

September - October 2026
Issue 87

1363 W. Market Street
Smithfield, NC 27577

www.cssjohnston.org
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



Prepare Today to Protect Tomorrow

Although hurricane season runs from June 1st to November 30th, peak season in North Carolina is mid-August to late October. Hurricanes have winds of 74 miles per hour or more and bring many hazards beyond high winds. Flooding, heavy rain, and tornadoes may also accompany the storm. This can lead to power outages, flooded roads, downed trees, and sometimes the need to evacuate an area. Proper preparation is the key to staying safe in a natural disaster and can be the key to protecting yourself, loved ones, and personal property. Below are a few valuable resources for being prepared today so you can be protected tomorrow.

www.readync.gov

Ready NC is a wonderful resource for all sorts of weather and natural disaster information, including preparation, current weather conditions, evacuation orders, and recovery efforts after a storm.

www.weather.gov

The National Weather Service strives to keep people safe by advising on live weather conditions, weather safety checklists, and tropical storm watches and warnings via the National Hurricane Center.

For non-internet-based resources, consider visiting a local library, requesting physical preparedness pamphlets from organizations such as the Red Cross, or attending educational presentations at a local community center or one of our four Active Aging Centers.



HCAA Hosts a Honored Guest

Community and Senior Services (CSS) of Johnston County extends its gratitude to Congressman Brad Knott for his recent visit to our organization. We appreciate his effort to familiarize himself with the diverse range of programs we offer to the seniors of Johnston County. During his visit, the Congressman toured one of our four Active Aging Centers, the Harrison Center for Active Aging (HCAA) in Selma, where he had the opportunity to interact with many of the participants, staff members, and volunteers who contribute to the center and help create a welcoming and positive environment. He also accompanied a volunteer from the Home Delivered Meal program, assisting in delivering meals to homebound seniors. This hands-on experience allowed him to understand the significance of this program and its positive impact on the lives of Johnston County residents. Following his time at HCAA, Congressman Knott toured the Johnston County Area Transit System (JCATS) facility, also located in Selma. Executive Director Josh Jensen provided an overview of the numerous services JCATS offers to the community, particularly for seniors. He also outlined how the facility is equipped to serve as a resource during natural disasters, with features enabling it to function as a shelter and providing emergency evacuation transportation when necessary. Once again, we thank Congressman Knott and his staff for their interest in our programs, and we look forward to his next visit.

Medicare Questions?

**COMMUNITY & SENIOR SERVICES IS THE
OFFICIAL SHIIP COUNSELING SITE FOR
JOHNSTON COUNTY**

It's time to review your Medicare plan and explore what's new for 2027. The Seniors' Health Insurance Information Program (SHIIP) provides free, unbiased Medicare counseling to help you compare your coverage options and choose the plan that best fits your needs.



Caroline McLeod, MSW
SHIIP Coordinator



**OPEN ENROLLMENT IS
OCTOBER 15-DECEMBER 7
CHANGES WILL BE EFFECTIVE
JANUARY 1, 2027**

Contact Caroline Today: 919-934-6066 EXT. 233

BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

bensonsc@cssjohnston.org

Program Coordinator

Phone: 919-701-1477

Sophie White, Nutrition Coordinator

Phone: 919-894-2370

Hours: 8:00 AM – 4:30 PM



MONDAYS

9:00 Cardio Drumming
10:00 General Exercise Class
10:30 Bingo \$
11:00 Cornhole Open Play
1:30 Pickleball Skills Clinic

TUESDAYS

9:00 Strength & Flexibility Exercise Class
10:00 Tai Chi w/Diane
10:00 Open Pickleball Games
10:30 Cardio & Strength Circuit Class
10:30 Crochet & Needle Arts
1:00 Write On! Writers Group

WEDNESDAYS

9:00 Cardio Drumming
10:00 General Exercise Class
10:30 Gentle Chair Exercise
11:00 Cornhole Open Play
1:00 Cards/Games

THURSDAYS

9:00 Strength & Flexibility Exercise Class
10:00 Tai Chi w/Diane
10:00 Open Pickleball Games
10:30 Cardio & Strength Circuit Class

FRIDAYS

9:00 Cardio Drumming Junkies
10:00 Fine Arts or Crafting*
1:00 Cards & Games

Special Events for Sept. - Oct. 2026

September

9/2 10:00 Art with Amy - Homemade Cards *
9/4 10:00 Art with Amy - Rock Painting *
9/7 Closed in Observance of Labor Day
9/8 10:30 Mosaic Class *
9/11 10:00 Paint with Diane *
9/11 12:30 BUNCO \$
9/12 7-1 Community Yard Sale at HCAA
9/14 10:30 Quarter Bingo \$
9/14 12:00 Photography Class
9/14 12:30 Advisory Board Meeting
9/15 10:30 Mosaic Class *
9/15 No Crochet & Needle Arts
9/15 11:30 September Birthday Celebration
9/18 10:00 Design with Deb - Wine Cork Pumpkins
9/21 10:30 Auxiliary Sponsored Bingo
9/22 10:30 Mosaic Class *
9/25 Closed Mule Days
9/28 10:30 Two Dollar Bingo \$
9/28 12:00 Photography Class
9/29 10:30 Mosaic Class *

BOLD: special events, notices, closings *: Registration Required \$: Fee **: BPRD Gym #: 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 for up-to-date calendars.

October

10/2 10:00 Art with Amy *
10/5 10:30 Quarter Bingo \$
10/9 10:00 Paint with Diane
10/9 12:30 BUNCO \$
10/13 12:00 Photography Class
10/19 10:30 Auxiliary Sponsored Bingo
10/20 11:30 October Birthday Celebration
10/23 10:00 Design with Deb
10/26 10:30 Two Dollar Bingo \$
10/30 10:30 Out & About Group - Downtown Benson Halloween Walk - Lunch at Char Grill



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 Connie Keller, Program Coordinator

Phone: 919-553-4352

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 Chair Yoga w/Sindry
12:35 Trivia
2:00 Cornhole

WEDNESDAYS

9:00 Cardio with Jackie
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 Lane
1:00 **Cardio Drumming - It's back!**
3:00 Learn sign language

FRIDAYS

9:00 Strength & Balance with Jackie
10:00 Bingo
12:15-Trivia Battle
1:30 - Cornhole
2:30 Bocce Ball

Special Events for Sept. - Oct. 2026

September

9/1 10:00 Painting Class with Mindy
9/2 11:00 Coates Hearing
9/3 10:00 Painting Class with John
9/3 11:00 Music with Ron
9/3 11:30 Lunch Bunch- Fiesta Mexicana
9/7 Closed in Observance of Labor Day
9/9 10:00 Craft Class with Mindy
9/9 11:00 Joe's Music
9/10 10:00 Craft Class with Mardia
9/10 2:00 Qigong with Sindry
9/10 3:30 Facebook Live with Mindy #
9/12 7-1 Community Yard Sale at HCAA
9/14/2:00 Bingocize
9/15 10:00 Painting Class with Mindy
9/15 12:30 Advisory Meeting
9/16 2:00 Book Club with Mardia, Clayton Library
9/17 10:00 Painting Class with John
9/17 11:00 Music with Ron
9/17 1:00 Ice Cream Social
9/18 11:00 September Birthday Celebration
9/23 11:00 Joe's Music
9/24 10:00 Karaoke with Donna
9/24 2:00 Qigong with Sindry
9/25 1:00 Book Club at Horne Memorial Church
9/29 10:00 Craft Class with Tracy
9/30 6:30 pm Nighttime Bingo



BOLD: special events, notices, closings *: Registration
Required \$: Fee **: Rainbow Lanes #: 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.

October

10/1 10:00 Painting Class with John
10/1 11:30 Lunch Bunch- Venero's
10/6 10:00 Painting Class with Mindy
10/7 11:00 Food Safety Presentation
10/8 10:00 Craft Class with Mardia
10/8 2:00 Qigong with Sindry
10/14 11:00 Joe's Music
10/15 10:00 Substance Misuse Presentation with Vaya Health
10/15 10:00 Painting Class with John
10/15 11:00 Music with Ron
10/15 1:00 Ice Cream Social
10/15 3:30 Facebook Live with Karen
10/16 11:00 October Birthday Celebration
10/20 10:00 Painting Class with Mindy
10/21 2:00 Book Club with Mardia, Clayton Library
10/22 11:00 PINK PARTY- Breast Cancer Awareness
10/22 2:00 Qigong with Sindry
10/27 10:00 Craft Class with Tracy
10/28 6:30pm Nighttime Bingo
10/29 10:00 Karaoke with Donna
10/30 11:00 Costume Contest
10/30 1:00 Book Club at Horne Memorial Church



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

HARRISON CENTER for ACTIVE AGING

611 West Noble Street Selma, NC 27576

Phone: 919-965-2627

Ellen Ivey, Nutrition Coordinator

Phone: 919-965-6478

Stephanie Mullis Watts, Program Coordinator

Phone: 919-965-2627

**MONDAYS**

9:00 Pickleball
 9:00 Sew N' Sew Quilters \$
 9:00 Cardio Drumming
 10:00 Tide Dancers Team*
 10:00 Bingo
 1:00 Weekly Trivia Groups

TUESDAYS

9:00 Pickleball
 10:00 Line Dance
 10:00 Bead Weaving\$
 10:30 Life Coaching Group****
 11:00 Sassy Feet*

WEDNESDAYS

9:00 Pickleball
 9:00 Tide Dancers Team*
 10:00 Ballroom Dance
 10:30 American Sign Language
 11:00 Tide Dancers Team*
 12:30 Mile Walk in 15 Minutes
 1:00 Arts/Crafts\$

THURSDAYS

9:00 Pickleball
 10:00 Line Dance
 11:00 Sassy Feet*
 1:00 Telling Our Stories
 1:00 Steps of Inspiration*

FRIDAYS

9:00 Pickleball
 10:00 Tide Dancers Team*
 11:00 Don't Burst My Bubble
 1:00 Steps of Inspiration*

Special Events for Sept. - Oct. 2026**September**

9/1 2:00 Food as Medicine Workshop
 9/2 2:00 Qigong Informational Session
 9/3 1:30 Anxiety: Managing Nervous Energy with Vaya Health
 9/4 1-3:30 Mahjongg \$
 9/7 **Closed in Observance of Labor Day**
 9/8 1:00 Weaving the Tapestry with Dr. McCoy
 9/8 2:00 Qigong: Golden Breath Integration
 9/10 10:00 Voter Registration, Voter Identification, Absentee Ballot Registration
 9/11 Yard Sale Donations Accepted
 9/12 **7-1 Community Yard Sale**
 9/14 10:00 BINGO with the Selma Police Dept.
 9/15 1:00 Advisory Board Meeting
 9/15 2:00 Qigong: Golden Breath Integration
 9/16 10:30 Go Group: Crooked Row Produce
 9/17 3:00 Music BINGO
 9/17 5:30 Go Group: Rockin' on Raiford-Band of Oz
 9/22 1:00 September Birthday Party
 9/22 2:00 Qigong: Golden Breath Integration
 9/24 2:00 K9 Handler Demonstration with Sgt. Nixon
 9/25 12:00 Public Discourse Through Film Network (1976)
 9/28 2:00 Carolina Construction Bros Presents: Home Safety and Fall Prevention
 9/29 1:00 Passing the Torch with Dr. McCoy
 9/29 2:00 Qigong: Golden Breath Integration

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

October

Railroad Days 2nd-4th
 10/2 Mahjongg \$ (Time TBD)
 10/6 1:00 Oktoberfest Celebration with Tom Neuhauser on Accordion
 10/8 6:00 pm Evening Music BINGO
 10/13 1:00 Birthday Party
 10/13 3:00 Aashvik Agarwal Presents: AI For Seniors: Understanding AI in Everyday Life
 10/16 Mahjongg \$ (Time TBD)
 10/20 9:00 NC State Fair Trip \$
 10/26 10:00 BINGO with the Selma Fire Department
 10/26 2:30 Remembering When with the Selma Fire Department
 10/27 2:30 The Haunted History of Johnston County with Todd Johnston from the Johnston County Heritage Center
 10/30 12:00 Public Discourse Through Film

YARD SALE

A FUNDRAISER SUPPORTING
 JOHNSTON COUNTY ACTIVE AGING CENTERS



CLOTHING | SHOES | ACCESSORIES
 AND MUCH MORE!

HARRISON CENTER
 FOR ACTIVE AGING

SEPT. 12TH 2026
 7 AM - 1 PM

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



SMITHFIELD CENTER FOR ACTIVE AGING

Satellite Center of HCAA
606 Caswell St. Smithfield, NC 27577
Phone: 919-934-8701
smithfieldsc@cssjohnston.org
Nancy Lee Dunham, Program Coordinator

Elaine O'Neal, Nutrition Coordinator

MONDAYS

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

TUESDAYS

9:00 What's New
9:30 Coloring Club
10:00 Standing Pilates
10:30 Creative Writing
11:00 Cornhole
12:00 Brain Games

WEDNESDAYS

9:00 Coffee & Convo
9:30 Rise & Shine
9:30 Gardening Club
10:00 Stretching Exercise
11:00 Book Club
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 & Convo
9:30 Rise & Shine
9:30 Gardening Club
10:00 Bingo
12:00 Weekend Going Ons

Special Events for Sept. - Oct. 2026

September

9/1 10:00 Advisory Board Meeting
9/2 10:00 Small Steps, Big Rewards Series with Teresa
9/3 10:00 Crafts with Tiffany
9/7 Closed in Observance of Labor Day
9/8 Ice Cream Social
9/10 10:00 Chair Exercise with Tiffany
9/12 7-1 Community Yard Sale at HCAA
9/14 9:45 The Healthy Shopper with Terry from Health Quest
9/15 10:00 Feeding the Mind on Dementia
9/18 10:00 Mystery Walk
9/18 No Bingo
9/22 10:00 Ms. Donnye and The Ukulele Gang
9/24 10:30 What is That? *Learn About New Foods*
9/25 No Bingo
9/28 10:00 Motion is Lotion for the Body with JCC Health and Fitness
9/30 10:00 Small Steps, Big Rewards Series with Teresa

BOLD: special events, notices, closing
*: Registration Required \$: Fee

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.

October

10/5 10:30 Cholesterol Education Presentation with Dr. Mandy from UNC Health
10/6 10:00 Advisory Board Meeting
10/7 10:00 Small Steps, Big Rewards Series with Teresa
10/12 10:00 How Diabetes Effects Hearing Presentation with Coates Hearing
10/14 10:00 Small Steps, Big Rewards Series with Teresa
10/16 10:00 Birthday Celebration
10/20 10:00 Braving Parkinson's Through Movement with Lauren from Health Quest
10/21 10:30 Soy Beans, What are They? Hosted by Tim from NC Cooperative Extension
10/22 What is That? *Learn About New Foods*
10/26 10:30 Blood Pressure Education Presentation with Dr. Mandy from UNC Health
10/27 10:00 Arm Knitting with Kristina
10/28 10:30 Harvest Games

Ms. Donnye and The Ukulele Gang

Join SCAA for an incredible music experience on Tuesday, September 22nd, 2026, at 10:00 AM.

SCAA
Smithfield Center for Active Aging

SOY BEANS
What are they?

Learn about all soy beans with Tim from NC Cooperative Extension

10/21/26 10:00 AM SCAA

Drop-In Activities: Puzzles, Games, Coloring Pages

PRINCETON *Senior Dining* CENTER

Food & Fellowship

Lunch served daily at 11:30 (by reservation)

412 West Third St. Princeton, NC 27569

Phone: 919-936-2184

Shahara Wilson, Nutrition Coordinator

shaharaw@cassjohnston.org

September

9/2 10:45 Cornhole

9/7 Closed in Observance of Labor Day

9/11 11:00 Chair Exercise

9/12 7-1 Community Yard Sale at HCAA

9/14 10:45 Storm Emergency Preparedness Education

9/24 11:00 Cards

9/30 10:45 Puzzles

October

10/8 10:45 Home Safety Review

10/16 11:00 Chair Yoga

10/22 10:30 Checkers

10/29 11:00 Food Safety Education Presentation with Johnston County Health Department

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

Elaine O'Neal, 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



CCAA Youngest Volunteer



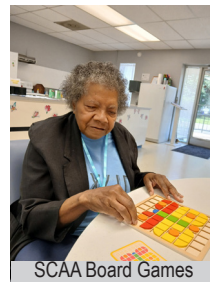
BCAA Button Art



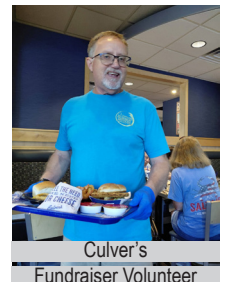
CCAA Spoon Lady Craft with Mindy



HCAA Tea Party



SCAA Board Games



Culver's Fundraiser Volunteer



CCAA Oldest Volunteer



BCAA Art with Diane



CCAA Ice Cream Social with True Blue



HCAA Quilting



SCAA Outdoor Beach Party



Culver's Fundraiser Attendant



CCAA Most Volunteer Hours



BCAA Watermelon Social



CCAA Frog Art



HCAA Swimsuit Fashion Show



SCAA Fun with Bubbles!



Culver's Fundraiser Attendants with Connie

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.

Caregiver Support	Offers a range of services to support family caregivers including individual counseling, support groups, and respite care.
Congregate Dining	Provides a hot lunch in a congregate setting in which a range of social and supporting services are available.
Health Promotion	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.
Home Delivered Meals	Provides a hot, nutritional lunch to home-bound older adults.
SHIP Counseling	The Seniors' Health Insurance Information Program (SHIP) 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.
In Home Aide Services	Assists individuals who have impairments with essential daily activities such as home management and personal care tasks.
Senior Centers	Operates community facilities where older adults come together for services and activities that reflect their skills and interests, and respond to their diverse needs.
Senior Transportation	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.*



EQUAL HOUSING OPPORTUNITY



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

Johnston

Quick RIDE

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
Office:
1050 W Noble Street
Selma, NC 27576

www.jcats.org



Find us on
Facebook

919-934-6066
www.cssjohnston.org