



# BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504




919-701-1477 or 919-894-2370 (Nutrition)

Hours: 8:00 – 4:30 Monday-Friday

Adrienne Delph, Program Coordinator [bensonsc@cssjohnston.org](mailto:bensonsc@cssjohnston.org)

## December 2025



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>1</b> 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo \$ 11:30 Barn Quilt Painting Class* 1:30 Pickleball Skills Clinic	<b>2</b> 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 11:00 Walk with Ease*** 11:30 Barn Quilt Painting Class* 1:00 Write On!	<b>3</b> 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 Walk with Ease*** 12:30 Video & Discussion Group 1:00 Cards/Games	<b>4</b> 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Blankets for Christmas Group 11:00 Walk with Ease***	<b>5</b> 10:00 Art with Amy* 1:00 Cards & Games
<b>8</b> 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo \$ 1:30 Pickleball Skills Clinic	<b>9</b> 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 11:00 Walk with Ease*** 11:30 Barn Quilt Painting Class* 1:00 Write On!	<b>10</b> 11:00 Walk with Ease*** 1:00 Cards/Games	<b>11</b> 10:00 Pickleball Games 10:30 2 <sup>nd</sup> Cup 'O Joe 10:30 Blankets for Christmas Group 11:00 Walk with Ease***	<b>12</b> 10:00 Painting w/Diane*  <b>Center Closes at 1 pm</b>
<b>15</b> 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Auxiliary Sponsored Bingo 11:30 Barn Quilt Painting Class* 1:30 Pickleball Skills Clinic 5:30 Cardio Drumming After Hours (Open to ADULTS of any AGE)	<b>16</b> 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 11:00 Walk with Ease*** 11:30 Barn Quilt Painting Class* 11:30 Let Them Eat Cake birthday celebration 1:00 Write On!	<b>17</b> 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 Walk with Ease*** 1:00 <u>Grinchy Green Christmas Gala</u> 	<b>18</b> 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 2 <sup>nd</sup> Cup 'O Joe 10:30 Blankets for Christmas Group 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	<b>19</b> 10:00 Design with Deb* 1:00 Cards & Games
<b>22</b> 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 \$2 Bingo \$ 1:30 Pickleball Skills Clinic	<b>23</b> 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 11:00 Walk with Ease*** 1:00 Write On!	<b>24</b> <b>Center Closed For Christmas</b>	<b>25</b> <b>Center Closed For Christmas</b>	<b>26</b> <b>Center Closed For Christmas</b>
<b>29</b> <b>Center open from 8 am – 1 pm No Programs</b>	<b>30</b> <b>Center open from 8 am – 1 pm No Programs</b>	<b>31</b> <b>Center open from 8 am – 1 pm No Programs</b>		

**Key:** \$ = fee, \*\*\* = Evidenced based class, \* = Registration required

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

## Blankets for Christmas



Quilt - Crochet - Knit - Knotted Fleece

Join our group in making warm blankets for those  
in need at Christmas!

**10:30 Thursdays in November & December**

## 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., Wed., and Thurs. at 11:00**



## 2<sup>nd</sup> Cup 'O Joe

10:30 am Thursdays

Join us for a fun discussion  
of current events and a 2<sup>nd</sup>  
cup of coffee!



## Healthy & Fit Exercise Classes

Cardio Drumming 9:00 AM M/W



Afternoon Cardio Drumming 3:00 Thurs

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

Arthritis Exercise 10:00 AM M/W

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!



## GRINCHY GREEN CHRISTMAS GALA

- Food
- Carolling
- Dirty Santa Gift Exchange
- Wear some GREEN

Bring your favorite Christmas dessert to share. Other food and drinks  
are provided. Bring an inexpensive or gag gift to exchange.

**DECEMBER 17<sup>TH</sup> STARTING @ 1PM**