



# BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504  
 919-701-1477 or 919-894-2370 (Sophie - Nutrition)  
 Hours: 8:00 – 4:30 Monday-Friday

## MARCH 2026



Adrienne Delph: Program Coordinator [bensonsc@cssjohnston.org](mailto:bensonsc@cssjohnston.org) Facebook: Benson Center for Active Aging - BCAA

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo \$ 11:00 Clay Class* 1:30 Pickleball Skills Clinic 1:30 Walk with Ease***	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 11:00 Walk with Ease*** 1:00 Write On! Writers Group	9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class 11:00 Gentle Chair Exercise 1:00 Cards/Games	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Sewing Arts 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	9:00 Cardio Drumming Junkies 10:00 Art with Amy* 1:00 Cards & Games
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo \$ 11:00 Clay Class* 12:30 Advisory Board Meeting 1:30 Pickleball Skills Clinic 1:30 Walk with Ease***	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 11:00 Walk with Ease*** 1:00 Write On! Writers Group	9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class 11:00 Gentle Chair Exercise 1:00 Cards/Games	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Sewing Arts 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	9:00 Cardio Drumming Junkies 10:00 Painting w/Diane* 12:00 BUNCO
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:00 Cardio Drumming 10:00 Arthritis Exercise*** <b>10:30 Auxiliary Bingo... St. Patty's Day Edition</b> 11:00 Clay Class* 1:30 Pickleball Skills Clinic 1:30 Walk with Ease*** <b>5:30 After Hours Cardio Drumming</b>	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 11:00 Walk with Ease*** <b>11:00 All Leprechauns Birthday Celebration</b> 1:00 Write On! Writers Group 	9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class <b>11:00 Advance Care Planning Seminar</b> 1:00 Cards/Games	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Sewing Arts 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	9:00 Cardio Drumming Junkies 10:00 Design with Deb* 1:00 Cards & Games
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 \$2 Bingo \$ 11:00 Clay Class* <b>11:15 Coates Hearing Clinic program &amp; FREE Hearing Tests</b> 1:30 Pickleball Skills Clinic 1:30 Walk with Ease***	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 11:00 Walk with Ease*** 1:00 Write On! Writers Group	9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class 11:00 Gentle Chair Exercise 1:00 Cards/Games	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Sewing Arts 11:00 Walk with Ease*** 3:00 Afternoon Cardio Drumming	9:00 Cardio Drumming Junkies <b>10:30 Out &amp; About*</b> <b>Visit Sorrell's Nursery Lunch at Pizza House, Erwin</b> 1:00 Cards & Games
<b>30</b>	<b>31</b>			
9:00 Cardio Drumming 10:00 Arthritis Exercise*** <b>10:30 Music Bingo</b> 11:00 Clay Class* 1:30 Pickleball Skills Clinic 1:30 Walk with Ease***	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 11:00 Walk with Ease*** 1:00 Write On! Writers Group	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Key:</b> \$ = fee, *** = Evidenced based class, * = Registration required         </div>		

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



## SEWING ARTS GROUP THURSDAYS 10:30 AM

If you are interested in learning about the sewing arts or are looking for a group that shares your hobby.....join us!



Crocheting, knitting, quilting, sewing

## 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. and Thurs. at 11:00**

**Mon. at 1:30**



## ALL LEPRECHAUNS BIRTHDAY CELEBRATION

March 17<sup>th</sup>, 2026

11:00 AM



## Out & About

Tour of Sorrell's Plant Nursery  
1731 Turlington Rd. Dunn

**Friday, March 27, 10:30 am**

Drive yourself or  
carpool with a friend

Lunch @ Pizza House Erwin



## Healthy & Fit Exercise Classes

Cardio Drumming 9:00 AM M/W/F



Afternoon Cardio Drumming 3:00 Thurs.

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

Arthritis Exercise 10:00 AM M/W

Cardio & Strength Training Circuit Class T/W/Th  
10:30AM

Gentle Chair Exercise 11:00 AM Wed.

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**

## *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!

## Hand-Built Clay Pottery Class

**Mondays 11:00**

March 2 through April 27

Learn from potter, Betsy Whittington.

Coil, slab & pinch construction

Pots, vases, dishes, and other sculptures



HANDMADE ART