

March - April 2023  
Issue 67

1363 W. Market Street  
Smithfield, NC 27577

[www.cssjohnston.org](http://www.cssjohnston.org)  
[www.jcats.org](http://www.jcats.org)



*Our Mission:*

To provide housing and transportation for the benefit of the community;  
to provide services and opportunities that empower older adults to  
remain active and connected, enabling them to lead quality  
lives of independence.

# Prime Times

*Serving the Community and Older Adults in Johnston County, NC*



2023

**SENIOR  
GAMES**  
*Johnston County*

# SENIOR GAMES

*of Johnston County*

## 2023

# MARCH 21 - APRIL 27

Registration ended February 28, 2023.

*Come Support Our Senior Games Participants!*

EVENT	DATE	TIME	LOCATION
Cycling	March 21	9:00 AM	Raleigh (Greens Hills Cty. Park)
Track Events	March 25	8:00 AM	Clayton HS
Football Throw,	March 25	10-12 AM	Clayton HS
Softball Throw, Tennis & Field Events			
Fun Walk	March 25	12:00 PM	Clayton HS
Kick Off Celebration	March 25	12:30 PM	Clayton HS
Bocce Men	March 28	9:00 AM	Clayton Bocce Cts
Bocce Women	March 28	12:30 PM	Clayton Bocce Cts
Cornhole Women	March 28	9:00 AM	Clayton Community Ctr.
Cornhole Men	March 28	12:30 PM	Clayton Community Ctr.
Golf	March 29	9:00 AM	Reedy Creek Golf Course
Pickleball	April 12	9:00 AM	Clayton Community Ctr.
Horseshoes Women	April 13	9:00 AM	Benson Civic Center
Horseshoes Men	April 13	11:30 AM	Benson Civic Center
Shuffleboard Men	April 13	9:00 AM	Benson Civic Center
Shuffleboard Women	April 13	11:30 AM	Benson Civic Center
Swimming	April 18	9:00 AM	Smithfield Rec. & Aquatic Ctr.
Basketball Shooting	April 19	9:00 AM	Harrison Gym, Selma
Mixed Bowling	April 19	1:00 PM	Rainbow Lanes, Clayton
Billiards	April 24	10:00 AM	Rainbow Lanes, Clayton
Singles Bowling	April 24	1:00 PM	Rainbow Lanes, Clayton
Doubles Bowling	April 26	1:00 PM	Rainbow Lanes, Clayton
Silver Arts Performance	April 27	4:00 PM	Smithfield Rec. & Aquatic Ctr.

[www.ncseniorgames.org](http://www.ncseniorgames.org)



Folks in Johnston County 50 and older have worked extremely hard to perfect their talent and skills for this year's Senior Games! Registration is closed for this year; however, we encourage everyone of all ages, family, and friends, to come out and support these seniors during the games and activities this year!



# BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

bensonsc@cssjohnston.org

Phone: 919-701-1477

Debra Cardone, Program Coordinator



Hours: 8:00 AM – 5:00 PM

Invite a Friend!

Congregate Meals:

Sophie White

Nutrition Coordinator

919-894-2370

## Special Events for March - April 2023

### MONDAYS

9:00 Cardio Drumming  
9:30 Video Chair Exercise  
10:00 BINGO  
11:00 Freestyle Exercise #  
**12:00 Speaker**  
**1:00 Cardio Drumming**  
2:00 Video Chair Yoga

### TUESDAYS

9:30 Video Circuit Class  
10:00 Pickleball  
**10:00 BINGOcize NEW!**  
11:00 Chair Volleyball  
1:00 Tech Training \*  
**1:00 Discussion Group**  
2:00 Tai Chi Level 1 \*  
3:00 Tai Chi Practice

### WEDNESDAYS

9:00 Cardio Drumming  
9:30 Video Chair Exercise  
10:00 Beginner Line Dance  
11:00 Freestyle Exercise #  
1:00 Tech Training \*  
**1:00 Cardio Drumming**  
2:00 Video Chair Yoga

### THURSDAYS

9:30 Video Circuit Class  
10:00 Pickleball  
11:00 Chair Volleyball  
12:00 Trivia  
1:00 Tech Training \*  
2:00 Tai Chi Level 1 \*  
3:00 Tai Chi Practice

### FRIDAYS

9:30 Video Chair Exercise  
10:00 Games  
**10:00 BINGOcize NEW!**  
11:00 Freestyle Exercise #  
1:00 Cards  
**1:00 Cardio Drumming**

### MARCH

3/2 10:00 Pickleball (Every Tuesday & Thursday)  
3/2 12:00 Trivia with Sophie  
3/3 10:00 Craft with Amy  
3/6 10:00 BINGO: \$2  
3/6 12:00 Speaker: Decluttering  
3/9 12:00 Trivia with Matt  
3/10 10:00 Drawing with Colleen  
3/13 10:00 BINGO: Quarter \$  
3/13 12:00 Speaker: Downsizing  
3/15 6:00 PM Meal with Matt (Facebook Live)  
3/16 12:00 Trivia with John  
**3/17 1:00 St. Patrick's Day Party**  
3/20 10:00 BINGO: Ladies Auxiliary  
3/20 12:00 Speaker: Aging in Place  
3/22 12:00 Speaker: Life Hacks from a PT to live with less pain!  
3/23 12:00 Trivia: TBA  
**3/25 8:00 Senior Games Opening Day at Clayton High School**  
3/27 10:00 BINGO: BCAA  
3/27 12:00 Speaker: Estate Planning/Selling in this Market.  
3/27 1:00 Advisory Meeting  
3/30 12:00 Trivia with Matt

### APRIL

4/3 10:00 BINGO: \$2  
4/3 12:00 Speaker: Decluttering  
4/4 10:00 Pickleball (Every Tuesday & Thursday)  
4/6 12:00 Trivia with Sophie  
**4/7 CLOSED In Observance of Good Friday**  
4/10 10:00 BINGO: Quarter \$  
4/10 12:00 Speaker: Downsizing  
4/10 12:00 Biometric Screening: UNC Health  
4/12 6:00 PM Meal with Matt (Facebook Live)  
4/13 Senior Games at Benson/Horseshoes & Shuffleboard  
4/13 12:00 Trivia with Matt  
**4/14 10:00 Craft with Amy**  
4/17 10:00 BINGO: Ladies Auxiliary  
4/17 12:00 Speaker: Aging in Place  
4/20 12:00 Trivia with John  
4/21 10:00 Drawing with Colleen  
**4/22 1:00 Scavenger Hunt \$**  
4/24 10:00 BINGO: Quarter \$  
4/24 12:00 Speaker: Estate Planning/Selling in this Market.  
4/27 12:00 Trivia with Matt

BOLD: special events, notices, closings.

\* Registration Required

#Hybrid (Virtual & In-Person)

\$= Fee ^= Some Weeks

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page to get the most up-to-date calendar.



Sharon & Don Lyon are such a blessing to the Benson community! Not only do they deliver meals for BCAA every week, but they will also take their route extra goodies just because! You can always count on Don for a joke and a piece of candy and Sharon for a smile and a sweet laugh!

A BCAA FUNDRAISER

# Scavenger HUNT

2023

**APRIL 22, 2023**  
**1:00 - 4:00 PM**

Mark your calendars.  
Pre-registration saves \$

## ST. PATRICK'S DAY PARTY! MARCH 17 AT 1:00 PM

Come decked out in all your IRISH GREEN! We will have food, fun & games, so come ready to have a good time!  
Sign up by March 15, 2023 so we can prepare for a great party!



Drop-In Activities:

Computers, Fitness Room, Wii, Corn Hole, Puzzles,  
Horse Shoes, Shuffle Board and Game Room

Hours: 8:00 AM – 4:30 PM



# CLAYTON CENTER for ACTIVE AGING

303 Dairy Road, Clayton, NC 27520

claytonsc@cssjohnston.org

Phone: 919-553-4350

Connie Keller, Program Coordinator

## Congregate Meals:

Nutrition Coordinator

919-553-4352

### MONDAYS

9:00 Strength & Balance  
with Jackie  
10:00 BINGO & Info  
2:00 Beginner Line Dance  
3:00 Intermediate Line Dance

### TUESDAYS

9:00 BINGOize - NEW!  
10:00 Crafts  
1:00 Chair Yoga with Sindry  
2:15 Cardio Drumming

### WEDNESDAYS

9:00 Cardio with Jackie  
10:00 Trivia Battle  
1:00 Party Line Trivia (Call in)  
(Party Line: 919-295-9163)  
2:00 Beginner Line Dance  
3:00 Intermediate Line Dance

### THURSDAYS

9:00 Fitness with Jack - NEW!  
11:00 Billiards \*\* (free at  
Rainbow Lanes)  
2:00 BINGOize - NEW!

### FRIDAYS

9:00 Strength & Balance with  
Jackie  
10:00 BINGO

## Special Events for March - April 2023

### MARCH

3/2 10:00 Painting with Jennifer  
3/3 10:00 BINGO with Caring Hearts Civitan  
3/3 11:30 Lunch Bunch: TBA  
3/6 10:00 BINGO & Info with NC Medicaid  
3/9 10:00 Craft Class with Mardia  
3/10 10:00 BINGO with Clayton Woman's Club  
3/13 10:00 BINGO & Info with CCAA  
3/14 10:00 Painting with Jennifer  
3/16 10:00 Painting with Jennifer  
3/16 1:00 Ice Cream Social with Nurse Next Door  
3/16 2:00 Book Club with Mardia, Clayton Library  
3/17 10:00 BINGO: Double Prize  
3/17 11:00 March Birthday Celebration  
**3/17 1:00 St. Patrick's Day Party**  
3/20 10:00 BINGO & Info: Quality Therapy  
3/21 10:00 Craft Class with Mindy  
3/21 11:00 Facebook Live: Mindy's Crafts  
3/22 11:00 Johnston Health Screening  
3/24 10:00 Quarter BINGO  
**3/25 8:00 Senior Games Opening Day, Clayton HS**  
3/27 10:00 BINGO & Info: Saber  
3/28 10:00 Painting with Jennifer  
3/28 1:00 Advisory Committee Meeting  
**3/29 6:30 PM Evening BINGO with Chi Xi Beta**  
3/30 10:00 Painting with Jennifer  
3/30 6:00 PM Family Caregiver Support Meeting  
3/31 10:00 BINGO  
3/31 1:00 Book Club at Horne Memorial Church

### APRIL

4/3 10:00 BINGO & Info w/Johnston Public Health  
4/4 10:00 Painting with Jennifer  
4/6 10:00 Painting with Jennifer  
4/6 11:30 Lunch Bunch: TBA  
**4/7 CLOSED in Observance of Good Friday**  
4/10 10:00 BINGO & Info with CCAA  
4/11 10:00 Craft Class with Mindy  
4/11 11:00 Facebook Live: Mindy's Crafts  
4/13 10:00 Craft Class with Mardia  
4/14 10:00 BINGO with Clayton Woman's Club  
4/17 10:00 BINGO & Info: Quality Therapy

BOLD: special events, notices, closings.  
\* Registration Required \$ = Fee  
\*\* Rainbow Lanes ^Some Weeks  
# Hybrid = Virtual & In-Person

Please note, activities and classes are  
subject to change. For schedule updates  
or questions, contact the center or visit  
our Facebook page for up-to-date calendars



Just hanging out with the gang...



Mindy's Crafts  
produce fun times  
together and  
some pretty nice  
valentines too!

4/18 10:00 Painting with Jennifer  
4/20 10:00 Painting with Jennifer  
4/20 1:00 Ice Cream Social with Nurse Next Door  
4/20 2:00 Book Club with Mardia, Clayton Library  
4/21 10:00 BINGO: Double Prize  
4/21 11:00 April Birthday Celebration  
4/24 10:00 BINGO & Info: Saber  
**4/26 6:30 PM Evening BINGO with Chi Xi Beta**  
4/27 6:00 PM Family Caregiver Support Meeting  
4/28 10:00 Quarter BINGO  
4/28 1:00 Book Club at Horne Memorial Church

Drop-In Activities: Computer Station, Fitness Room, Puzzles, Games Library

Hours: 8:00 AM – 5:00 PM



# HARRISON CENTER for ACTIVE AGING

611 West Noble Street, Selma, NC 27576

[harrisonsc@cssjohnston.org](mailto:harrisonsc@cssjohnston.org)

Phone: 919-965-2627

Tammy Braglin, Program Coordinator



## Special Events for March - April 2023

### MARCH

3/2 11:00 Facebook Live: Happy Birthday Dr. Seuss

(Story Time with Tammy)

3/3 9:00 Facebook Live: Talk Time with Tammy

3/6 11:00 Quarter BINGO (bring your quarters)

**3/7 10:00 Presentation with Selma Fire Dept.: Tornado  
& Disaster Readiness & Fire Alarm Safety**

3/7 1:00 Advisory Committee Meeting

3/13 11:00 Quarter BINGO, wear green  
(bring your quarters)

**3/14 10:00 Presentation: Nutrition & Foodborne Illness  
with Mary Banks, JoCo Health Dept.**

3/16 5:00 PM Go Group: Rockin' on Raiford\*\$

**3/17 1:00 St. Patrick Day Party\***  
(bring a snack to share, wear green)

3/22 11:00 Coffee & Chat Meet Up: Coffee on Raiford \$

3/24 12:00 Go Group Lunch Bunch: Pizza Inn \$

**3/25 9:00 Senior Games Opening Day at Clayton  
High School**

3/27 11:00 Quarter BINGO (bring your quarters)

### APRIL

4/3 11:00 Cookie BINGO

4/6 11:00 Facebook Live: Spill the Tea with Tammy

**4/7 CLOSED In Observance of Good Friday**

4/10 11:00 Easter Candy BINGO

**4/12 1:00 Easter Party\* (bring a snack to share)**

4/14 9:00 Facebook Live: Talk Time with Tammy

**4/14 5:00 PM Go Group: Downtown Selma Wine Walk\*\$  
(See Tammy for details)**

4/19 11:00 Coffee & Chat Meet Up: Coffee on Raiford\*\$

**4/20 10:00 Rock Painting\***

4/20 5:00 PM Go Group: Rockin' on Raiford\*\$

4/21 12:00 Go Group Lunch Bunch: Smithfield's Chicken -n- BBQ \$

BOLD: special events, notices, closings.

\$ = Fee #Hybrid (Virtual & In-Person)

\* Registration Required

\*\* In The Gym

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page to get the most up-to-date calendar.



Join us for a new, fun way to play BINGO!



**MARCH**  
3-24 Pizza Inn

**APRIL**  
4-14 Selma Wine Walk (5PM)  
4-20 Rockin' on Raiford (5 PM)  
4-21 Smithfield Chicken N' BBQ

12:00 Noon - Self-Pay  
(Unless otherwise noted.)

Congregate Meals:

Ellen Ivey

Nutrition Coordinator

919-965-6478

### MONDAYS

9:00 Pickleball - Outdoors

9:00 Sew N' Sew Quilters \$

**9:00 Cardio Fitness**

10:30 Tide Dancer Team \*

11:00 BINGO

**1:30 BINGOsize - NEW**

### TUESDAYS

9:00 Pickleball \*\*

9:00 Circuit Training

10:00 Beginner Line Dance

**10:30 Life Coach Group**

11:00 Sassy Feet \*

11:00 Bead Embroidery \$

1:30 Book Club

**3:00 Walk with Ease \***

### WEDNESDAYS

9:00 Pickleball - Outdoors

9:00 Tide Dancer Team \*

10:00 Yarn Basics

1:00 Cards Group

**1:30 BINGOsize - NEW**

2:00 Journaling (paint, color) \$

### THURSDAYS

9:00 Pickleball \*\*

9:00 Cardio Drumming

10:00 Line Dance

10:00 Arts, Crafts, Paints \$

11:00 Sassy Feet \*

1:00 Telling Our Stories - Story  
Writing Class

**3:00 Walk with Ease \***

### FRIDAYS

9:00 Pickleball - Outdoors

9:00 Tide Dancer Team \*

# KENLY *Senior Dining* CENTER

## Food & Fellowship MARCH

Teresa Watson, Coordinator  
kenlysc@cssjohnston.org

919-284-3392

203 N. College Ave, Kenly  
Open 9:00 - 1:00, M-F

Lunch served daily  
at 11:30 (by reservation)

Fridays 10:00 Mugs & Muffins  
3/15 10:00 Useful Herbs When Cooking  
3/22 10:00 Gardening  
3/30 10:00 BINGO

## APRIL

Fridays 10:00 Mugs & Muffins  
**4/7 Closed in Observance of Good Friday**  
4/12 10:00 Spring Allergies  
4/13 10:00 Earth Day - Let's Plant  
4/26 10:00 Name That Tune

# PRINCETON *Senior Dining* CENTER

## Food & Fellowship MARCH

Frances Talton, Coordinator  
princetonsc@cssjohnston.org

919-936-2184

412 W. Third St., Princeton  
Open 10:00 -2:00, M-F

Lunch served daily at 11:30  
(by reservation)

Wednesdays & Mondays 11:00 Puzzles  
Fridays 10:00 Fun Friday  
Tuesdays & Thursdays 10:00 Cards

## APRIL

Tuesdays 10:30 Cards of Choice  
Thursdays 10:30 Puzzles or Coloring Pictures  
Fridays 11:00 Fun Friday  
4/3 10:30 Current Events  
**4/7 Closed in Observance of Good Friday**

# SMITHFIELD *Senior Dining* CENTER

## Food & Fellowship

Lunch served daily  
at 11:30 (by reservation)  
Ollie Stallings, Assistant  
919-938-8406

Nancylee Dunham, Coordinator  
smithfieldsc@cssjohnston.org  
**919-934-8701**  
606 Caswell St., Smithfield  
Open 9:00 - 1:00, M-F

## MARCH

Mon's & Fri's 10:00 Moving & Grooving by Tina  
3/1 10:00 Crafts with Tiffany, Smithfield P & R  
3/8 & 3/22 10:00 Eat Smart, Live Strong, by Lauren  
3/14 10:00 Movie: "The Shack"  
3/17 10:00 Birthday Celebration/Ice Cream Social  
3/21 10:00 Forgetfulness & Speech Therapy, by Alred  
3/31 10:00 Surprise Walk

## APRIL

Mon's & Fri's 10:00 Moving & Grooving with Tina  
4/5 10:00 Crafts with Tiffany, Smithfield P & R  
4/6 11:30 Easter Egg Hunt

**4/7 Closed in Observance of Good Friday**

4/28 10:00 Surprise Walk & Birthday Celebration

### **NOTE:**

These are only a few of  
the calendar events  
scheduled for each  
center.  
Stop by, say hello, and  
pick up a printed  
calendar for each month  
for more listings and  
details.

MARCH - APRIL 2023



Celebrating Mary's (with crown) 80th birthday with the gang!

## CALL YOUR DINING CENTER:

Simply call your closest center to register for dining  
so we can provide a meal for you. Dine together with  
us.

*OR...*

If you are receiving meals at your home and cannot  
be available to come to the door or if you will not be  
home, call your center at least **24 hours in advance**  
so we can provide that meal to another person in  
need.

**KENLY Senior Dining Center**  
Teresa Watson, Nutrition Coordinator  
**919-284-3392**

**PRINCETON Senior Dining Center**  
Frances Talton, Nutrition Coordinator  
**919-936-2184**

**SMITHFIELD Senior Dining Center**  
Nancylee Dunham, Nutrition Coordinator  
**919-934-8701**

**BENSON Center for Active Aging**  
Sophie White, Nutrition Coordinator  
**919-894-2370**

**CLAYTON Center for Active Aging**  
Nutrition Coordinator Office:  
**919-553-4352**

**HARRISON Center for Active Aging**  
Ellen Ivey, Nutrition Coordinator  
**919-965-6478**

SELMA

LAUGHING AND LEARNING AT THE CAREGIVERS VALENTINE LUNCHEON  
HELD AT VENEROS CATERING HALL IN CLAYTON



TWO BUSLOADS OF HAPPY FOLKS TAKING OFF TO  
NEW ORLEANS FROM BCAA AND LOCAL AREAS



CCAA LUNCH BUNCH GATHERING AT FIESTA MEXICANA

VALENTINE MAKING FUN AT CCAA



HCAA SEW-N-SEW LADIES "CUTTING UP"!



## Our Vision:

To be the premiere provider of its services  
and to be the focal point for advocacy.



## CSS SERVICES:

For information about services listed below call 919-934-6066, Monday - Friday from 8:00 AM - 5:00 PM.

### Caregiver Support

Offers a range of services to support family caregivers including individual counseling, support groups, and respite care.

### Congregate Dining

Provides a hot lunch in a congregate setting in which a range of social and supporting services are available.

### Health Promotion

Support a broad array of programs and activities that assist older adults in promoting their health and wellness. Services include health screening and informative programs on age-related diseases and chronic conditions.

### Home Delivered Meals

Provides a hot, nutritional lunch to home-bound older adults.

### Information & Assistance

Designed to inform and educate older persons and their families about programs and services available across the long-term care continuum and to refer and connect individuals to appropriate resources.

### In Home Aide Services

Assists individuals who have impairments with essential daily activities in the areas of home management and personal care tasks.

### Options Counseling

Helps individuals consider a range of possibilities when making decisions about long-term services and supports planning for future needs.

### Senior Centers

Operates community facilities where older adults come together for services and activities that reflect their skills and interests and respond to their diverse needs.

### Senior Transportation

Provides general and medical transportation to seniors.

## HOUSING: *Locations*

### Cary

Triangle Elderly Housing-Cary  
122 S. Harrison Ave

### Clayton

Clayton Court I Apartments\*  
600 N. O'Neal Street

Clayton Court II Apartments\*  
600 N. O'Neal Street

Village Gardens Elderly Housing  
303 Dairy Road

### Princeton

Triangle Elderly Housing-Princeton  
410 W. 3rd Street

### Kenly

Triangle Elderly Housing-Kenly  
203 N. College Ave

### Smithfield

Triangle Elderly Housing-Smithfield  
506, 516 & 604 Caswell Street

For more information on housing  
for the elderly and disabled call M-F  
919.934.6066, 8:00 AM - 4:00 PM

*\*This institution is an equal opportunity provider  
and employer.*



*<-- CSS is now certified as an official counseling site for  
S.H.I.I.P., Seniors' Health Insurance Information Program  
of the North Carolina Department of Insurance.  
We are located at 1363 W. Market Street in Smithfield.*



**Sign up** to receive this bi-monthly  
newsletter (via e-mail)  
in your mailbox at:  
[www.cssjohnston.org](http://www.cssjohnston.org)

## JOHNSTON COUNTY'S AREA TRANSPORTATION SYSTEM



**JCATS**  
for Everyone!

Business:  
(919) 202-5030  
Email: [info@jcats.org](mailto:info@jcats.org)  
Office:  
1050 W Noble Street  
Selma, NC 27576

[www.jcats.org](http://www.jcats.org)

Take advantage of our live feed of **Facebook** links  
on our home page from each Center for Active Aging  
and CSS at [www.cssjohnston.org](http://www.cssjohnston.org)



**919-934-6066**  
[www.cssjohnston.org](http://www.cssjohnston.org)