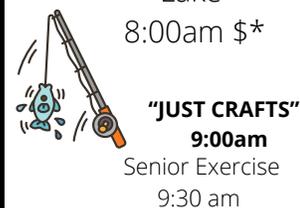
Senior Exercise  
9:30am  
**"JUST CRAFTS"**  
9:00am

22 **Håmlet Host Erock**  
1:30pm  
**Chair Volleyball**

**"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am

23 Shelia Raye  
11:45-1  
**"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am  
Alive after 55  
6pm

24 **Fishing at Hinson Lake**  
8:00am \$\*



**"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am

27 **Trivia Question**  
12pm

**"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am

28 Chair Volleyball  
Practice 12:00pm

Senior Exercise  
9:30am  
**"JUST CRAFTS"**  
9:00am

29 **Contract Rummy 1pm**

**"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am

30 **Contract Rummy 1pm**

**"JUST CRAFTS"**  
9:00am  
Senior Exercise  
9:30 am

0

Legend:

\$ = Fee or cost for program/ activity \* = Seating is limited

# Ellerbe Senior Center

306 Millstone Road

Ellerbe, NC 28338

(910) 652-6006

@agingisgood • www.richmondnc.com

agingservices@richmondnc.com

# June 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0	0	1 Walk @ 9:00am Chair Volleyball Practice @ 10:00am	2 Walk @ 9:00am <b>Bingo with Cornerstone Ins @ 12:00pm</b> Class with Cherri @ 9:30am	3 Walk @ 9:00am
6 Walk @ 9:00am <b>Bingo Richmond Co Hospice @ 12:00pm</b>	7 Walk @ 9:00am <b>Birthday Party with First Carolina Care @ 12:15pm</b>	8 Walk @ 9:00am Chair Volley ball Practice @ 10:00am Game @ 1:30pm Home V/S E Rock	9 Walk @ 9:00am Bingo with Richmond Pines 12pm Class with Cherri @ 9:30am	10 Walk @ 9:00am <b>Bingo with Community Hospice @ 12:15pm</b>
13 Walk @ 9:00am <b>Bingo with Premier Benefits @ 12:00pm</b>	14 Walk @ 9:00am <b>Crafts with Sarah @ 10am</b>	15 Walk @ 9:00am Chair Volleyball Practice @ 10:00am Game @ 1:30pm v/s Hamlet <b>AWAY</b>	16 Walk @ 9:00am Bingo with Humana 12pm Class with Cherri @ 9:30am	17 Walk @ 9:00am
20 Walk @ 9:00am <b>Bingo with Simply Medical Supply 12pm</b>	21 Walk @ 9:00am <b>Hand Waxing @ 12:15pm</b>	22 Walk @ 9:00am Chair Volleyball Practice @ 10:00am	23 Walk @ 9:00am Bingo with Autumn Care @ 12pm Class with Cherri @ 9:30am	24 Walk @ 9:00am
27 Walk @ 9:00am <b>Bingo with Judy @ 12pm</b>	28 Walk @ 9:00am <b>Bingo with Judy @ 12pm</b>	29 Walk @ 9:00am Chair Volleyball Practice @ 10:00am	30 Walk @ 9:00am Class with Cherri @ 9:30am	0

ELL-SC

**Legend:**

\$ = Fee for program/ activity \* = Seating is limited

# Rockingham Senior Center

225 S Lawrence St  
Rockingham, NC 28379

(910) 997-4491

@agingisgood • www.richmondnc.com

agingservices@richmondnc.com

# June 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0	0	1 Exercise Room 7:30am-6:30pm SHIIP-by appt. only	2 Exercise Room 7:30am-6:30pm	3 Exercise Room 7:30am-6:30pm
6 Exercise Room 7:30am-6:30pm	7 Exercise Room 7:30am-6:30pm	8 Exercise Room 7:30am-6:30pm SHIIP-by appt. only	9 Exercise Room 7:30am-6:30pm	10 Exercise Room 7:30am-6:30pm
13 Exercise Room 7:30am-6:30pm	14 Exercise Room 7:30am-6:30pm	15 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	16 Exercise Room 7:30am-4:00pm <b>Supper Club</b> <b>@6:00pm</b> <b>Axe to Grind \$</b>	17 Exercise Room 7:30am-6:30pm
20 Exercise Room 7:30am-6:30pm	21 Exercise Room 7:30am-6:30pm	22 Exercise Room 7:30am-6:30pm SHIIP-by appt. only	23 Exercise Room 7:30am-6:30pm	24 Exercise Room 7:30am-6:30pm
27 Exercise Room 7:30am-6:30pm	28 Exercise Room 7:30am-6:30pm	29 Exercise Room 7:30am-6:30pm SHIIP-by appt. only	30 Exercise Room 7:30am-6:30pm	0

## R-SC

\$ = Fee or cost for program/ activity \* = Seating is limited SHIIP= Seniors Health Insurance Information Program

**Legend:**

# Father's Day

L Q D R A E D L N T D T L U F K N A H T T V E M  
 N E D B C E X P B R L O R F D E V O T E D P T G  
 A C E M E P T N I I E X O A Q I Z I X X K K A O  
 I N V P D M I A S C W S E H E O B L Y T L G N L  
 R E I U E I O D N M I R P R R H N O O B M V O F  
 A G T W D R G S U O O T L E E E T V J S L T I E  
 N I C E U E T P E D I A N C C P H E N O S Y S R  
 I L E H O N O R A W N T R A Q T L T E H W N S E  
 L L T W T K H M O R A E C X M H W E O W W T A L  
 P E O H V C L U E O H L A E N O R I H R S J P B  
 I T R Z B D P T O C U O N M F T R X M E B O W A  
 C N P W N B A D A F X C N O U F I F I Z D N B D  
 S I C H A R M E R L P I F E J S A R S Q M U P N  
 I G I I F L T E O D R T E D Y E I L O A J Q R E  
 D N T Y I T D Y R K O E M N Z A I N R W F E S P  
 I I E G K N A B E R V L P A N B X R G I H M B E  
 B V U F O L H F T E I H N B I L Y G S T O H L D  
 R I Q W T P S O I D D T B S Q H N H A A T S Q D  
 Y G I Y S E K T N N E A O U J I E F W M W A Q O  
 H R N G E N T L E E R Y N H R R I W R S S I K G  
 T M U W O R K E R T S T D A M U U A A J W K E P  
 R V W F A V O R I T E T C A K D W C O K V O Q S  
 O N X I P C I W W R P O N B M A V V X O X U G U  
 W Y U R N E O F N M O D S I W D K Y H N Q Y G Y

- |             |                |              |            |           |            |
|-------------|----------------|--------------|------------|-----------|------------|
| Adore       | Affectionate   | Amusing      | Athletic   | Awesome   | Bond       |
| Brotherhood | Caring         | Charmer      | Dad        | Dear      | Dependable |
| Devoted     | Disciplinarian | Father       | Favorite   | Fisherman | Fraternal  |
| Gentle      | Giving         | Golfer       | Helper     | Honest    | Honey      |
| Honor       | Husband        | Intelligence | Joy        | Kiss      | Love       |
| Loyalty     | Marry          | Passionate   | Protective | Provider  | Respect    |
| Romantic    | Son            | Sweetheart   | Teacher    | Tender    | Thankful   |
| Unique      | Warmth         | Wisdom       | Wonderful  | Worker    | Worthy     |

# Ice Cream Dreams

**COLORING ACTIVITY**

