

May - June 2024
Issue 74

1363 W. Market Street
Smithfield, NC 27577

www.cssjohnston.org
www.jcats.org



Our Mission:

To provide housing and transportation for the benefit of the community;
to provide services and opportunities that empower older adults to
remain active and connected, enabling them to lead quality
lives of independence.

Prime Times

Serving the Community and Older Adults in Johnston County, NC



Sharon Boyce ~ Olympian

We are so proud of Ms. Sharon for winning gold in her category at the Johnston County Senior Olympics! She competed in the 50 yard backstroke. Way to go Ms. Sharon! You inspire us all!

Seniors Games Participants

Photos and News

Games Held April 2 - May 11



Pickleball



Shuffleboard

(more photos in later pages)



JCATS is Awarded 2024 Transit System of the Year

In the first week of April at the North Carolina Public Transit Association annual conference, JCATS was honored to be named a 2024 Transit System of the Year recipient. JCATS received this award for not only opening a new transit facility in the past year, but for being a statewide leader in providing Medicaid Managed Care transportation and for being one of the first rural transit organizations to offer micro-transit services through our Quick Ride program!



The award was presented to Neal Davis, JCATS Mobility Manager (center) and to Josh Jensen, CSS Executive Director.



This workshop was sponsored by the CSS Family Caregiver Program.

Melanie Bunn, RN, NC Dementia Alliance

Community Workshop on Dementia

CAREGIVER STRESS? [Click for info](#)

CSS of Johnston County

CAN HELP.

919-934-6066

Family Caregiver Support Group Meetings are held on the **Fourth Thursday** of each month in **Smithfield** (1:30 - 3:00) and in **Clayton** from (6:00 - 9:00 PM)

BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

bensonsc@cssjohnston.org

Phone: 919-701-1477

Debra Cardone, Program Coordinator

Hours: 8:00 AM – 4:30 PM



Invite a Friend!

Congregate Meals:
Sophie White
Nutrition Coordinator
919-894-2370

Special Events for May - June 2024

BOLD: special events, notices, closings.
 * Registration Required
 #Hybrid (Virtual & In-Person)
 \$= Fee ^= Some Weeks

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page to get the most up-to-date calendar.

MONDAYS
9:00 Cardio Drumming 9:30 Video Chair Exercise 10:00 BINGO 1:00 Cardio Drumming 2:00 Video Chair Yoga
TUESDAYS
9:00 Cornhole 9:30 Video Circuit Class 10:00 Taijifit with Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Tech Training * 3:00 Exercise with Ellen
WEDNESDAYS
9:00 Cardio Drumming 9:30 Video Chair Exercise 10:30 Chair Volleyball 1:00 Cards 1:00 Tech Training * 1:00 Cardio Drumming 2:00 Video Chair Yoga 6:00 PM Meal with Matt (Facebook LIVE)
THURSDAYS
9:00 Shuffleboard 9:30 Video Circuit Class 10:00 Taijifit with Diane 10:00 Pickleball 12:00 Trivia 1:00 Tech Training *
FRIDAYS
9:30 Video Chair Exercise 10:30 Crafts ^ 11:00 Games ^ 12:00 Bunco ^\$ 1:00 Cardio Drumming

MAY

- 5/2 12:00 Trivia with Sophie
- 5/3 10:00 Craft with Amy**
- 5/6 10:00 Bingo – \$2
- 5/6 12:00 Speaker: UNC Health – Hospice, Dispelling the Myths**
- 5/7 11:00 Biometric Screening**
- 5/8 6:00 PM Meal with Matt & Christy (Facebook live)**
- 5/9 12:00 Trivia with John
- 5/10 10:00 Craft with Diane, Sue & Margarita**
- 5/10 12:30 Bunco \$**
- 5/13 10:00 Bingo – Mother's Day Bingo Party**
- 5/14 11:30 Birthday Celebration**
- 5/16 12:00 Trivia with Sophie
- 5/17 10:00 Lunch Bunch/Miniature Golf \$**
- 5/20 10:00 Bingo – Ladies Auxiliary
- 5/20 1:00 Advisory Meeting
- 5/22 12:00 Senior Appreciation Day**
- 5/23 12:00 Trivia with John
- 5/27 CLOSED In Observance of Memorial Day**
- 5/30 12:00 Trivia (TBA)

BCAA was recognized at the Amer. Music Theatre during a travel venture to Lancaster, PA.



JUNE

- 6/3 10:00 Bingo - \$2
- 6/6 12:00 Trivia with Sophie
- 6/7 10:00 Craft with Amy**
- 6/10 10:00 Bingo – Quarter \$
- 6/11 11:30 Birthday Celebration**
- 6/12 6:00 PM Meal w/Matt & Christy (Facebook LIVE)**
- 6/13 12:00 Trivia with John
- 6/14 10:00 Craft with Diane & Sue**
- 6/14 12:30 Bunco \$**
- 6/17 10:00 Bingo - Ladies Auxiliary
- 6/17 11:00 Father's Day Party**
- 6/20 12:00 Trivia with Sophie
- 6/21 10:00 Lunch Bunch/Bowling \$**
- 6/24 10:00 Bingo – \$5
- 6/26 11:00 Lunch Bunch/Mudcats Game \$**
- 6/27 12:00 Trivia with John



BCAA had a large crowd participate in Shuffleboard competitions for the Senior Olympics

LUNCH BUNCH **May 17 @ 10 Miniature Golf**
dates: June 21 @ 10 Bowling

Drop-In Activities:

Computers, Fitness Room, Wii, Corn Hole, Puzzles, Horse Shoes, Shuffle Board and Game Room



Congregate Meals:

Natasja Shroeder

Nutrition Coordinator

919-553-4352

Special Events for May - June 2024

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 * Registration Required \$ = Fee
 ** Rainbow Lanes ^Some Weeks
 # Hybrid = Virtual & In-Person

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page for up-to-date calendars.

MONDAYS

9:00 Strength & Balance with Jackie
 10:00 BINGO & Info
 2:00 Beginner Line Dance
 3:00 Intermediate Line Dance

TUESDAYS

1:00 Chair Yoga with Sindry
 2:00 Cardio Drumming

WEDNESDAYS

9:00 Cardio with Jackie
 10:00 Trivia Battle
 2:00 Call In Trivia
 2:00 Beginner Line Dance
 3:00 Intermediate Line Dance

THURSDAYS

9:00 Fitness with Papa Jack
 11:00 Billiards ** (free at Rainbow Lanes)
 12:45 Trivia (NEW)

FRIDAYS

9:00 Strength & Balance with Jackie
 10:00 BINGO
 1:00 Cornhole

MAY

5/3 11:30 Lunch Bunch- Venero's\$
 5/7 10:00 Painting Class with Alice
5/7 11:00 Food Shuttle- Diabetes Seminar
 5/8 11:00 UNC Health Check
 5/9 10:00 Craft Class with Mardia
 5/9 11:00 Singing with John
 5/14 10:00 Craft Class with Mindy
 5/14 11:00 Music with Ron
5/15 11:00 Nutrition with Bobbi
 5/15 1:00 Facebook Live with Papajack
 5/16 1:00 Ice Cream Social w/Nurse Next Door
 5/16 2:00 Book Club w/Mardia, Clayton Library
 5/17 11:00 May Birthday Celebration
 5/21 10:00 Painting Class with Alice
 5/21 12:30 Advisory Meeting
 5/23 10:00 Painting Class with Alice
 5/23 11:00 Singing with John
5/27 Closed In Observance of Memorial Day
 5/28 11:00 Music with Ron
5/29 6:30 PM Bingo with Chi Xi Zeta Sorority
 5/30 10:00 Charades
5/31 11:00 Life Hearing
 5/31 1:00 Book Club at Horne Memorial Church

JUNE

6/3 & 6/4 10:00 Painting Class with Alice
 6/4 11:00 Music with Ron
 6/5 11:00 Walmart Vaccines
 6/6 10:00 Painting Class with Alice
6/7 11:30 Lunch Bunch- Crab Seafood House \$
 6/11 10:00 Craft Class with Mindy
 6/13 10:00 Craft Class with Mardia
 6/13 11:00 Singing with John
 6/18 10:00 Painting Class with Alice
 6/18 11:00 Music with Ron
 6/19 1:00 Facebook Live with Papajack
 6/20 10:00 Painting Class with Alice
 6/20 1:00 Ice Cream Social w/Nurse Next Door
 6/20 2:00 Book Club w/Mardia, Clayton Library
 6/21 11:00 June Birthday Celebration
 6/27 10:00 Charades
 6/27 11:00 Singing with John
6/28 11:00 Life Hearing
 6/28 1:00 Book Club at Horne Memorial Church



One of CCAA's treasures! Watch PapaJack's latest video with the novice in mind. He shows us how anyone everyone can paint. Even if you haven't ever picked up a paint brush! Find this video tutorial on our Facebook page.



CCAA attendees do not play around when it comes to celebrating St. Patty's Day!

(lower left) Easter decorations made in Mindy's craft class!



& Info

BINGO DAYS

10:00 AM

MAY 3 - CARING HEARTS CIV.
MAY 10 - WOMEN'S CLUB
MAY 13 - KOINONIA BAPT CH.
MAY 17 & 20 - GABRIEL MANOR
MAY 29 - CHI XI ZETA SORORITY
MAY 31 - QUARTER 6:30 pm

JUN 7 - CARING HEARTS CIV.
JUN 10 - KOINONIA BAPT CH.
JUN 14 - WOMEN'S CLUB
JUN 17 & 21 - GABRIEL MANOR
JUN 26 - CHI XI ZETA SORORITY

Hours: 8:00 AM – 4:30 PM



HARRISON CENTER for ACTIVE AGING

611 West Noble Street, Selma, NC 27576

harrisonsc@cssjohnston.org

Phone: 919-965-2627

Adrienne Delph, Program Coordinator



Special Events for May - June 2024

MAY

- 5/1- 12:30 Lunch & Learn: Dr. Brittany "B" McCoy: *"Leaving a Lasting Legacy: Embracing Purposeful Aging"*
- 5/6 11:00 Quarter BINGO
- 5/8 – 12:30 Lunch & Learn: Sergio Benitez – *"JOCO Latino Festival & the Latino Culture"*
- 5/15 12:30 Lunch & Learn: *"Food Bourne Illness Prevention"* with JoCo Health Department
- 5/20 11:00 Quarter BINGO
- 5/22 – 12:30 Lunch & Learn: Rev. Carrie Rush-Willis : *"Inspired By The Lives of Death Row Inmates"*
- 5/27- CLOSED In Observance of Memorial Day
- 5/29 12:30 Lunch & Learn: *"What To Do In Severe Weather Plus Cooking Safely"* with Selma Fire Dept
- 5/31 2:00 Cinema Verite Film Club

JUNE

- 6/3 11:00 Quarter BINGO
- 6/5 –12:30 Lunch & Learn: Kim Fry: R Ranch: *"The Gardeners Dirt: Growing Organic"*
- 6/12 – 12:30 Lunch & Learn: Debra Hendricks: Master Gardener – *"Herbs for Culinary Use"*
- 6/14 CLOSING early at 1:00 PM today
- 6/17 11:00 Quarter BINGO
- 6/19 – Field Trip: Selma's Old Fashioned Ice Cream Shop, Owner Michael Sneed: *"Making Ice Cream!"*
- 6/26 – 12:30 Lunch & Learn: Jeff Hamilton : The Rudy – *"The Business of Bringing Talent to Selma"*
- 6/28 2:00 Cinema Verite Film Club

BOLD: special events, notices, closings.
\$ = Fee #Hybrid (Virtual & In-Person)
***** Registration Required
**** In The Gym Evidence Based *****

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or [visit our Facebook page](#) to get the most up-to-date calendar.



As a community welcoming event, HCAA held a Gamers Day, inviting the public game players to use HCAA's facility.



Also serving as a fundraiser, this event was enjoyed by a variety of players.



Stay Active!
Join Us!

Drop-In Activities: Computer Lab, Fitness Room, Puzzles, Games, Library

Congregate Meals:

Ellen Ivy

Nutrition Coordinator

919-965-6478

MONDAYS

- 9:00 Pickleball**
- 9:00 Strength & Flexibility Training
- 9:00 Sew N' Sew Quilters
- 10:00 Beach Body Boot Camp
- 11:00 BINGO
- 11:00 Beginner Pickleball Training**
- 12:30 Lunch & Trivia

TUESDAYS

- 9:00 Pickleball**
- 9:00 Cardio Drumming
- 10:00 Line Dance
- 10:00 Bead Weavers with Pam
- 10:00 Fast Feet Walking Club
- 10:30 (Dr Wanda's) Life Coach Group
- 11:00 Sassy Feet *
- 11:00 Beginner Pickleball Training**
- 1:30 Thrift Sisters Shopping Group

WEDNESDAYS

- 9:00 Pickleball**
- 9:30 Matter of Balance
- 9:30 Harrison Cyclepaths Cycling Cl.
- 10:00 Dance Dance Dance Ballroom Dancing Class
- 10:30 American Sign Language Class
- 11:00 Beginner Pickleball Training**
- 1:30 Art Class

THURSDAYS

- 9:00 Pickleball**
- 9:00 Strength & Flexibility Train.
- 10:00 Line Dancing Class
- 10:00 Fast Feet Walking Club
- 11:00 Sassy Feet *
- 11:00 Beg. Pickleball Training
- 1:00 Telling Our Stories - Story Writing Class
- 1:00 Steps of Inspir. Line Dance
- 3:00 Exercise with Ellen (NEW!)

FRIDAYS

- 9:00 Pickleball Outdoors
- 10:00 Beach Body Boot Camp
- 11:00 Beg. Pickleball Training
- 12:30 Friday Afternoon Games

PRINCETON *Senior Dining* CENTER

Food & Fellowship

princetonssc@cssjohnston.org

919-936-2184

412 W. Third St., Princeton
Open 9:00 - 1:00, M-F

Lunch served daily at 11:30
(by reservation)

MAY

Thursdays at 11:00 Cards or Puzzles
Fridays at 11:00 Fun Friday (your choice)
5/4 & 18 at 11:00 Play a Game of Skip-Bo
5/25 11:00 BINGO
5/27 CLOSED in Observance of Mem. Day

JUNE

Fridays - Fun Friday - Your Choice of Game
6/13 11:00 What Are Your Summer Plans?
6/18 11:00 Play a Game of Skip-Bo
6/20 11:00 Brain and Trivia Games
6/25 11:00 BINGO



SOLD!

Smithfield Senior Dining Center's long-time member John Rouse created a scene drawing from his memories of his tour of duty in Korea from 1950-53. John was being admired for his effort by the drawing instructor, and John said jokingly, it should be framed and auctioned to raise money for the center! So he titled it "From Peace to War", and very soon a HDM volunteer saw the artwork on the wall and offered to buy it. John sold it to the volunteer for \$20. John promptly donated his earnings to the Center. Thanks Mr. John! You never know what may come of your creative and generous efforts.

SMITHFIELD *Senior Dining* CENTER

Food & Fellowship

Lunch served daily at 11:30
(by reservation)

Nancylee Dunham, Coordinator
smithfieldsc@cssjohnston.org
919-934-8701

Stephanie Ferreira-Craft, Nutrition Assistant
919-938-8406

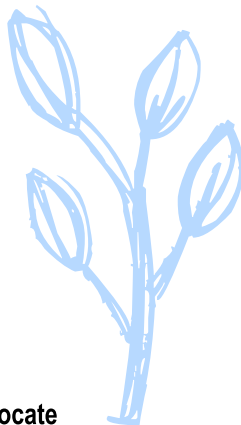
606 Caswell St., Smithfield
Open 9:00 - 1:00, M-F

MAY

5/1 10:30 Steps to Health, Ms. Gwen
5/2 10:00 Craft with Tiffany (Smithfield P & R)
5/8 10:30 Steps to Health, Ms. Gwen
5/14 10:00 Comedy Show
5/15 10:00 Emergency Prep, Christie, JCHD
5/23 10:00 Senior Trip: Fishing & Picnic
5/27 CLOSED in Observance of Memorial Day
5/29 10:30 Steps to Health, Ms. Gwen

JUNE

Mondays at 10:00, Arthritis Chair Exercise by Ms. Ruth
and Thursdays, June 20 & 27
6/4 11:00 Parrish/Underwood Movie
6/5 & 6/26 10:30 Steps to Health, Ms. Gwen
6/12 10:30 Music by Ms. Faye
6/25 10:00 Cathy McCormick, NC Tarheel Legislative Advocate



MAY - JUNE 2024



Smithfield Dining Center thanks their HDM volunteers in a creative way. Stephanie's (shown above) daughter, Makayla Craft did the artwork.

NOTE:

These are only a few of the calendar events scheduled for each center. Stop by, say hello, and pick up a printed calendar for more details.

CALL YOUR DINING CENTER:

Simply call your closest center to register for dining so we can provide a meal for you. Dine together with us.

OR...

If you are receiving meals at your home and cannot be available to come to the door or if you will not be home, call your center at least 24 hours in advance so we can provide that meal to another person in need.



PRINCETON Senior Dining Center
Nutrition Coordinator
919-936-2184

SMITHFIELD Senior Dining Center
Nancylee Dunham, Nutrition Coordinator
919-934-8701

BENSON Center for Active Aging
Sophie White, Nutrition Coordinator
919-894-2370

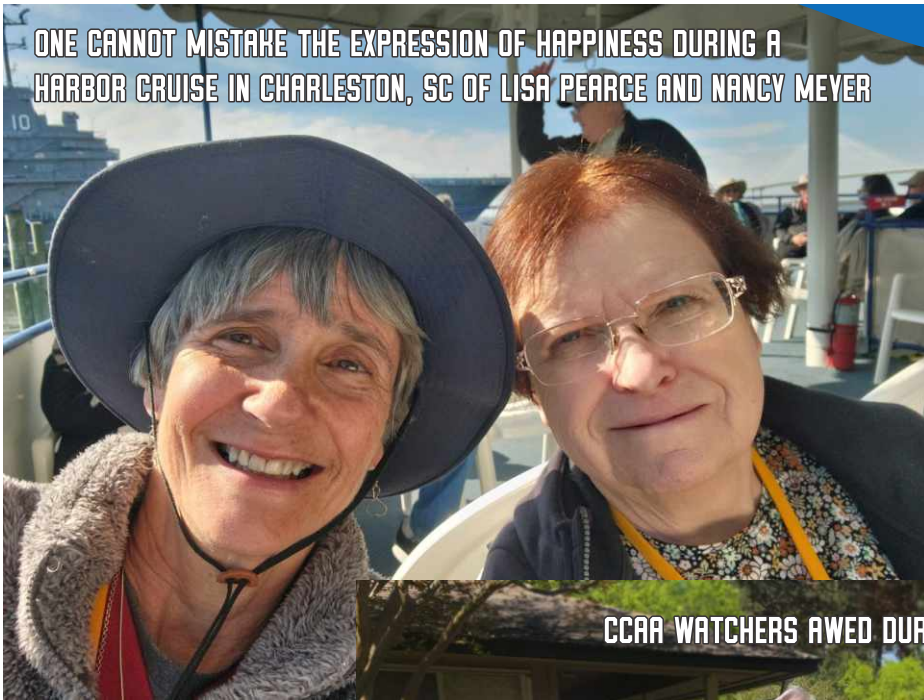
CLAYTON Center for Active Aging
Natasja Schroeder, Nutrition Coordinator
919-553-4352

HARRISON Center for Active Aging
Ellen Ivey, Nutrition Coordinator
919-965-6478

SELMA

ONE CANNOT MISTAKE THE EXPRESSION OF HAPPINESS DURING A HARBOR CRUISE IN CHARLESTON, SC OF LISA PEARCE AND NANCY MEYER

Photos



POE CENTER JESSICA FOWLER INSTRUCTS SMITHFIELD CENTER LISTENERS HOW TO SAVE A LIFE FROM SUICIDE

CCRA WATCHERS AWED DURING THE APRIL 8TH ECLIPSE



GIFTCARD RAFFLE WINNER LINDA MILLS FROM THE CAREGIVERS DEMENTIA WORKSHOP



BEAUTIFUL AND FUNNY DECORATIONS CREATED AT CCRA



ROWDY FUN ON ST PATTYS DAY ON THE BCAA PATIO

★
★
★
★
★
Have You Been Missing Out?



Our Vision:

*To be the premiere provider of its services
and to be the focal point for advocacy.*



CSS SERVICES:

For information about services listed below call 919-934-6066, Monday - Friday from 8:00 AM - 5:00 PM.

Caregiver Support

Offers a range of services to support family caregivers including individual counseling, support groups, and respite care.

Congregate Dining

Provides a hot lunch in a congregate setting in which a range of social and supporting services are available.

Health Promotion

Support a broad array of programs and activities that assist older adults in promoting their health and wellness. Services include health screening and informative programs on age-related diseases and chronic conditions.

Home Delivered Meals

Provides a hot, nutritional lunch to home-bound older adults.

Information & Assistance

Designed to inform and educate older persons and their families about programs and services available across the long-term care continuum and to refer and connect individuals to appropriate resources.

In Home Aide Services

Assists individuals who have impairments with essential daily activities in the areas of home management and personal care tasks.

ng for
future needs.

Senior Centers

Operates community facilities where older adults come together for services and activities that reflect their skills and interests and respond to their diverse needs.

Senior Transportation

Provides general and medical transportation to seniors.

HOUSING: *Locations*

Cary

Triangle Elderly Housing-Cary
122 S. Harrison Ave

Clayton

Clayton Court I Apartments*
600 N. O'Neal Street

Clayton Court II Apartments*
600 N. O'Neal Street

Village Gardens Elderly Housing
303 Dairy Road

Princeton

Triangle Elderly Housing-Princeton
410 W. 3rd Street

Kenly

Triangle Elderly Housing-Kenly
203 N. College Ave

Smithfield

Triangle Elderly Housing-Smithfield
506, 516 & 604 Caswell Street

For more information on housing
for the elderly and disabled call M-F
919.934.6066, 8:00 AM - 4:00 PM

**This institution is an equal opportunity provider
and employer.*



1363 West Market St., Smithfield, NC

CSS is now certified as an official counseling site for S.H.I.I.P., Seniors' Health Insurance Information Program of the NC Department of Insurance.



Sign up to receive this bi-monthly newsletter (via e-mail) in your mailbox at: www.cssjohnston.org

JOHNSTON COUNTY'S AREA TRANSPORTATION SYSTEM



JCATS
for Everyone!

Business:
(919) 202-5030
Email: info@jcats.org
Office:
1050 W Noble Street
Selma, NC 27576

www.jcats.org

\$6
per ride
each way

www.jcats.org or call 919-202-5030

Pay with debit or credit card with the app at the time of booking or with cash upon boarding. **Expanded Hrs: 6 AM - 8 PM, Monday - Saturday**



919-934-6066
www.cssjohnston.org