Smithfield Center for Active Aging

606 Caswell St. Smithfield, NC 27577
Hours: 8:00 – 1:30 Monday - Friday
Phone: 919-934-8701
Program Coordinator: Nancylee Dunham

OCTOBER 2026

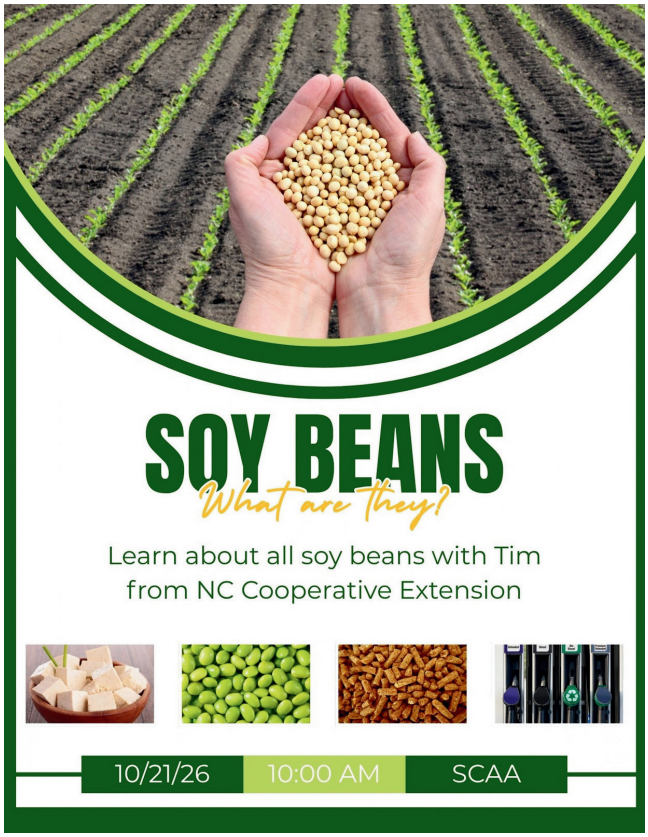
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Location Key *:Reservation Required $: Fee Involved			**1** 10:00 Crafts with Ms. Tiffany 	**2**
5 10:30 Cholesterol Presentation with Dr. Mandy, UNC Health	**6** 10:00 Advisory Board Meeting	**7** 10:00 Small Steps, Big Rewards with Ms.Teresa Palma	**8** 10:00 Exercise with Ms. Tiffany 11:00 Spotlight on Science 	**9** 10:00 Bingo $
12 10:00 How Diabetes Affects Hearing Health, Coates Hearing Clinic COATES HEARING CLINIC	**13**	**14** 10:00 Small Steps, Big Rewards with Ms. Teresa Palma	**15** 10:00 Med South Program with Ms. Nardine, Johnston County Health Department *	**16** 10:30 Birthday Celebration 
19	**20** 10:00 Braving Parkinson's Through Movement with Ms. Lauren Gregg, Health Quest	**21** 10:30 Soy beans: What Are They? with Mr.Tim Britton, NC Cooperative Extension 	**22** 10:30 What is That? *Learn About New Foods*	**23**
26 10:30 Blood Pressure Presentation with Dr. Mandy, UNC Health 	**27** 10:30 Arm Knitting with Ms. Kristina	**28** 10:30 Harest Games 	**29**	**30**

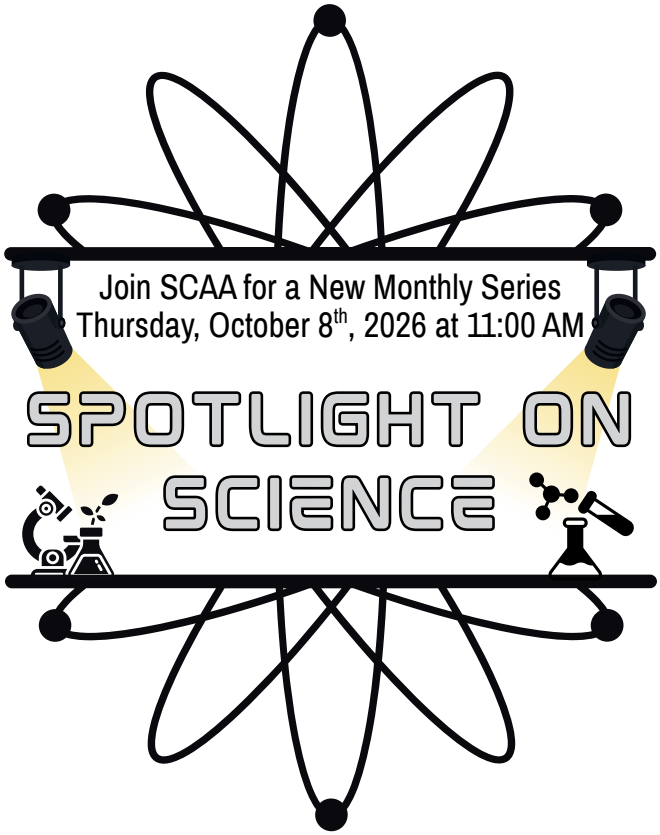
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Convo 9:30 Rise & Shine Stretch 9:30 Gardening Club 10:00 Stretching Exercise 11:00 Trivia 12:00 Games	9:00 What's New 9:30 Coloring Club 10:00 Standing Pilates 10:30 Creative Writing 11:00 Cornhole 12:00 Brain Games	9:00 Coffee & Convo 9:00 Rise & Shine Stretch 9:30 Gardening Club 10:00 Stretching Exercise 11:00 Book Club 12:00 Beach Volleyball	9:00 What's New 9:30 Coloring Club 10:00 Chair Exercise 11:00 Games 12:00 Trivia	9:00 Coffee & Convo 9:30 Rise & Shine Stretch 9:30 Gardening Club 10:00 Bingo 12:00 Weekend Going-Ons



On average, how many seeds are found in a pumpkin?

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SmithfieldCenterForActiveAging

SCAA Coordinators

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Trivia answer: On average, most pumpkins have about 500 seeds

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