



BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

919-701-1477 or 919-894-2370 (Nutrition)

Hours: 8:00 – 4:30 Monday-Friday

Adrienne Delph, Program Coordinator bensonsc@cssjohnston.org



August 2025

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
				1 8:30 Old Spokes Cycling Folks 10:00 Art with Amy 1:00 Cards & Games
4 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo\$ 11:00 Tips & Tricks For Using Your Mobile Phone 1:30 Pickleball Skills Clinic 3:00 Beach Body Boot Camp	5 8:30 Outdoor Ramblers 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Sunshine Life Coaching Group 10:30 Clay Pottery Class 1:00 Write On!	6 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 Nutrition Class with Tara McGeehan 12:00 Video & Discussion Group 1:00 Cards/Games 3:00 Beach Body Boot Camp	7 8:30 Outdoor Ramblers 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 2 nd Cup 'O Joe 10:30 Crochet w/Candy 11:00 Tips & Tricks for Computer Use 3:00 Afternoon Cardio Drumming	8 8:30 Old Spokes Cycling Folks 10:00 Painting w/Diane* 12:00 Bunco\$
11 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo\$ 11:15 Day with Dr. K 1:30 Pickleball Skills Clinic 3:00 Beach Body Boot Camp	12 8:30 Outdoor Ramblers 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Sunshine Life Coaching Group 10:30 Clay Pottery Class 11:30 Let Them Eat Cake birthdays celebration 1:00 Write On!	13 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 Yoga with Tracie 12:00 Video & Discussion Group 1:00 Cards/Games 3:00 Beach Body Boot Camp	14 8:30 Outdoor Ramblers 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 2 nd Cup 'O Joe 10:30 Crochet w/Candy 3:00 Afternoon Cardio Drumming	15 8:30 Old Spokes Cycling Folks 10:00 Art with Adrienne 1:00 Cards & Games
18 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Auxiliary Sponsored Bingo 1:30 Pickleball Skills Clinic 3:00 Beach Body Boot Camp	19 8:30 Outdoor Ramblers 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Sunshine Life Coaching Group 10:30 Clay Pottery Class 1:00 Write On!	20 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 Nutrition Class with Tara McGeehan 12:00 Video & Discussion Group 1:00 Cards/Games 3:00 Beach Body Boot Camp	21 8:30 Outdoor Ramblers 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 2 nd Cup 'O Joe 10:30 Crochet w/Candy 3:00 Afternoon Cardio Drumming	22 8:30 Old Spokes Cycling Folks 10:00 Art with Adrienne 1:00 Cards & Games
25 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 \$2 Bingo \$ 1:30 Pickleball Skills Clinic 3:00 Beach Body Boot Camp	26 8:30 Outdoor Ramblers 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Sunshine Life Coaching Group 10:30 Clay Pottery Class 1:00 Write On!	27 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 Yoga with Tracie 12:00 Video & Discussion Group 1:00 Cards/Games 3:00 Beach Body Boot Camp	28 8:30 Outdoor Ramblers 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 2 nd Cup 'O Joe 10:30 Crochet w/Candy 3:00 Afternoon Cardio Drumming	29 8:30 Old Spokes Cycling Folks 10:00 Out & About Buffalo Lanes/Pizza House 1:00 Cards & Games

(*Registration /Appointment) (^ Some Weeks) (#Hybrid-Virtual & in person) (\$Fee)(***Evidence Based Program)

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



Out & About

A Group on the GO!

Friday, August 29

10:00 AM

Bowling at Buffalo Lanes

Lunch at Pizza House

Cool air inside!!



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



SUMMERTIME OUTDOOR RAMBLERS

Our group for lovers of the great outdoors! Enjoy walking together through the quaint streets of our lovely town.

Tues. & Thurs. at 8:30am



2nd Cup 'O Joe

10:30am Thursdays

Join us for fun discussion of current events and a 2nd cup of coffee!



Nutrition Class

Tara McGeehan, PharmD, BCACP, CDCES
Clinical Pharmacist Practitioner at Benson Health

Learn the ins and outs of how to eat for health. Find out what foods your body needs to thrive!

Aug 6 & 20 at 11:00am



Healthy & Fit Exercise Classes

Old Spokes Cycling Folks 8:30AM Fri.

Cardio Drumming 9:00AM M/W

*NEW Afternoon Cardio Drumming 3:00pm Th

Arthritis Exercise 10:00AM M/W

Strength & Flexibility Training 9:00AM T/Th

Tai Chi 10:00AM T/Th

Pickleball 10:00AM T/Th

& Mon. Pickleball Skills Clinic @ 1:30 PM

Beach Body Boot Camp 3:00PM M/W

Yoga 11:00AM (every other Wednesday)



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!



Sunshine Life Coaching Group

A safe place to build friendships and talk about life

Tuesdays 10:30am

Clay Pottery Class

8 week session starting August 5th 10:30am

Join local potter, Betsy Whittington, to learn clay building and sculpture techniques.

Class size is limited!



HANDMADE ART