



BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

919-701-1477 or 919-894-2370 (Nutrition)

Hours: 8:00 – 4:30 Monday-Friday

Adrienne Delph, Program Coordinator bensonsc@cssjohnston.org

October 2025



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
		1 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 12:00 Video & Discussion Group 1:00 Cards/Games	2 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 2 nd Cup 'O Joe 10:30 Crochet for a Cause 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	3 10:00 Art with Amy* 1:00 Cards & Games
6 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo \$ 11:15 Learn to Speak Spanish Class 1:30 Pickleball Skills Clinic	7 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Sunshine Life Coaching 11:00 Walk with Ease*** 1:00 Write On!	8 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 Yoga 11:15 Learn to Speak Spanish Class 12:00 Video & Discussion Group 1:00 Cards/Games	9 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 2 nd Cup 'O Joe 11:00 5 Wishes Program Presented by Kim from Liberty Health Care 3:00 Afternoon Cardio Drumming	10 10:00 Painting w/Diane* 12:00 Bunco \$
13 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo \$ 11:15 Learn to Speak Spanish Class 1:30 Pickleball Skills Clinic	14 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Sunshine Life Coaching 11:00 Walk with Ease*** 11:30 Let Them Eat Cake birthday celebration 1:00 Write On!	15 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:15 Learn to Speak Spanish Class 12:00 Video & Discussion Group 1:00 Cards/Games	16 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 2 nd Cup 'O Joe 11:00 Disaster Preparedness presented by Benson FD 3:00 Afternoon Cardio Drumming	17 10:00 Art with Adrienne* 1:00 Cards & Games
20 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Auxiliary Sponsored Bingo 11:15 Learn to Speak Spanish Class 1:30 Pickleball Skills Clinic 5:30 Cardio Drumming After Hours (Open to ADULTS of any AGE)	21 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Sunshine Life Coaching 11:00 Walk with Ease*** 1:00 Write On!	22 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:15 Learn to Speak Spanish Class 12:00 Video & Discussion Group 1:00 Cards/Games	23 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 2 nd Cup 'O Joe 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	24 10:00 Art with Adrienne* 1:00 Cards & Games 
27 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 \$2 Bingo \$ 11:15 Learn to Speak Spanish Class 1:30 Pickleball Skills Clinic	28 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Sunshine Life Coaching 11:00 Walk with Ease*** 1:00 Write On!	29 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:15 Learn to Speak Spanish Class 12:00 Video & Discussion Group 1:00 Cards/Games	30 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 2 nd Cup 'O Joe 10:30 Crochet for a Cause 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	31 11:00 Out & About Walk the Benson Ghost Tour 1:00 Ghoulish Goulash Halloween Potluck Bring a dish to share Drinks & dessert provided

Daily Drop-In Activities: Computers, Fitness Room, Library, Puzzles, Horseshoes, Shuffleboard, and Games.

Key: \$ = fee, *** = Evidenced based class, * = Registration required



Out & About

A Group on the GO!

Friday, Oct. 31st

11 AM

Walk the Benson Ghost Tour

Learn the local "haunts" where Benson's ghosts hang out!

Lunch after at BCAA with **Ghoulish Goulash** at 1



WRITE ON!

A diverse group of people who meet to share, offer support, learn, and improve their writing craft for fun and/or publication.

Tuesdays 1:00-3:00 PM



WALK WITH EASE

For those who enjoy walking for exercise!
Join our group so we can get in shape together!

Tues. & Thurs. at 11:00



2nd Cup 'O Joe

10:30 AM Thursdays

Join us for a fun discussion of current events and a 2nd cup of coffee!



Healthy & Fit Exercise Classes

Cardio Drumming 9:00 AM M/W



Afternoon Cardio Drumming 3:00 Thurs

****NEW Cardio Drumming After Hours 5:30 Mon**

Arthritis Exercise 10:00 AM M/W

Strength & Flexibility Training 9:00 AM T/Th

Tai Chi 10:00 AM T/Th



Pickleball 10:00 AM T/Th

Mon. Pickleball Skills Clinic @ 1:30 PM

Yoga 11:00 AM every other Wed.

Dream
Create
inspire



Arts & Crafts Classes

Fridays at 10:00 AM

Release the artist within! Watercolor & acrylic painting, drawing, textile arts, sculpture, cute fun crafts!



Sunshine Life Coaching Group

A safe place to build friendships
and talk about life

Tuesdays 10:30 AM

Hola!



Learn to speak Spanish
with language teacher

Sharon Moser

Mon & Wed 11:15

Ghoulish Goulash Halloween Potluck

Trick or Treat! Shake the dust off your costume and join us for a Halloween potluck.

Bring a Ghoulish Dish to share.

Drinks & Desserts will be provided.

1 PM Sept. 31st

