

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)

JULY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LOCATION KEY CL: Computer Lab CR: Craft Room DC: Dining Center GF: Group Fitness Room LIB: Library MP: Multipurpose Room OS: Off-Site V: Virtual Session (Facebook or Zoom) \$: Fee Involved * Registration / Signup Required ** Inside the Gym *** HPDP Programs **** Confidential Discussions		1 1:00 Street Reach of Johnston County Presentation on Resources, Community & Shelter Provided for the Homeless in Selma (MP) 	2 9:00 Go Group: Downtown Selma Walk (OS, Meet at 143 Railroad St. Parking Lot) 2:00 4 th of July Red, White & Blue Social (DC) 	3
6 9:15 Trash, Talk, & Walk the Harrison Block (Outside, Weather Permitting) 10:00 Quarter BINGO (CR) 	7 9:00 Arthritis Exercise (GF) 2:00 Paws for Reading Intergenerational Event with Celebrity Guest Reader: The Mayor Byron McAllister (*, MP) 	8 2:00 Drink a Coca-Cola Day Taste Testing Event (*, MP) 3:00 Banagrams & Other Board Games (MP) 	9 9:00 Arthritis Exercise (GF) 11:00 Heartland Hospice Grief Support Group (MP) 1:30 Vaya Health Presents: Brain Health in Aging (MP) <i>Note: Telling Our Stories will meet in the Library today.</i>	10 Squeeze the Day! Enjoy a refreshing lemonade beverage on us!
13 9:15 Trash, Talk, & Walk the Harrison Block (Outside, Weather Permitting) 10:00 BINGO with the Town of Selma Police (CR)	14 9:00 Arthritis Exercise (GF) 1:00 July Birthday Party (*, MP) 	15 Give Something Away Day Our Street Reach Canned Food Drive Starts Today! 	16 9:00 Arthritis Exercise (GF) 3:00 Intergenerational Prize BINGO (CR) 5:30 Go Group: Rockin' on Raiford: Chad & Christy (*, OS)	17 9:15 Trash, Talk, & Walk the Harrison Block (Outside, Weather Permitting) 2:00 Facebook Live: What Games are Available at The Harrison Center? (V)
20 9:15 Trash, Talk, & Walk the Harrison Block (Outside, Weather Permitting) 10:00 Quarter BINGO (CR) 1:00 Monday Mind Fitness: Group Trivia on Space (MP)	21 9:00 Arthritis Exercise (GF) 1:00 Advisory Committee Meeting (MP) 	22 2:30 Corn Hole (Outside, Weather Dependent) 	23 9:00 Arthritis Exercise (GF) 1:30 Go Group: Old Fashioned Ice Cream (*, OS) Meet at 124 N Raiford St. Selma 	24 GOT THAT Friday FEELIN'
27 9:15 Trash, Talk, & Walk the Harrison Block (Outside, Weather Permitting) 1:00 Monday Mind Fitness: Riddle Me This (MP) 	28 9:00 Arthritis Exercise (GF) 1:00 How to Avoid Being a Victim of a Scam with Detective Fidler (*, MP) 	29 2:30 Ping Pong (GF) 	30 9:00 Arthritis Exercise (GF) 2:00 Summer Bash & Swimsuit Fashion Show (MP) <i>Note: Telling Our Stories will meet in the Library today.</i> 	31 9:15 Trash, Talk, & Walk the Harrison Block (Outside, Weather Permitting) 12:00 Public Discourse Through Film: Viewer's Choice Movie <u>Top Gun</u> Submitted by Roger Pruitt (MP)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pickleball (*) 9:15 Trash, Talk, & Walk the Harrison Block (Outside, Weather Permitting) 9:00 Sew 'N Sew Quilters (\$, MP) 9:00 Cardio Drumming (GF) 10:00 Tide Dancers (*, GF) 10:00 BINGO (CR) 1:00 Monday Mind Fitness (MP)	9:00 Pickleball (*) 9:00 Group Exercise (GF) 10:00 Line Dance (GF) 10:00 Bead Weaving (CR) 10:30 Life Coaching Group (****, MP) 11:00 Sassy Feet (*, 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 (*) 9:00 Group Exercise (GF) 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 Don't Burst My Bubble (CR) 1:00 Steps of Inspiration (GF)

HCAA News & Announcements

Tuesday, July 28th
1:00 pm
Multipurpose Room

**SCAM!
ALERT!**

How to Avoid Being a Victim of a Scam

with Detective Fidler of the Selma
Police Department

 Follow us on
facebook



Have you checked out our signup table?

Stop by the table in the hallway to find out all the details of upcoming programs, to sign up and enjoy programs on site or off site, to make suggestions, and to donate to our center.

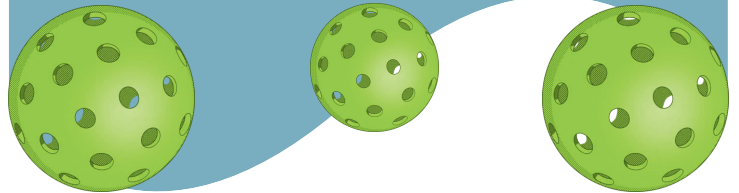
There is a book that describes all of the regularly scheduled programs to keep you better informed as a participant of the Harrison Center for Active Aging. Be sure to invite all of your friends! We would love to have them!

Pickleballers Take Note

Our Pickleball Group meets Monday through Friday from 7:30 AM to 11:00 AM at the SRAC, located at 600 M Durwood Stephenson Pkwy, Smithfield, NC 27577.

Our courts outside of the Harrison Center is open for play, provided that the Selma Parks & Recreation is not hosting Summer Camps.

We look forward to seeing everyone practice to get ready for the 2027 Senior Games!



[www.facebook.com
HarrisonCenterForActiveAging](http://www.facebook.com/HarrisonCenterForActiveAging)

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