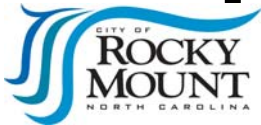


# Rocky Mount Senior Center

## 427 South Church Street

(old YMCA building located downtown  
near the train station)

### *Recreational Services for 55 & over*



#### *Mission Statement*

*To enhance the quality of life for Senior Adults by promoting and providing health and safety information, referral services, educational opportunities and leisure recreational activities.*



#### **Activities include:**

**Athletic Leagues**  
**Bingo**  
**Birthday Celebrations**  
**Down East Senior Games**  
**Educational Seminars**  
**Gym Walkers**  
**Health/Medical Issues**  
**Instructional Classes**  
**Trips**  
**Tuesday Night Dances**  
**Referral Services**  
**Special Events**  
**Volunteer Opportunities**

#### **The Senior Center features the following:**

<b>Library</b>	<b>Craft Room</b>
<b>Meeting Rooms</b>	<b>Gym</b>
<b>Billiards Room</b>	<b>Card Room</b>
<b>Computer Lab</b>	<b>Fitness Center</b>
<b>Pool</b>	<b>Walking Track</b>
<b>TV/Lounge</b>	<b>Bike Room</b>
<b>Health Center</b>	<b>Dance Studio</b>
<b>Horseshoe Courts</b>	<b>Bocce Courts</b>
<b>Shuffleboard Courts</b>	<b>Reception Area</b>

The Senior Center has (16) senior clubs that meet throughout the year. Call the center to find out more about the clubs in your area.

Facility tours are available upon request.

No membership is required, but fees are charged for classes, trips, fitness center and usage of the pool.

The Senior Center is also available for building rentals. For fees and charges contact the center.

To receive the monthly newsletter, contact the Senior Center.

#### *Hours of Operation*

*Monday - Friday*  
*8:30AM - 5:00PM*

*Telephone (252)972-1152*  
*Fax# (252)972-1582*

*E-mail*

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