

Smithfield Center for Active Aging

606 Caswell St. Smithfield, NC 27577

Hours: 8:00 – 1:30 Monday - Friday

Phone: 919-934-8701

Nancylee Dunham, Program Coordinator



SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Advisory Board Meeting	2 10:00 Small Steps, Big Rewards Series with Teresa	3 10:00 Crafts with Tiffany	4
7  CLOSED	8 Ice Cream Social	9	10 10:00 Chair Exercise with Tiffany	11 Saturday the 12th 7 am-1 pm Yard Sale at HCAA
14 9:45 The Healthy Shopper with Terry from Health Quest	15 10:00 Feeding the Mind on Dementia	16	17 10:00 Med South Program	18 10:00 Mystery Walk No Bingo
21	22 10:00 Ms. Donnye and The Ukulele Gang <i>First Day of Autumn</i>	23 10:30 What is That? Learn About New Foods	24	25
28 10:00 Motion is Lotion for the Body with JCC Health and Fitness	29	30 10:00 Small Steps, Big Rewards Series with Teresa		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Convo 9:30 Rise & Shine Stretch 9:30 Gardening Club 10:00 Stretching Exercise 11:00 Trivia 12:00 Games	9:00 What's New 9:30 Coloring Club 10:00 Standing Pilates 10:30 Creative Writing 11:00 Cornhole 12:00 Brain Games	9:00 Coffee & Convo 9:00 Rise & Shine Stretch 9:30 Gardening Club 10:00 Stretching Exercise 11:00 Book Club 12:00 Beach Volleyball	9:00 What's New 9:30 Coloring Club 10:00 Chair Exercise 11:00 Games 12:00 Trivia	9:00 Coffee & Convo 9:30 Rise & Shine Stretch 9:30 Gardening Club 10:00 Bingo 12:00 Weekend Going-Ons

SCAA News & Announcements



[www.facebook.com/
SmithfieldCenterForActiveAging](https://www.facebook.com/SmithfieldCenterForActiveAging)

Caregiver Support Group Meetings

Both Meetings on 4th Thursday of each month.

DAYTIME GROUP

Community & Senior Services
1363 West Market Street Smithfield, NC 27577
1:30 p.m. to 3:00 PM

EVENING GROUP

Clayton Center for Active Aging
303 Dairy Rd, Clayton, NC 27520
6:00-8:00 PM

COMMUNITY & SENIOR SERVICES OF JOHNSTON COUNTY PRESENTS

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**

611 W Noble St.
Selma, NC 27576

SCAA Coordinators

Program Coordinator:

Nancylee Dunham
smithfieldsc@cssjohnston.org

Nutrition Coordinator:

Elaine O'Neal
elaine@cssjohnston.org

YARD SALE VENDOR CALL!

\$20 vendor space rental

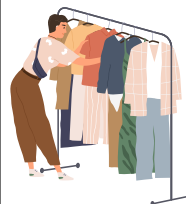
September 12th 2026

7 AM - 1 PM

HCAA

**611 W. Noble St.
Selma, NC 27576**

**BE A VENDOR! SEND US AN EMAIL AT:
SWATTS@CSSJOHNSTON.ORG**



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