



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



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	18 10:00 Who's Who in Black History	19 10:00 Fun & Games w/ Ms. Tammy Meadowview	20
23	24	25 10:00 Who's Who in Black History	26 A Visit w/ Lauren from Poe (garden time)	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

