



Smithfield Senior Center Satellite of HCAA

606 Caswell St. Smithfield, NC 27577

Hours: 8:00 – 1:30 Monday - Friday

Phone: 919-934-8701

Nancylee Dunham Program Coordinator smithfieldsc@cssjohnston.org



October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Crafts with Ms. Tiffany 10:00	3
6 Flu Severity & Prevention with Ms. Leah 10:00	7 Advisory meeting 10:00	8 Let's Get Creative with Ms. Lasa of Salvation Army 10:30	9 Tiffany Chair Exercise 10:00	10
13	14 Health Chat 10:00	15	16 Fun & Games with Ms. Tammy Meadowview 10:00	17 Go Group Ava Gardner Museum 10:00
20	21	22 Laugh Out Loud Session With Dr. Tina Barnes- Small 10:30	23 Chair Exercise with Tiffany 10:00	24 Birthday Celebration
27	28	29	30 Dress Up Halloween Contest and Party with our homeschooler friends	31

Mondays

9:00– 9:30 Coffee & Convo
9:30-10:00 Rise & Shine
9:30-10:00 Gardening Club
10:00–11:00 Stretch Exercise
11:00-11:30 Crafts
12:00-1:00 Trivia

Tuesdays

9:00-9:30 Small Talk
9:30-10:00 Coloring Club
10:00-11:00 Brain Games
11-11:30 Cornhole
12-1:00 Book Time/ Puzzle Time

Wednesdays

9-9:30 Coffee & Convo
9:30-10:00 Rise & Shine
9:30-10:00 Gardening Club
10-11:30 Crafts
12-1:00 Beach Volleyball

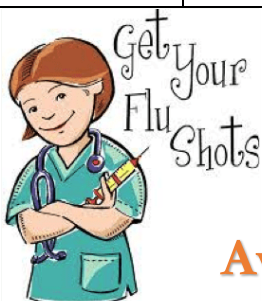
Thursdays

9-9:30 Small Talk
9:30-10:00 Coloring Club
10:00-11:00 Chair Exercise
11:00-11:30 Games
12:00-1:00 Senior Choice

Fridays

9-9:30 Coffee & Convo
9:30-10:00 Rise & Shine
9:30-10:00 Gardening Club
10:00-11:30 Bingo
12:00-1:00 Weekend Going-Ons

Times may change due to speakers visiting.



Standard & 65 Plus Flu Shots

Available Monday, October 6 at 10:00

SCAA News and Announcements

Halloween Costume Party!

October 30th



JOIN US for LUNCH

Hot, delicious lunches served daily!

Seniors, to join us for lunch, contact Alyssa by noon the day before to reserve your complimentary meal.

919-934-8701

CORNHOLE!

Every Tuesday at 11:00



Go Group

Trip to the Ava Gardner Museum

October 17th at 10:00

Downtown Smithfield

It's finally
October!
Which means,
all of the
cobwebs and
dust in my
house just
became
Halloween
decorations!



SCAA Sister Center:

Harrison Center for Active Aging

611 W. Noble Street

Selma, NC 27576

Hours: 8:00 – 4:30 Monday - Friday

Phone: 919-965-2627

Program Coordinator: Tammy Braglin,

Program Coordinator

tammy@cssjohnston.org