



BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504
 919-701-1477 or 919-894-2370 (Sophie - Nutrition)
 Hours: 8:00 – 4:30 Monday-Friday

April 2026



Adrienne Delph: Program Coordinator bensonsc@cssjohnston.org Facebook: Benson Center for Active Aging - BCAA

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
		1	2	3 Center Closed Good Friday
		9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class 11:00 Gentle Chair Exercise 1:00 Cards/Games	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Sewing Arts 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	
6	7	8	9	10
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo \$ 11:00 Clay Class* 12:30 Advisory Board Meeting 1:30 Pickleball Skills Clinic 1:30 Walk with Ease***	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 11:00 Financial Advisor, Mary Mlock, CPA – special session* 1:00 Write On! Writers Group	9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class 11:00 Gentle Chair Exercise 1:00 Cards/Games	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Sewing Arts 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	9:00 Cardio Drumming Junkies 10:00 Painting w/Diane* 12:00 BUNCO
13	14	15	16	17
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo \$ 11:00 Clay Class* 1:30 Pickleball Skills Clinic 1:30 Walk with Ease***	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 11:00 Walk with Ease*** 1:00 Write On! Writers Group	9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class 11:00 Gentle Chair Exercise 1:00 Cards/Games	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Sewing Arts 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	9:00 Cardio Drumming Junkies 10:00 Design with Deb* 1:00 Cards & Games
20	21	22	23	24
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Auxiliary Sponsored Bingo 11:00 Clay Class* 1:30 Pickleball Skills Clinic 1:30 Walk with Ease*** 5:30 After Hours Cardio Drumming	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 11:00 Walk with Ease*** 11:00 Let them Eat Cake April Birthdays Celebration 1:00 Write On! Writers Group	9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class 11:00 Gentle Chair Exercise 1:00 Cards/Games Earth Day Center & Grounds Clean Up Day	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Sewing Arts 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	9:00 Cardio Drumming Junkies 10:30 Out & About* Johnston Cty Agricultural Center w/Marshall Warren Lunch @ White Swan Smithfield 1:00 Cards & Games
27	28	29	30	
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 \$2 Bingo \$ 11:00 Clay Class* 1:30 Pickleball Skills Clinic 1:30 Walk with Ease***	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 11:00 Advanced Care Planning Seminar* 1:00 Write On! Writers Group	9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class 11:00 Gentle Chair Exercise 1:00 Cards/Games	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Sewing Arts 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	Key: \$ = fee *** = Evidenced based class * = Registration required

Daily Drop-In Activities: Computers, Fitness Room, Library, Puzzles, Horseshoes, Shuffleboard, and Games.



SEWING ARTS GROUP THURSDAYS 10:30 AM

If you are interested in learning about the sewing arts or are looking for a group that shares your hobby.....join us!



Crocheting, knitting, quilting, sewing

WRITE ON!

A diverse group of people who meet to share, offer support, learn, and improve their writing craft for fun and/or publication.

Tuesdays 1:00-3:00 PM



WALK WITH EASE

For those who enjoy walking for exercise!
Join our group so we can get in shape together!

Tues. and Thurs. at 11:00

Mon. at 1:30



April Special Speakers

- Tues, April 7 at 11 am: Mary Mlock, CPA – Financial Advisor
- Tues. April 28 at 11 am: Betsy Barton, Transitions Lifecare – Advanced Care Planning

Out & About

Johnston County Agricultural Center
2736 NC Hwy 210
Smithfield, NC

Friday, April 24, 10:30 am

Drive yourself or
carpool with a friend

Lunch @ White Swan Smithfield

Tour the garden & grounds with
Marshall Warren, Horticulture Extension Agent

Healthy & Fit Exercise Classes

Cardio Drumming 9:00 AM M/W/F



Afternoon Cardio Drumming 3:00 Thurs.

**NEW Cardio Drumming After Hours 5:30 Mon.

Arthritis Exercise 10:00 AM M/W

Cardio & Strength Training Circuit Class T/W/Th
10:30AM

Gentle Chair Exercise 11:00 AM Wed.

Strength & Flexibility Training 9:00 AM T/Th

Tai Chi 10:00 AM T/Th



Pickleball 10:00 AM T/Th

Mon. Pickleball Skills Clinic @ 1:30 PM

Dream
Create
inspire



Arts & Crafts Classes

Fridays at 10:00 AM

Release the artist within! Watercolor & acrylic painting, drawing, textile arts, sculpture, cute fun crafts!

Earth Day

Center & Grounds Clean Up

Wednesday, April 22

9-11 and 1-3

Pitch in and keep our corner
of this earth clean. Pick up trash on
our campus or grab a broom & mop
and help make our center sparkle!

