

January - February 2024
Issue 72

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 Community and in Johnston County, NC

Welcome! 2024

*Welcome to
a new year!*

*And to new
changes
at Harrison
Center for
Active Aging!*



...and welcome to
Adrienne Delph
HCAA Coordinator

Say hello to Adrienne!

Harrison Center for Active Aging has been seeing some much needed changes since the pandemic, and 'revitalization' has begun.

Adrienne Delph was hired in November 2023 as Harrison Center for Active Aging's Program Coordinator, and has hit the ground running with new programs and ideas to excite and encourage anyone to at least stop by and see what's going on! Adrienne came to us with a lifetime of health fitness background and civic involvement to improve our community. For many years she was a collegiate volleyball coach and still enjoys many outdoor physical activities such as biking and kayaking.

We feel she will bring great enthusiasm for all sorts of community involvement and physical activities for the local seniors.

Haven't stopped by in a while, or have never dropped in to check out HCAA?

We invite you to come in and say hello today, welcome Adrienne, and check out the new activities in store at the Harrison Center!

Photos and News



MEDICARE ADVANTAGE IT IS RIGHT FOR YOU?

(Open Enrollment from
Jan. 1 - Mar 31, 2024)

1363 West Market Street
Smithfield, North Carolina 27577



Do all of my medical providers accept the Plan?
Does the Plan cover the medications I take?
Will I need Prior Authorization for treatment or services?
What are the co-payments?
What Plans are available to me?
Do I need a referral to see a specialist?
Do I have to pay Part B premiums?

Speak with:
Carmen Hargrove



(919) 934-6066
Se Habla Espanol

SHIIP has answers. Talk to your local SHIIP counselor today.

**SHIIP counselors are not licensed insurance agents, and they do not sell or endorse any product, plan, or company.*



Caregivers Christmas BASH Was A Blast

December 9, 2023 CSS held the Family Caregiver's Christmas Bash. Designed as a retreat or getaway day for caretakers of loved ones to take a break, attendees could get information, have a nice meal, and share with others in similar circumstances. Almost 70 persons attended that Saturday to enjoy advice and encouragement from professionals in their field. Midday, attendees enjoyed a catered meal by Meadowview Restaurant and ended the day with musical entertainment by The Harmony Boys with a variety of music.

*Do you know a caregiver in need of a break? Our **Family Caregiver Support Group** meets monthly in Smithfield and Clayton. Call 919-934-6066 for more details.*

BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

bensonsc@cssjohnston.org

Phone: 919-701-1477

Debra Cardone, Program Coordinator



Hours: 8:00 AM – 5:00 PM

Invite a Friend!

Congregate Meals:
Sophie White
Nutrition Coordinator
919-894-2370

Special Events for January - February 2024

JANUARY

1/1 **CLOSED** In Observance of New Years Day

1/4 12:00 Trivia with Sophie

1/8 10:00 BINGO: \$2

1/9 11:30 Birthday Celebration

1/11 12:00 Trivia with John

1/12 10:00 Craft with Diane & Sue

1/12 12:30 Bunco \$

1/15 **CLOSED** In Observance of Martin Luther King Jr. Day

1/17 6:00 PM Meal with Matt (Facebook Live)

1/18 12:00 Trivia with Sophie

1/22 10:00 BINGO: Quarter \$

1/22 11:00 BINGOcize Starts*

1/22 1:00-3:00 Paint with Diane*

1/24 1:00-3:00 Paint with Diane*

1/25 12:00 Trivia with John

1/29 10:00 BINGO: Quarter \$

1/29 1:00 Advisory Meeting

FEBRUARY

2/1 12:00 Trivia with Sophie

2/5 10:00 BINGO: \$2

2/7 6:00 PM Meal with Matt (Facebook Live)

2/8 12:00 Trivia with John

2/9 12:30 Bunco \$

2/9 Closing Early at 1:00

2/12 10:00 BINGO: Quarter \$

2/13 11:30 Birthday Celebration

2/15 12:00 Trivia with Sophie

2/19 10:00 BINGO: Ladies Auxiliary

2/22 12:00 Trivia with John

2/26 10:00 BINGO: Quarter \$

2/29 12:00 Trivia

BOLD: special events, notices, closings.

* Registration Required

#Hybrid (Virtual & In-Person)

\$= Fee ^= Some Weeks

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.

HAVE YOU PLAYED A GAME OF

BUNCO

YET?

DICE GAME

LEARN A NEW GAME & HAVE FUN ON FRIDAYS!



MEAL with MATT

Don't forget to tune in to BCAA's Facebook

LIVE to watch Matt and guests cook some healthy and tasty meals straight from our BCAA kitchen! Watch for dates posted on our Facebook feed each month!

Some happy Christmas card crafters in Amy's craft class at BCAA.



JANUARY CLOSINGS:

JAN 1, NEW YEARS DAY - CLOSED

JAN 15, MLK, JR. DAY - CLOSED



Drop-In Activities:

Computers, Fitness Room, Wii, Corn Hole, Puzzles, Horse Shoes, Shuffle Board and Game Room

Hours: 8:00 AM – 4:30 PM



CLAYTON CENTER for ACTIVE AGING

303 Dairy Road, Clayton, NC 27520

claytonsc@cssjohnston.org

Phone: 919-553-4350

Connie Keller, Program Coordinator

Congregate Meals:

Ellen Ivey

Nutrition Coordinator

919-553-4352

Special Events for January - February 2024

JANUARY

1/1 CLOSED in Observance of New Year's Day

1/2 10:00 Painting Class with A&J

1/3 11:00 Walmart: Flu Shots/Vaccines

1/4 10:00 Painting Class with A&J

1/5 11:30 Lunch Bunch: Venero's

1/9 10:00 Craft Class with Jeannine

1/10 11:00 UNC Health Check

1/11 10:00 Craft Class with Mardia

1/11 11:00 Singing with John

1/15 CLOSED in Observance of Martin Luther King Jr. Day

1/16 10:00 Painting Class with A&J

1/16 12:30 Advisory Committee Meeting

1/18 10:00 Painting Class with A&J

1/18 1:00 Ice Cream Social with Nurse Next Door

1/18 2:00 Book Club with Mardia from Clayton Library

1/19 11:00 January Birthday Celebration

1/25 10:00 Charades

1/26 11:00 Singing with John

1/26 1:00 Book Club at Home Memorial Church

1/29 6:30 PM BINGO with Chi Xi Zeta Sorority

FEBRUARY

2/2 11:30 Lunch Bunch: Vinson's

2/6 10:00 Painting Class with A&J

2/7 11:00 Walmart: Flu Shots/Vaccines

2/8 10:00 Painting with A&J

2/8 11:00 Singing with John

2/9 CLOSING Early at 1:00 PM

2/13 10:00 Craft Class with Jeannine

2/14 11:00 Valentine's Day Social

2/15 10:00 Craft Class with Mardia

2/15 1:00 Ice Cream Social with Nurse Next Door

2/15 2:00 Book Club with Mardia from Clayton Library

2/16 11:00 February Birthday Celebration

2/20 10:00 Painting with A&J

2/22 10:00 Painting with A&J

2/22 11:00 Singing with John

2/23 11:15 Coates Hearing Clinic: Hearing Screenings

2/28 6:30 PM BINGO with Chi Xi Zeta Sorority

2/29 10:00 Charades

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



Holiday crafting classes turns out some useful items for decorating, as well as some good cheer!

An ever-present CCAA volunteer, Gary Sims, is full of welcoming smiles and helping hands!



Marilyn gathered together a special group of folks at the center to have a party together. And they all had a wonderful reason to celebrate! They each have their story of cancer survival!

CCAA held a bake sale full of holiday treats and favorites. CCAA raised \$625.35 for the center!

Thank you everyone for such a successful bake sale!



MONDAYS

9:00 Strength & Balance
with Jackie

10:00 BINGO & Info

2:00 Beginner Line Dance

3:00 Intermediate Line Dance

TUESDAYS

1:00 Chair Yoga with Sindry

2:00 Cardio Drumming

WEDNESDAYS

9:00 Cardio with Jackie

10:00 Trivia Battle

2:00 Call In Trivia

2:00 Beginner Line Dance

with Jackie

3:00 Intermediate Line Dance

THURSDAYS

9:00 Fitness with Jack

11:00 Billiards ** (free at
Rainbow Lanes)

1:00 Cornhole

FRIDAYS

9:00 Strength & Balance with
Jackie

10:00 BINGO

1:00 Cornhole

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

Hours: 8:00 AM – 5:00 PM



HARRISON CENTER for ACTIVE AGING

611 West Noble Street, Selma, NC 27576

harrisonsc@cssjohnston.org

Phone: 919-965-2627

Adrienne Delph, Program Coordinator



Special Events for January - February 2024

JANUARY

1/1 CLOSED In Observance of New Year's Day

1/2 12:00 New Year's Party

1/8 11:00 Quarter Bingo

1/15 CLOSED In Observance of Martin Luther
King Jr. Day

1/17 10:00 Art of Zentangling Craft

1/22 11:00 Quarter Bingo

FEBRUARY

2/5 11:00 Quarter Bingo

2/9 Closing Early at 1:00

2/10 12:00 PM Selma's Super Bowl
of Chili Cookoff hosted by HCAA

2/14 12:00 Valentine's Day Party

2/19 11:00 Quarter Bingo

BOLD: special events, notices, closings.

\$ = Fee #Hybrid (Virtual & In-Person)

* Registration Required

** 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 to get the most up-to-date calendar.

TUESDAYS AT 10AM

Learn a new skill!



Bead Weaving

You choose...

**Strength
& FLEXIBILITY**

and/or

**Cardio
DRUMMING**



Dance, Dance, Dance!

by The Tide Dancers Team

Join Perry & Sharon
to learn about
many types of
dances at their
9:00 AM Wednesday
morning classes.

*Singles or
couples are
welcome!*



MONDAYS

9:00 Pickleball - Outdoors

9:00 Sew N' Sew Quilters \$

9:00 Strength & Flexibility
Training with Tom

10:30 Art with Adrienne

11:00 BINGO

12:00 Lunch Bunch @ HCAA

TUESDAYS

9:00 Pickleball - Outdoors

9:00 Cardio Drumming

10:00 Beginner Line Dance

10:00 Bead Weavers with Pam

10:30 (Dr Wanda's) Life Coach Group

11:00 Sassy Feet *

12:00 Go Group

WEDNESDAYS

9:00 Pickleball - Outdoors

9:00 Dance w/ Perry & Sharon
(The Tide Dancers)

10:30 Art with Adrienne

12:00 Lunch Bunch @ HCAA

THURSDAYS

9:00 Pickleball - Outdoors

9:00 Strength & Flexibility
Training with Tom

10:00 Intermediate Line Dance

11:00 Sassy Feet *

1:00 Telling Our Stories - Story
Writing Class

FRIDAYS

9:00 Pickleball - Outdoors

10:30 Classic Movies & Popcorn

12:00 Lunch Bunch @ HCAA

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

PRINCETON *Senior Dining* CENTER

Food & Fellowship

Frances Talton, Coordinator
princetonssc@cssjohnston.org

919-936-2184

412 W. Third St., Princeton
Open 10:00 - 2:00, M-F

Lunch served daily at 11:30
(by reservation)

JANUARY

Thursdays at 11:00 Puzzles
Fridays at 11:00 Fun Friday (your choice)
1/1 Closed in Observance New Year's Day
1/15 Closed in Observance of MLK, Jr. Day

FEBRUARY

Thursdays - Card Games
Fridays - Fun Friday (your choice)
2/7 11:00 Speaker Debbie Starling: Mental Health Options
2/26 11:00 Decorate for Easter



Smithfield participants raised some spirits for the holidays by singing some Christmas carols together.

SMITHFIELD *Senior Dining* CENTER

Food & Fellowship

Lunch served daily at 11:30
(by reservation)

Ollie Stallings, Nutrition Assistant
919-938-8406

Nancylee Dunham, Coordinator
smithfieldsc@cssjohnston.org

919-934-8701

606 Caswell St., Smithfield
Open 9:00 - 1:00, M-F

JANUARY

1/1 Closed in Observance New Year's Day
1/2 10:00 Fruit Cake Toss
1/4 10:00 Crafts with Ms. Tiffany (Smith. P & R)
1/11 10:00 Chair Exercise with Ms. Tiffany (Smith. P & R)
1/15 Closed in Observance of MLK, Jr. Day
1/19 10:00 Comedy/Talent Show
1/23 10:00 Speaker Karen Gleason, Nutrition Q & A

FEBRUARY

2/4 10:00 Crafts with Tiffany (Smithfield P & R)
2/6 10:00 Speaker Lauren Poe "Food Smarts"
2/8 10:00 Chair Exercise with Ms. Tiffany (Smith. P & R)
2/12 10:00 Create Valentines Day Cards
2/13 10:00 Bring Canned Soup
2/14 10:00 Valentine BINGO, Trip to JCC
2/23 10:00 Surprise Walk

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 each month for more details.



Happy New Year! 2024

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.

OR...

If you are receiving meals at your home and cannot be available to come to the door or if 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
Frances Talton, Nutrition Coordinator
919-936-2184

SMITHFIELD Senior Dining Center
Nancylee Dunham, Nutrition Coordinator
919-934-8701

BENSON Center for Active Aging
Sophie White, Nutrition Coordinator
919-894-2370

CLAYTON Center for Active Aging
Ellen Ivey, Nutrition Coordinator
919-553-4352

HARRISON Center for Active Aging
Janice Baker, Nutrition Assistant
919-965-6478

Golden Wishes
2023 Program

RESULTS:

The 2023 Golden Wishes Program provided the opportunity to bring joy to 115 homebound seniors this

holiday season! In addition, your generous donations will allow us to reach out to these seniors beyond the holiday season.

Thank you to all of our volunteers for making this program possible!

MEMBERSHIP

Photos



PARTICIPANTS DECORATE THE HALLS FOR THE HOLIDAYS AT HCAA



DANCE WITH THE SASSY FEET GALS AT HCAA



TIDE DANCERS TEAM WELCOMES NEW STUDENTS AT HCAA

Making Memories!



MARJIA FROM HOUSTON-ELLINGTON MEMORIAL LIBRARY AND MARY PHILLIPS STOP TO ADMIRE THEIR HOLIDAY CREATIONS AT HCAA



WORKOUTS CAN BE FUN AND ENJOYABLE TOO AT HCAA, CCAA OR ECAA



MYRTLE BEACH TRIP GROUP WAYS GOODBYE FROM ECAA

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

Support a broad array 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.

Information & Assistance

Designed to inform and educate older persons and their families about programs and services available across the long-term care continuum and to refer and connect individuals to appropriate resources.

In Home Aide Services

Assists individuals who have impairments with essential daily activities in the areas of home management and personal care tasks.

Options Counseling

Helps individuals consider a range of possibilities when making decisions about long-term services and supports planning for future needs.

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'Neal Street

Clayton Court II Apartments*
600 N. O'Neal 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.*



CSS is now certified as an official counseling site for
S.H.I.P., Seniors' Health Insurance Program
of the North Carolina Department of Insurance.



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

Johnston



www.jcats.org or call 919-202-5030



Pay with debit or credit card with the app
at the time of booking or with cash
upon boarding. **Expanded Hrs 6-8,
Mon-Sat**



Find us on
Facebook

919-934-6066
www.cssjohnston.org

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