

HARRISON CENTER for ACTIVE AGING

611 W. Noble Street, Selma, NC 27576

Hours: 8:00 – 4:30 Monday - Thursday, 8:00 - 4:00 Fridays





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



APRIL

2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LOCATION KEY</p> <p>CL: Computer Lab \$: Fee Involved CR: Craft Room * Registration / Signup Required GF: Group Fitness Room ** Inside the Gym LIB: Library *** HPDP Programs MP: Multipurpose Room **** Confidential Discussions OS: Off-Site V: Virtual Session (Facebook or Zoom)</p>		<p>1</p> <p>Reminder: Save the Date Selma Senior Day Friday, May 8th. Tickets are available for pickup starting today from Stephanie and Ellen.</p>	<p>2</p> <p>11:00 - 12:00 Heartland Hospice Grief Support Group (MP) 2:00 Easter Party: Signup to Bring a Snack (*, MP)</p> 	<p>3</p>  <p>Closed Closed in Observance of Good Friday</p>
<p>6</p> <p>10:00 Quarter BINGO (CR) 1:00 Mind Over Monday: Smarty Pants Trivia (MP)</p> 	<p>7</p>	<p>8</p> <p>9:30 - 11:30 AM Participant Photo Updates (Hallway)</p> 	<p>9</p> <p>3:00 Prize BINGO (CR)</p> 	<p>10</p> <p>Community Spirit Day Incorporate blue, gold, black, and white into your outfit today to show your support of the Harrison Center! 2:00 Ping Pong (Hallway)</p>
<p>13</p> <p>1:00 Monday Mind Fitness: Group Trivia Competition (MP)</p>	<p>14</p> <p>9:00 Walk with Ease Arthritis Foundation(***, MP) 1:00 April Birthday Celebration(*, MP)</p> 	<p>15</p> <p>10:00 AM - 3:00 PM Craft Room Clean Out (CR) 2:00 Walk with Ease, Arthritis Foundation (***, MP)</p>	<p>16</p> <p>9:00 Walk with Ease Arthritis Foundation (***, MP)</p>	<p>17</p> <p>11:30 Go Group: Cracker Barrel (OS) 1:00 Facebook Live: Explore Our Fitness Gym (V) 2:00 Corn Hole (Outside, Weather Permitting)</p>
<p>20</p> <p>10:00 Quarter BINGO (CR) 1:00 Monday Mind Benders: Trivial Pursuit (MP)</p> <p>Fundraiser! Pizza Inn 4:00 pm - 9:00 pm</p>	<p>21</p> <p>9:00 Walk with Ease Arthritis Foundation (***, MP)</p>	<p>22</p> <p>9:30 What in the World Facts with Ellen (MP) 1:00 Walk with Ease (***, MP) 2:00 PM Harrison Outdoor Property Cleanup All Hands Welcome! <i>Earth Day</i></p>	<p>23</p> <p>9:00 Walk with Ease Arthritis Foundation (***, MP) 3:00 Prize BINGO (CR)</p>	<p>24</p> <p>12:00 Film Club: <u>Dead Poet's Society</u> Starring Robin Williams Character Trait: Courage (MP)</p>
<p>27</p> <p>10:00 Intergenerational BINGO (CR) 1:00 Monday Mocktails Social: Home Life Care Presents on Fall Prevention (MP)</p>	<p>28</p> <p>9:00 Walk with Ease Arthritis Foundation (***, MP) 1:30 That Southern Sound: Guitar Music with Al & Dave (MP)</p>	<p>29</p> <p>2:00 Walk with Ease Arthritis Foundation (***, MP)</p>	<p>30</p> <p>9:00 Walk with Ease Arthritis Foundation (***, MP)</p>	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pickleball (**) 9:00 Sew 'N Sew Quilters (\$, MP) 9:00 Cardio Drumming (GF) 10:00 Tide Dancers (*, GF) 10:00 BINGO (CR) 2:00 Book Worm's Book Club (LIB)	9:00 Pickleball (**) 10:00 Line Dance (GF) 10:00 Bead Weaving (\$, CR) 10:30 Life Coaching Group (****, MP) 11:00 Sassy Feet (*, GF) 1:00 Chair Ball (GF)	9:00 Pickleball (**) 9:00 Tide Dancers (*, GF) 10:00 Ballroom Dance (GF) 10:30 American Sign Language (CR) 11:00 Tide Dancers (*, GF) 12:30 15 Minute Mile (GF) 1:00 Arts & Crafts (\$, CR)	9:00 Pickleball (**) 10:00 Line Dance (GF) 11:00 Sassy Feet (*, GF) 1:00 Telling Our Stories (MP) 1:00 Steps of Inspiration (GF)	9:00 Pickleball (**) 10:00 Tide Dancers (*, GF) 11:00 Chair Ball (GF) 1:00 Steps of Inspiration (GF)

HCAA News & Announcements



Property Clean Up Days *Volunteers appreciated!*

Craft Room

Wednesday, April 15th, 10:00 AM - 3:00 PM



Outside Grounds

Wednesday, April 22nd
2:00 PM



Pizza with a purpose!

Monday, April 20th

4:00 pm - 9:00 pm



*10% of all profits come back to
the Harrison Center.*



1441 S. Pollock St.

Selma, NC 27576

Carryout: (919)965-4400

Arthritis Foundation: Walk with Ease Program

Starting April 14th, a new Arthritis Foundation evidence based exercise class will begin in the Multipurpose Room.

Participants who join will receive a guide to walking for better health, improved fitness and less pain.

The class will meet 3 times a week over a 6 week period.

**6 weeks.
18 hours.**



**Feel better
and do
more.**

Program Coordinator:

Stephanie Mullis Watts

SWATTS@CSSJOHNSTON.ORG

Nutrition Coordinator:

Ellen Ivey

ELLEN@CSSJOHNSTON.ORG

New Programs for April:

1PM Monday Mind Fitness Classes
12:30PM Wednesdays 15-Minute Mile

**Have your participant
photo updated**

Wednesday, April 8th
9:30AM-11:30AM



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