

# 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)



# SEPTEMBER 2026

| MONDAY                                                                                                                                                                                                                                                | TUESDAY                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>7</b><br><b>Happy Labor Day!</b><br>                                                                                                                                                                                                           | <b>1</b><br>2:00 Interfaith Food Shuttle Presents: Food as Medicine (*, MP)<br>                                                                                         | <b>2</b><br>2:00 Qigong Informational Session (MP)<br>                                                                                                                                                                                     | <b>3</b><br>11:00 Heartland Hospice Grief Support Session (MP)<br>1:30 Vaya Health Presents: Anxiety - Managing Nervous Energy (MP)<br>                                                                                                                                                                                                                                                                          | <b>4</b><br>10:00 New Ukulele Group<br>Musician Jam Session (MP)<br>12:30 Mahjong Instructional Session (*, CR \$)<br>                                                                                                              |
|                                                                                                                                                                                                                                                       | <b>Surveys Begin 8</b><br>1:00 Weaving the Tapestry with Dr. McCoy (MP)<br>2:00 Qigong Gentle Energy Movement: Golden Breath Integration (GF)<br>                       | <b>9</b><br>2:00-4:00 Matter of Balance (MP)<br>                                                                                                                                                                                           | <b>10</b><br>10:00 Voter IDs, Voter Registration, Absentee Ballot Applications with the Board of Elections (*, MP)<br>                                                                                                                                                                                                                                                                                           | <b>11</b><br>10:00 New Ukulele Group<br>Musician Jam Session (CR)<br><b>Saturday the 12th</b><br><b>7am-1pm</b><br><b>Yard Sale at HCAA</b>                                                                                         |
| <b>14</b><br>10:00 BINGO with the Selma Police Dept (CR)<br>1:00 Group Trivia: The 1970's (MP)<br>                                                                                                                                                    | <b>15</b><br>1:00 Advisory Council Meeting (MP)<br>2:00 Qigong Gentle Energy Movement: Golden Breath Integration (GF)<br>                                               | <b>16</b><br>10:30 Go Group: Crooked Row Produce Trip (*, OS)<br>1:00 Helping with the Fall Bulletin Board (CR)<br>2:00-4:00 Matter of Balance (MP)<br>                                                                                    | <b>17</b><br>3:00 Intergenerational Music BINGO (CR)<br><u>Remember:</u> Rockin' on Raiford is tonight at 6pm with the Band of Oz<br>                                                                                                                                                                                                                                                                            | <b>Popsicle Day 18</b><br>10:00 New Ukulele Group<br>Musician Jam Session (MP)<br>                                                                                                                                                  |
| <b>21</b><br>1:00 Monday Mind Fitness: Fact or Fiction (MP)<br>2:30 Ping Pong (GF)<br>                                                                                                                                                                | <b>First Day of Fall 22</b><br>1:00 September Birthday Party (*, MP)<br>2:00 Qigong Gentle Energy Movement: Golden Breath Integration (GF)<br>                          | <b>23</b><br>11:15 Gold Go Group: Zumba Gold Downtown Nutrition and Smoothie Outing (*, OS)<br><u>Free Zumba Class.</u><br><u>Beverages and food will cost (\$)</u><br>Meet at 206 N Raiford St. Selma<br>2:00-4:00 Matter of Balance (MP) | <b>24</b><br>2:00 K9 Handler Demonstration with Sgt. Nixon (MP)<br>                                                                                                                                                                                                                                                                                                                                              | <b>Dolly Parton Day 9-2-5</b><br><u>Stop by HCAA for a cold cup of PINK Lemonade!</u><br>10:00 New Ukulele Group<br>Musician Jam Session (MP)<br>12:00 Public Discourse Through Film (Character Trait: Respect) Network (1976) (MP) |
| <b>28</b><br>1:00 Name That Tune Group Trivia: The 1970's (CR)<br>2:00 Carolina Construction Bro's Present: Home Safety & Fall Prevention (MP)<br>                                                                                                    | <b>29</b><br>1:00 Passing the Torch with Dr. McCoy (MP)<br>2:00 Qigong Gentle Energy Movement: Golden Breath Integration (GF)<br>                                       | <b>Surveys End 30</b><br>2:00-4:00 Matter of Balance (MP)<br>                                                                                                                                                                              | <b>LOCATION KEY</b><br>CL: Computer Lab      \$: Fee Involved<br>CR: Craft Room      * Registration / Signup Required<br>DC: Dining Center      ** Inside the Gym<br>GF: Group Fitness Room      *** HPDP Programs<br>LIB: Library      **** Confidential Discussions<br>MP: Multipurpose Room<br>OS: Off-Site<br>V: Virtual Session (Facebook or Zoom)<br><b>Please note: Activities are subject to change.</b> |                                                                                                                                                                                                                                     |
| MONDAY                                                                                                                                                                                                                                                | TUESDAY                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                                              |
| 9:00 Pickleball (*)<br>9:00 Sew 'N Sew Quilters (\$, MP)<br>9:00 Cardio Drumming (GF)<br>9:15 Trash, Talk, & Walk the Harrison Block (Outside, Weather Permitting)<br>10:00 Tide Dancers (*, GF)<br>10:00 BINGO (CR)<br>1:00 Monday Mind Fitness (MP) | 9:00 Pickleball (*)<br>9:00 Group Exercise (GF)<br>10:00 Line Dance (GF)<br>10:00 Bead Weaving (CR)<br>10:30 Life Coaching Group (****, MP)<br>11:00 Sassy Feet (*, GF) | 9:00 Pickleball (*)<br>9:00 Tide Dancers (*, GF)<br>10:00 Ballroom Dance (GF)<br>10:30 American Sign Language (CR)<br>11:00 Tide Dancers (*, GF)<br>12:15 15 Minute Mile (GF)<br>1:00 Arts & Crafts (\$, CR)                               | 9:00 Pickleball (*)<br>9:00 Group Exercise (GF)<br>10:00 Line Dance (GF)<br>11:00 Sassy Feet (*, GF)<br>1:00 Telling Our Stories (MP)<br>1:00 Steps of Inspiration (GF)                                                                                                                                                                                                                                          | 9:00 Pickleball (*)<br>10:00 Tide Dancers (*, GF)<br>11:00 Don't Burst My Bubble (CR)<br>1:00 Steps of Inspiration (GF)                                                                                                             |

# HCAA News & Announcements



**Voter ID Photos,  
Register to vote  
and/or Apply for  
an Absentee Ballot**

**Sign up at the Harrison Center for Active Aging so that you are prepared to cast your vote in the upcoming election.**

**Thursday, September 10th  
10:00 am**

## T-Shirt Sales

**Sign up at our sign-up table to choose your size and selection for our Harrison Center for Active Aging 2026 T-Shirts. Funds are due to Stephanie Watts, Program Coordinator, by September 18th.**



# YARD SALE

**Saturday, September 12th  
7:00 am - 1:00 pm**

**Please note:**

**Donations can be dropped off Friday, September 11<sup>th</sup> starting at 9 am at the Harrison Center.**

**Vendors may start setting up at 12 pm on September 11th.**

**Participant Surveys will run from Tuesday, Sept. 8<sup>th</sup> and need to be turned in by Wednesday, Sept. 30<sup>th</sup>. Use this as your opportunity to tell us what you want to see at HCAA.**

**[www.facebook.com](https://www.facebook.com/HarrisonCenterForActiveAging)**

**HarrisonCenterForActiveAging**

**Program Coordinator:**

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