



# Smithfield Senior Center Satellite of HCAA

606 Caswell St. Smithfield, NC 27577

Hours: 8:00 – 1:30 Monday - Friday

Phone: 919-934-8701

Nancylee Dunham Program Coordinator [smithfieldsc@cssjohnston.org](mailto:smithfieldsc@cssjohnston.org)



## February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 10:00 Advisory Meeting	4 10:00 Who's Who in Black History	5 10:00 Crafts w/ Tiffany	6
9	10 10:00 Michelle Blankenship from the Medical Board	11 10:00 Who's Who in Black History	12 Card craft for the homebound	13 10:00 St. Paul Trio Singing
16	17 10:00 Who's Who in Black History	18 10:00 Fun & Games w/ Ms. Tammy Meadowview	19	20
23	24 10:00 Who's Who in Black History	25 A Visit w/ Lauren from Poe (garden time)	26	27



About how many words is a dog able to learn?

### Mondays

9:00-9:30 Coffee & Small Talk  
9:30-10:00 Good News  
10:00-10:30 Rise & Shine  
Stretch Exercise w/Ms. Elaine  
11:00-11:30 Crafts  
12:00-1:00 Trivia

### Tuesdays

9:00-9:30 Coffee & Small Talk  
9:30-10:00 Coloring Club  
9:30-10:00 Gardening  
10:00-10:30 Brain Trivia  
10:30-11:00 Chair Exercise  
11:00-11:30 Creative Writing  
12:00-1:00 Domino

### Wednesdays

9:00-9:30 Coffee & Small Talk  
9:30-10:00 Coloring Club  
10:00-10:30 Rise & Shine  
Stretching  
10:30-11:30 Book Club  
12:00-1:00 Crafts

### Thursdays

9:00-9:30 Coffee & Small Talk  
9:30-10:00 Coloring Club  
9:30-10:00 Gardening  
11:00-11:30 Chair Exercise  
12:00-1:00 Senior Choice

### Fridays

9:00-9:30 Coffee & Small Talk  
9:30-10:00 Brain Trivia  
10:00-10:30 Rise & Shine  
Stretching  
10:30-11:30 Bingo  
12:00-1:00 Weekend going  
ons

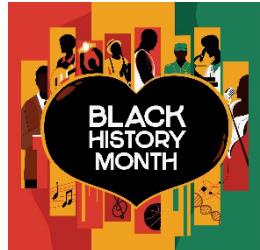
# SCAA News & Announcements



## Who's Who in Black History

Every Wednesday in February

10:00 AM - 11:00 AM



Learn about Black leaders, innovators, artists, and activists who shaped cultures, movements, and societies throughout history.

## JOIN SCAA EVERY FRIDAY FOR BINGO



Trivia Answer: An average dog understands around 100-165 words, similar to a 2-year-old child, but this varies; some exceptional dogs, like Border Collies, have learned over 1,000 words, recognizing objects by name.

## Three Life Rules

1. If you don't go after what you want, you'll never have it.
2. If you don't ask, the answer will always be no.
3. If you don't step forward, you will always be in the same place.

-Unknown

