



HARRISON CENTER for ACTIVE AGING

611 W. Noble Street, Selma, NC 27576

Hours: 8:00 – 4:30 Monday - Friday

Phone: 919-965-2627 or 919-965-6478 (Dining)

Tammy Braglin, Program Coordinator tammy@cssjohnston.org



October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 11am Grief Support Group	3
6 10am Quarter Bingo 10:30am Presentation Laura Giofford, Esq. (future planning documents, elder law, probate)	7	8	9	10
13	14 1pm Intergenerational Chair Ball	15	16	17 11:30am Go Group Lunch Bunch: BYOL Picnic Meet Up Art Out Loud Park Selma
20 10am Quarter Bingo	21 10:30am Fruit with the Director	22	23	24
27 10am Intergenerational Bingo (NO prizes)	28	29	30	31 1pm Spooktacular Costume Party Bring a spooky snack to share. Bring a pumpkin to decorate, fun music. *

* Registration Required
** In the gym
*** Arthritis Foundation
Exercise Program
\$ Fee

Mondays

9:00 Pickleball
9:00 Sew N' Sew Quilters \$
9:00 Cardio Drumming
10:00 Tide Dancers Team*
10:00 Bingo
1:00 Kazoo Choir
2:00 Book Worm's Book Club

Tuesdays

9:00 Pickleball
9:00 Arthritis Exercise****
10:00 Line Dance
10:00 Bead Weaving
10:30 Life Coaching Group
11:00 Sassy Feet*
1:00 Chair Ball

Wednesdays

9:00 Pickleball
9:00 Tide Dancer Team*
10:00 Ballroom Dance
10:30 American Sign
Language
11:00 Tide Dancer Team*
1:00 Arts/Crafts \$

Thursdays

9:00 Pickleball
9:00 Arthritis Exercise****
10:00 Line Dance
11:00 Sassy Feet*
1:00 Telling Our Stories
1:00 Steps of Inspiration Line
Dance*

Fridays

9:00 Pickleball
10:00 Tide Dancer Team*
11:00 Fun with Games
11:30 Chair Ball
1:00 Steps of Inspiration Line
Dance

HCAA News & Announcements



Candy Donations Needed

Presentations

**10/6 @10:30am – Future Planning
Documents, Elder Law, Probate**

New Activities Alert

Arthritis Exercise***

Chair Ball

Fun with Games

Spooktacular Costume Party

Friday, October 31st

1pm

Dress up

Bring a spooky snack to share

Bring a pumpkin to decorate

Fun Music, laughter, fellowship

The seasons are changing, so please be mindful of colds, flu, COVID on the rise. Wash your hands, cover your cough and sneeze, and please stay home if you have the slightest sickness.

Go Group Lunch Bunch

**10/17 @11:30am – Art Out Loud Park
106 Raiford St. Selma**

B.Y.O.L. Picnic

HCAA Sister Center: Smithfield Center for Active Aging

606 Caswell St. Smithfield, NC

Monday- Friday: 8:00am – 1:30pm

Program Coordinator: NancyLee Dunham

**919-934-8701 or
smithfieldsc@cssjohnston.org**

Fruit with the Director

Tuesday, September 21st

10:30 am

Come speak with our Director, Sarah Williams, on topics related to HCAA or CSS.