

July - August 2025  
Issue 80

1363 W. Market Street  
Smithfield, NC 27577

[www.cssjohnston.org](http://www.cssjohnston.org)  
[www.jcats.org](http://www.jcats.org)



*Our Mission:*

To provide housing and transportation for the benefit of the community;  
to provide services and opportunities that empower older adults to  
remain active and connected, enabling them to lead quality lives of  
independence.

# Prime Times

SERVING THE COMMUNITY AND OLDER ADULTS IN JOHNSTON COUNTY, NC



## SHAPING UP IN BENSON

The Benson Center for Active Aging provides opportunities for everyone to increase their physical activity. They offer a diverse range of classes, including Cardio Drumming, Strength and Flexibility, Tai Chi, Yoga, Pickleball, and much more. Program Coordinator, Adrienne Delph has even launched a Beach Body Boot Camp designed to help seniors get fit for the summer! Stop by and join a class today.

**COMING  
SOON**

## Powerful Tools FOR Caregivers

Caregiving can be challenging, but preparation helps. "Powerful Tools for Caregivers" equips you with skills to prioritize your health and well-being, making you a better caregiver for others.

Caregivers who benefit from the PTC 6-week class series:

- Spouse or partner of an adult with a chronic condition
- Adult children of aging parents
- Parent of children with special health and behavioral needs
- Grandparent raising grandchildren with special needs

Contact Caroline or Haley for more information:  
919-934-6066



## CAREGIVERS SUPPORT GROUP

Facing challenges alone can feel daunting, but our support groups are here to provide comfort and encouragement. We provide reassurance during tough times and celebration during those special moments. With both day and evening sessions available, you can easily connect with others who share similar experiences, develop a network of support, and learn about resources available for dementia patients in your area.

Join us the 4th Thursday of each month



**1:30 PM**

Community and Senior Services  
1363 W. Market St.  
Smithfield, NC 27577  
919-934-6066



**6:00 PM**

Clayton Senior Center  
303 Diary Rd.  
Clayton, NC 27520  
919-553-4350

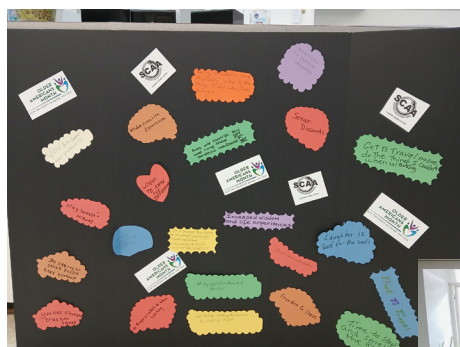


**For more information contact Haley**

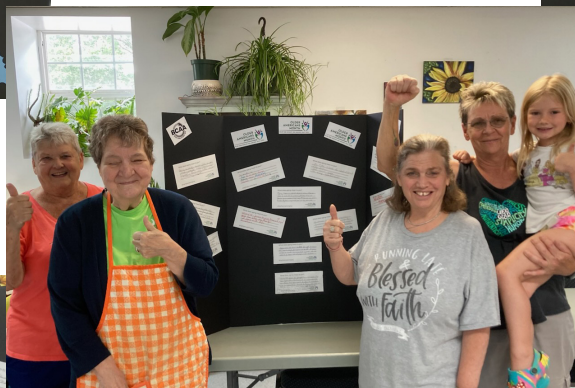
919-934-6066 Ext. 229  
haleys@cssjohnston.org

Older Americans Month is observed annually in May. It's a time to celebrate and recognize the contributions of older adults. The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

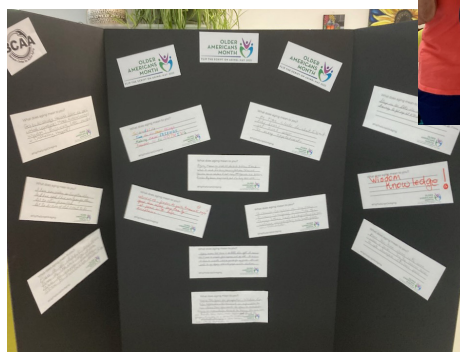
Each active aging center created beautiful posters with positive messages about aging to honor the event!



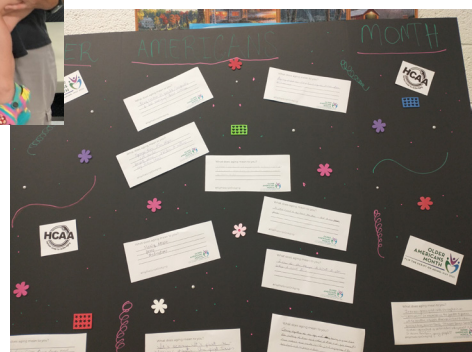
"Doing what I want, when I want to do it"



"Being creative as possible and not worrying about criticism"



"More time to pursue dreams"





**BENSON CENTER for ACTIVE AGING**

1204 North Johnson Street, Benson, NC 27504

bensonsc@cssjohnston.org

Adrienne Delph, Program Coordinator

Phone: 919-701-1477

Sophie White, Nutrition Coordinator

Phone: 919-894-2370

**MONDAYS**

9:00 Cardio Drumming  
10:00 Arthritis Exercise  
10:30 Bingo  
1:30 Pickleball Skills Clinic  
3:00 Beach Body Boot Camp

**TUESDAYS**

8:30 Outdoor Ramblers  
9:00 Strength & Flexibility Exercise  
10:00 TaiChi w/Diane  
10:00 Pickleball Games  
10:30 Sunshine Life Coaching Group  
12:00 Discussion Group  
1:00 Write On! Writers group

**WEDNESDAYS**

9:00 Cardio Drumming  
10:00 Arthritis Exercise  
11:00 Yoga (every other Wed)  
1:00 Cards & Games  
1:30 Pickleball Skills Clinic  
3:00 Beach Body Boot Camp

**THURSDAYS**

9:00 Strength & Flexibility Exercise  
10:00 TaiChi w/Diane  
10:00 Pickleball Games  
10:30 2nd Cup O' Joe  
Current Events Discussion  
10:30 Crochet w/Candy  
12:00 Trivia  
3:00 Afternoon Cardio Drumming

**FRIDAYS**

8:30 Old Spokes Cycling Folks  
10:00 Fine Arts or Crafting  
1:00 Cards & Games

**Special Events for July - August 2025****JULY**

7/2 1:00 Summer Social – Sweet Tea, Watermelon, Ice Cream, Cornhole Games & The Classics Band

**7/4 CLOSED Happy Fourth of July**

7/7 10:30 Quarter Bingo\$

**7/7 12:00 - Advisory Board Meeting**

7/8 11:30 Let Them Eat Cake Birthdays Celebration

7/10 \*No Crochet with Candy\*

7/11 10am Watercolor Painting with Diane\*

7/11 12:30 BUNCO game\$

7/14 10:30 Quarter Bingo\$

7/16 11:00 Yoga Training Session with Tracie Dunlap

7/17 \*No Crochet with Candy\*

**7/18 11:00 Out & About to Salvaged Heirlooms for candle making and lunch\$**

7/21 10:30 Auxiliary Bingo

7/25 10:00 Art with Amy

7/28 10:30 \$2 Bingo\$

7/30 11:00 Yoga Training Session with Tracie Dunlap

**AUGUST**

8/1 10:00 Art with Amy\*

8/4 10:30am Quarter Bingo\$

**8/6 11am Nutrition Education Seminar with Tara McGeehan, pharmacist & certified diabetes educator**

8/8 10:30 Paint with Diane\*

8/8 12:30 BUNCO\$

8/11 10:30 Quarter Bingo\$

**8/12 11:30 Let Them Eat Cake Birthdays Celebration**

8/13 11:00 Yoga Training Session with Tracie Dunlap

8/18 10:30 Auxiliary Bingo

**8/20 11:00 Nutrition Education Seminar with Tara McGeehan, pharmacist & certified diabetes educator**

8/25 10:30 \$2 Bingo\$

8/27 11:00 Yoga Training Session with Tracie Dunlap

**8/29 10:30 Out & About – Bowling at Buffalo Lanes/ Lunch at Pizza House\$**

**BOLD:** special events, notices, closings

\* Registration Required \$= Fee \*\*BPRD

Gym ^Some Weeks #Hybrid Virtual and In-Person

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page to get the most up-to-date calendar.

**FREE!**  
Mondays/Wednesdays  
1:30  
BPRD gym

**PICKLEBALL SKILLS CLINICS**

- Practice shots!
- Make your game better!
- Fun workout with an instructor!



**MONDAYS & WEDNESDAYS 3PM**

**JOIN OUR BEACH BODY BOOT CAMP**

Get in shape for summer  
Let's get moving together!!

**Drop-In Activities:** Computers, Fitness Room, Wii, Cornhole, Puzzles, Horseshoes, Shuffle Board, Games



# CLAYTON CENTER for ACTIVE AGING

303 Dairy Road, Clayton, NC 27520

claytonsc@cssjohnston.org

Tiffany Hicks, Nutrition Coordinator

Phone: 919-553-4352

Connie Keller, Program Coordinator

Phone: 919-553-4350

## MONDAYS

9:00 Strength & Balance with Jackie  
10:00 Bingo  
2:00 Beginner Line Dance  
3:00 Intermediate Line Dance

## TUESDAYS

9:00 Bingocize  
10:30 Chair Yoga w/Sindry  
12:35 Trivia  
2:00 Cornhole

## WEDNESDAYS

9:00 Cardio with Jackie  
10:00 Trivia Battle  
2:00 Beginner Line Dance  
3:00 Intermediate Line Dance  
3:00 The Write Stuff

## THURSDAYS

9:00 Fitness with Papa Jack  
11:00 Billiards \*\*  
(free) at Rainbow Lanes  
2:00 Cardio Drumming  
3:00 Learn Sign Language

## FRIDAYS

9:00 Strength & Balance with Jackie  
10:00 Bingo  
1:00 Cornhole  
**2:30 Bocce Ball NEW!**

## Special Events for July - August 2025

### JULY

7/1 10:00 Painting Class with Alice  
7/3 10:00 Painting Class with Papajack  
**7/4 CLOSED Happy Fourth of July**  
7/7 10:00 Bingo  
7/8 10:00 Craft Class with Mindy  
**7/10 1:00 SUMMER PICNIC**  
7/11 10:00 Bingo-Women's Club  
**7/11 11:30 Lunch Bunch- Outback**  
7/14 10:00 Bingo-Kiononia Reformed Baptist Church  
**7/15 12:30 Advisory Meeting**  
7/16 2:00 Book Club w/Mardia, Clayton Library  
7/17 11:00 Music with Ron  
7/17 1:00 Ice Cream Social  
7/18 10:00 Double Bingo with The Marine Corps League  
**7/18 11:00 July Birthday Celebration**  
7/21 10:00 Bingo & Info-Gabriel Manor  
7/25 10:00 Quarter Bingo  
7/25 1:00 Book Club at Horne Memorial Church  
**7/31 10:00 Karaoke with David- NEW**

### AUGUST

**8/1 11:30 Lunch Bunch- Fiesta Americana**  
8/4 10:00 Bingo with State Employees  
8/7 11:00 Music with Ron  
8/8 10:00 Bingo-Women's Club  
8/11 10:00 Bingo-Kiononia Reformed Baptist Church  
8/12 10:00 Craft Class with Mindy  
8/13 2:00 Book Club w/Mardia, Clayton Library  
8/14 10:00 Craft Class with Mardia  
8/15 10:00 Double Bingo with The Marine Corps League  
**8/15 11:00 August Birthday Celebration**  
8/18 10:00 Bingo & Info-Gabriel Manor  
8/19 10:00 Painting Class with Alice  
8/21 10:00 Painting Class with PapaJack  
**8/21 10:00 Foodborne Illness Education**  
8/21 1:00 Ice Cream Social  
8/22 10:00 Bingo  
**8/28 10:00 Karaoke with David- NEW**  
8/29 10:00 Quarter Bingo  
8/29 1:00 Book Club at Horne Memorial Church

**BOLD:** special events, notices, closings.  
\* Registration Required \$ = Fee  
\*\* Rainbow Lanes ^Some Weeks  
# Hybrid = Virtual & In-Person

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page for up-to-date calendars.



**Drop-In Activities:** Computer Station, Fitness Room, Puzzles, Games, Library



**HARRISON CENTER for ACTIVE AGING**

611 West Noble Street Selma, NC 27576

**Tammy Braglin, Program Coordinator**  
**Phone: 919-965-2627**  
 tammy@cssjohnston.org

**Ellen Ivey, Nutrition Coordinator**  
**Phone: 919-965-6478**

**MONDAYS**

9:00 Pickleball\*\*  
 9:00 Sew N' Sew Quilters \$  
 9:00 Cardio Drumming  
 10:00 Walking with Ease\*\*\*  
 10:00 Tide Dancer Team\*  
 10:00 Bingo  
 1:00 Kazoo  
 2:00 Book Worm's Book Club

**TUESDAYS**

9:00 Pickleball\*\*  
 9:00 Walk with Ease\*\*\*  
 10:00 Line Dance  
 10:00 Bead Weaving  
 10:30 Life Coach Group  
 11:00 Sassy Feet \*

**WEDNESDAYS**

9:00 Pickleball\*\*  
 9:00 Tide Dancer Team\*  
 10:00 Ballroom Dance\*  
 10:30 American Sign Language  
 11:00 Tide Dancer Team\*  
 1:00 Arts/Crafts

**THURSDAYS**

9:00 Pickleball\*\*  
 9:00 Walk with Ease\*\*\*  
 10:00 Line Dance  
 11:00 Sassy Feet\*  
 1:00 Telling Our Stories/Writing  
 1:00 Steps of Inspiration Line Dance\*

**FRIDAYS**

9:00 Pickleball\*\*  
 10:00 Tide Dancer Team\*  
 1:00 Steps of Inspiration Line Dance\*

**Special Events for July - August 2025****JULY**

7/3 11:00 Grief Support Group  
**7/4 CLOSED Happy Fourth of July**  
**7/7 1:00 Red, White & Blue Party\***  
 Wear your red, white, & blue and bring a snack to share  
 7/7 10:00 Quarter Bingo  
**7/9 4:30 Go Group: Ice Cream Meet Up Old Fashioned Ice Cream- Selma\*\$**  
 7/10 10:30 Presentation: Telling Our Stories Group  
**7/15 1:30 Advisory Board Member Meeting**  
**7/17 6:00 Go Group: Rockin' on Raiford \$**  
**7/18 11:30 Go Group Lunch Bunch: Chicken Salad Chick – Smithfield \$**  
 7/21 10:00 Quarter Bingo  
**7/24 1:00 Trivia & Healthy Snack Party, bring a HEALTHY snack to share\***  
 7/25 2:00-4:00 Film Club Meet  
 7/25 6:00-8:00 Open Mic  
 7/31 10:00 Presentation: Vaya Health on Mental Health 101

**AUGUST**

8/4 10:00 Quarter Bingo  
**8/16 4:30 Go Group: Smoothies, Coffee, Tea & More Meet Up- Coffee On Raiford- Selma\*\$**  
 8/7 11:00 Grief Support Group  
 8/11 11:00 Presentation: Stay Cool, Stay Hydrated with Tammy  
 8/14 1:00 Karaoke & Healthy Snack Party, bring a HEALTHY snack to share\*  
**8/15 11:30 Go Group Lunch Bunch: Robbins Nest \$**  
 8/18 10:00 Quarter Bingo  
**8/21 6:00 Go Group: Rockin' on Raiford \$**  
 8/29 2:00-4:00 Film Club Meet  
 8/29 6:00-8:00 Open Mic

**BOLD:** special events, notices, closings  
 \* Registration Required \$= Fee \*\*In the Gym

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page for up-to-date calendars.



**RED, WHITE, AND BLUE PARTY**

JOIN HCAA ON JULY 7<sup>TH</sup> AT 1:00 PM

**REGISTRATION IS REQUIRED**



**Drop-In Activities:** Computers, Fitness Room, Puzzles, Games, Library



# SMITHFIELD CENTER FOR ACTIVE AGING

**Satellite Center of HCAA**

606 Caswell St. Smithfield, NC 27577

smithfieldsc@cssjohnston.org

Alyssa Erdman, Nutrition Coordinator

Phone: 919-938-8406

Nancy Lee Dunham, Program Coordinator

Phone: 919-934-8701

## MONDAYS

9:00 Coffee & Conversation  
9:30 Rise & Shine  
9:30 Gardening Club  
10:00 Stretch Exercise  
11:00 Trivia  
12:00 Games

## TUESDAYS

9:00 What's new  
9:30 Coloring Club  
10:00 Outside activities  
11:00 Corn Hole  
12:00 Brain Games

## WEDNESDAYS

9:00 Coffee & Conversation  
9:30 Rise & Shine  
9:30 Gardening Club  
9:30 Current events  
10:00 Crafts  
12:00 Beach Volleyball

## THURSDAYS

9:00 What's new  
9:30 Coloring Club  
10:00 Chair Exercise  
11:00 Games  
12:00 Trivia

## FRIDAYS

9:00 Coffee & Conversation  
9:30 Rise & Shine  
9:30 Gardening Club  
10:00 Bingo  
12:00 Weekend going ons

## Special Events for July - August 2025

### JULY

7/1 10:00 Advisory Meeting  
7/3 10:00 Crafts with Tiffany  
7/4 **CLOSED Happy Fourth of July**  
7/7 10:00 Exercise and Music with Ms. Ollie  
7/8 10:00 Ms. Pam and The Ukulele Gang  
7/10 10:00 Chair Exercise with Ms. Tammy  
7/14 10:00 Exercise and Music with Ms. Ollie  
7/16 10:00 Creative Writing  
7/17 10:00 Chair Exercise with Ms. Tammy  
7/21 10:00 Exercise and Music with Ms. Ollie  
7/22 Blueberry Trivia  
7/23 A visit with Dr. Tina Barnes-Small  
7/28 10:00 Exercise and Music with Ms. Ollie  
7/31 10:00 Dance Party

### AUGUST

8/4 10:00 Advisory Meeting  
8/4 11:00 Stretch Exercise  
8/6 10:00 Let's Talk About Fruits and Veggies  
8/7 10:00 Crafts with Ms. Tiffany  
8/8 10:00 Bingo with Ms. Melissa Heart  
8/12 10:00 **Fraud prevention- Online & over the phone with Ms. Kristina**  
8/14 10:00 Chair Exercise with Ms. Tiffany  
8/19 10:00 Neurocognitive Disorders & Basic Dementia Education with Ms. Melissa  
8/20 Crafts with Ms. Candace and The Homeschoolers  
8/28 10:00 Dance Party

**BOLD:** special events, notices, closings.  
\* Registration Required \$ = Fee  
\*\* Rainbow Lanes ^Some Weeks  
# Hybrid = Virtual & In-Person

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page for up-to-date calendars.

**LET'S KNOCK OUT HUNGER!**

Donations of non-perishable food will be collected to help the Salvation Army fight hunger in our community!

**JULY 7-18, 2025**  
8 AM - 1:30 PM  
606 CASWELL ST. SMITHFIELD, NC 27577  
611 W. Noble ST. Selma, NC 29576

**SCAA** **HCAA**  
A Satellite Location of HCAA

For More information Call SCAA:  
919-934-8701



## GARDENING CLUB

JOIN SCAA EVERY MONDAY, WEDNESDAY, AND FRIDAY AT 9:30!



**Drop-In Activities:** Computer Station, Fitness Room, Puzzles, Games, Library



# PRINCETON *Senior Dining* CENTER

## Food & Fellowship

Lunch served daily at 11:30 (by reservation)

6412 West Third St. Princeton, NC 27569

Shahara Wilson, Nutrition Coordinator

Phone: 919-936-2184

shahara@cssjohnston.org

## JULY

7/1 10:00 Cornhole

7/3 Chair Exercise

7/4 Closed Happy Forth of July

7/10 11:30 Bonaventure Clinic

7/16 11:45 SHIP Event with Caroline

7/25 10:00 Movie

7/28 10:30 Games

## AUGUST

8/1 10:00 Movie- Comedy

8/5 10:00 Cornhole

8/14 11:45 Bonaventure Vitals Clinic

8/18 10:00 Chair Yoga

8/20 11:45 Foodborne Illness Education

8/21 11:45 Emergency Preparedness Class

8/29 10:00 Cards

### NOTE:

These are only a few of the calendar events scheduled for each center.  
Stop by, say hello, and pick up a printed calendar for more details.

## CALL YOUR DINING CENTER:

Simply call your closest center to register for dining so we can provide a meal for you. Dine together with us.

If you are receiving meals at your home and are not available to come to the door or you will not be home, call your center at least 24 hours in advance so we can provide that meal to another person in need.

### PRINCETON Senior Dining Center

Shahara Wilson, Nutrition Coordinator

**919-936-2184**

### SMITHFIELD Center for Active Aging

Alyssa Erdman, Nutrition Coordinator

**919-934-8701**

### BENSON Center for Active Aging

Sophie White, Nutrition Coordinator

**919-894-2370**

### CLAYTON Center for Active Aging

Tiffany Hicks, Nutrition Coordinator

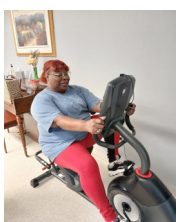
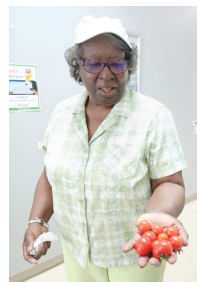
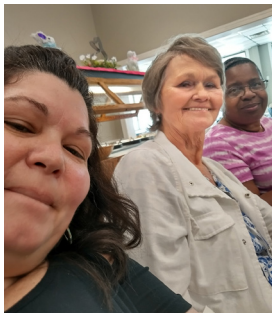
**919-553-4352**

### HARRISON Center for Active Aging

Ellen Ivey, Nutrition Coordinator

**919-965-6478**

## Photos





### *Our Vision:*

*To be the premiere provider of its services  
and to be the focal point for advocacy.*

## CSS SERVICES:

For information about services listed below call 919-934-6066 Monday - Friday from 8:00 AM - 5:00 PM.

<b>Caregiver Support</b>	Offers a range of services to support family caregivers including individual counseling, support groups, and respite care.
<b>Congregate Dining</b>	Provides a hot lunch in a congregate setting in which a range of social and supporting services are available.
<b>Health Promotion</b>	Supports a broad range of programs and activities that assist older adults in promoting their health and wellness. Services include health screening and informative programs on age-related diseases and chronic conditions.
<b>Home Delivered Meals</b>	Provides a hot, nutritional lunch to home-bound older adults.
<b>SHIIP Counseling</b>	The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance. Our counselor offers free and unbiased information regarding Medicare health care products.
<b>In Home Aide Services</b>	Assists individuals who have impairments with essential daily activities such as home management and personal care tasks.
<b>Senior Centers</b>	Operates community facilities where older adults come together for services and activities that reflect their skills and interests, and respond to their diverse needs.
<b>Senior Transportation</b>	Provides general and medical transportation to seniors.

## HOUSING *Locations*

### Cary

Triangle Elderly Housing-Cary  
122 S. Harrison Ave

### Clayton

Clayton Court I Apartments\*  
600 N. O'Neil Street

Clayton Court II Apartments\*  
600 N. O'Neil Street

Village Gardens Elderly Housing  
303 Dairy Road

### Princeton

Triangle Elderly Housing-Princeton  
410 W. 3rd Street

### Kenly

Triangle Elderly Housing-Kenly  
203 N. College Ave

### Smithfield

Triangle Elderly Housing-Smithfield  
506, 516 & 604 Caswell Street

For more information on housing  
for the elderly and disabled call M-F  
919.934.6066, 8:00 AM - 4:00 PM

*\*This institution is an equal opportunity provider  
and employer.*



1363 West Market St., Smithfield, NC



**Sign up** to receive this bi-monthly  
newsletter (via e-mail)  
in your mailbox at:  
[www.cssjohnston.org](http://www.cssjohnston.org)

**Johnston**

**Quick RIDE**

[www.jcats.org](http://www.jcats.org) or call 919-202-5030



Pay with debit or credit card on the app  
at the time of booking or with cash upon  
boarding. Monday - Saturday 6 AM - 8 PM

### JOHNSTON COUNTY'S AREA TRANSPORTATION SYSTEM



**JCATS**  
*for Everyone!*

Business:  
(919) 202-5030  
Email: [info@jcats.org](mailto:info@jcats.org)  
Office:  
1050 W Noble Street  
Selma, NC 27576

[www.jcats.org](http://www.jcats.org)



Find us on  
**Facebook**

**919-934-6066**  
[www.cssjohnston.org](http://www.cssjohnston.org)