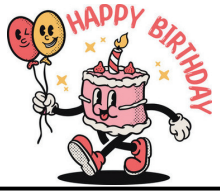
HARRISON CENTER for ACTIVE AGING
611 W. Noble Street, Selma, NC 27576
Hours: 8:00 - 4:30 Monday - Thursday, 8:00 - 4:00 Fridays
Phone: 919-965-2627 or
919-965-6478 (Nutrition)

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3** Closed 	**4** 2:00 Matter of Balance (***, MP) 	**5** 2:15 HCAA Go Group: Tour of the Local 911 Facility (*, Meet at 2875 Hwy 70 Business East, Smithfield) 	**6** 1:00 Beginners Mahjong ($, *, MP) 
9 10:00 Quarter BINGO ($, CR) 10:30 Foodborne Illness Lecture with the Johnston County Health Dept. (DC) 2:30 Fall in Love with Adaptive Gardening with Tiffany Whichard from Plant a Row JoCo (MP)	**10** 2:00 Closing Early 	**11** Closed 	**12** 1:30 Vaya Health Presents: PTSD - Healing the Emotional Wound (MP) 6:00 Evening Music BINGO (*, MP)	**13** 2:00 Volunteer Appreciation Magical Pizza Party (MP, By Invitation Only) 
16 **Aviation History Day** 10:00 BINGO with the Selma Police Dept. (CR) 1:00 Heads in the Air: Flying Through Trivia (MP) 	**17** 1:00 Advisory Council Meeting (MP) 	**18** 11:15 HCAA Gold Go Group: Zumba Gold Downtown Nutrition and Smoothie Outing (*, OS) 	**19** 11:00 Heartland Hospice Grief Support Session (****, CL) 2:00 HCAA Go Group: Plant a Row Johnston County (*, 1500 N Webb St. Selma)	**20** **Lemonade Day** 1:00 Beginners Mahjong ($, *, MP) **Stop by HCAA for a refreshing cup of lemonade!**
23 10:00 Quarter BINGO ($, CR) 1:00 Monday Mind Fitness: Group Trivia (CR) 	**24** 1:00 November Birthday Party (*, MP) 	**25**	**26** Closed 	**27** Closed
30 2:30 Carolina Construction Bro's Presents: Home Safety and Fall Reduction (MP) 				

LOCATION KEY

CL: Computer Lab
CR: Craft Room
DC: Dining Center
GF: Group Fitness Room
LIB: Library
MP: Multipurpose Room
OS: Off-Site
V: Virtual Session (Facebook or Zoom)

$: Fee Involved
* Registration/ Signup Required
** Inside the Gym
*** HPDP Programs
**** Confidential Discussions

Please note: Activities are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pickleball (*) 9:00 Sew 'N Sew Quilters ($, MP) 9:00 Cardio Drumming (GF) 9:15 Trash, Talk, & Walk the Harrison Block (Outside, Weather Permitting) 10:00 Tide Dancers (*, GF) 10:00 BINGO (CR) 1:00 Monday Mind Fitness (MP)	9:00 Pickleball (*) 9:00 Group Exercise (GF) 10:00 Line Dance (GF) 10:00 Bead Weaving (CR) 10:30 Life Coaching Group (****, MP) 11:00 Sassy Feet (*, GF)	9:00 Pickleball (*) 9:00 Tide Dancers (*, GF) 10:00 Ballroom Dance (GF) 10:30 American Sign Language (CR) 11:00 Tide Dancers (*, GF) 12:15 15 Minute Mile (GF) 1:00 Arts & Crafts ($, CR)	9:00 Pickleball (*) 9:00 Group Exercise (GF) 10:00 Line Dance (GF) 11:00 Sassy Feet (*, GF) 1:00 Telling Our Stories (MP) 1:00 Steps of Inspiration (GF)	9:00 Pickleball (*) 10:00 Tide Dancers (*, GF) 11:00 Don't Burst My Bubble (CR) 1:00 Steps of Inspiration (GF)

HCAA News & Announcements

We ❤️ Our Senior Center

Be sure to stop by our sign-up table & record the reasons why you are grateful for The Harrison Center for Active Aging so that we may share these words with our friends who help to provide our funding!

9-1-1 Call Center Tour

Sign up to join us on Thursday, November 5th at 2:15 pm to tour the new Johnston County 9-1-1 call center!

Spaces are limited!



Multipurpose Room Educational Programs

Monday, November 9th at 2:30 p.m.
Fall in Love with Adaptive Gardening
Thursday, November 12th at 1:30 p.m.
PTSD: Healing the Emotional Wound
Monday, November 30th at 2:30 p.m.
Home Safety & Fall Reduction

HCAA Go Group: Out and About

Thursday, November 19th at 2 pm
HCAA Go Group: Plant a Row Johnston County (1500 N. Webb St. Selma)
Wednesday, November 18th at 11:15 a.m.
HCAA Zumba Gold Group: Downtown Nutrition & Smoothie Outing (206 N. Raiford St. Selma)

Closures & Holidays

The Harrison Center will have the following adjustments in November to its hours of operation:

- Closed November 3rd for Voting Day
- Closing at 2 pm on November 10th
- Closed November 11th for Veterans Day
- Closed November 26th and 27th for Thanksgiving

www.facebook.com HarrisonCenterForActiveAging

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