

November-December 2025
Issue 82

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

Golden Wishes 2025 Program

Community and Senior Services will be distributing Golden Wishes cards to seniors who receive home delivered meals and in-home aide assistance from CSS. These seniors will have the opportunity to fill out the cards with items they wish to receive for Christmas. Upon receipt of the cards, volunteers will adopt the seniors, purchase gifts, and meet with their seniors to deliver the presents. By participating in our Golden Wishes program, holidays will be brightened for seniors in need!

Visit our website to learn more!

www.cssjohnston.org

Happy Holidays

May this season fill your heart with love,
your home with joy, and your life with laughter.

Warmest greetings from all of us at Community & Senior Services and JCATS



Caring for Caregivers



Caregiver Support Group Meeting

Join us on the fourth Thursday every month

► **Community & Senior Services**
1363 W. Market St. Smithfield, NC
27577
1:30 pm

► **Clayton Senior Center**
303 Dairy Rd. Clayton, NC
27520
6:00 pm

★ MEDICARE QUESTIONS? ★

Community and Senior Services is the Official
SHIIP Counseling Site for Johnston County!

If you have questions about Medicare or your Medicare plan,
our SHIIP Coordinator is here to help!

Contact Caroline McLeod
919-934-6066 Ext. 233



Appointments are available in person or over the
phone by request



OPEN ENROLLMENT
is October 15th-December 7th 2025



SHIIP (Seniors' Health Insurance Information Program) is a division of the
NC Department of Insurance that offers free, unbiased Medicare
counseling.



Holiday Closures

Tuesday, Nov. 11, 2025
Thursday, Nov. 27, 2025
Friday, Nov. 28, 2025
Wednesday, Dec. 24, 2025
Thursday, Dec. 25, 2025
Friday, Dec. 26, 2025
Thursday, Jan. 1, 2026

BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

bensonsc@cssjohnston.org

Adrienne Delph, Program Coordinator**Phone: 919-701-1477****Sophie White, Nutrition Coordinator****Phone: 919-894-2370****MONDAYS**

9:00 Cardio Drumming
 10:00 Arthritis Exercise
 10:30 Bingo
 11:15 Learn Spanish
 1:30 Pickleball Skills Clinic
 5:30 Cardio Drumming After
 Hours (3rd Monday each
 month)

TUESDAYS

8:30 Outdoor Ramblers
 9:00 Strength & Flexibility
 Exercise
 10:00 TaiChi Class
 10:00 Pickleball Games
 10:30 Sunshine Life
 Coaching Group
 11:00 Walk With Ease
 1:00 Write On! Writers group

WEDNESDAYS

9:00 Cardio Drumming
 10:00 Arthritis Exercise
 11:00 Walk With Ease
 11:15 Learn Spanish
 12:00 Video & Discussion
 Group
 1:00 Cards & Games

THURSDAYS

9:00 Strength & Flexibility
 Exercise
 10:00 TaiChi Class
 10:00 Pickleball Games
 10:30 2nd Cup O' Joe
 Current Events Discussion
 10:30 Crochet Class
 11:00 Walk With Ease
 3:00 Afternoon Cardio
 Drumming

FRIDAYS

10:00 Fine Arts or Crafting*
 1:00 Cards & Games

Special Events for Nov - Dec 2025**November**

11/3 10:30 Quarter Bingo\$
 11/5 11:00 Yoga with Tracey
 11/7 10:00 Art with Amy*
 11/10 10:30 Quarter Bingo\$
11/11 CLOSED VETERANS DAY
**11/12 12:00 Thanks for Giving Volunteer Appreciation
 Lunch**
 11/13 11:00 Macrame with Mary Ann*
 11/14 10:00 Paint with Diane*
 11/14 12:00 BUNCO*\$
 11/17 10:30 Auxiliary Bingo
11/17 5:30 After Hours Cardio Drumming
11/18 11:30 Let Them Eat Cake Birthdays Celebration
 11/19 11:00 Yoga with Tracey
 11/21 10:00 Art with Adrienne*
 11/24 10:30 \$2 Bingo\$
11/27 - 11/28 CLOSED Happy Thanksgiving

BOLD: special events, notices, closings

* Registration Required \$= Fee **BPRD

Gym ^Some Weeks #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 to
 get the most up-to-date calendar.

**December**

12/1 10:30 Quarter Bingo\$
 12/5 10:00 Art with Amy*
 12/8 10:30 Quarter Bingo\$
 12/12 10:00 Paint with Diane*
 12/12 12:00 BUNCO*\$
12/12 1:00 CLOSING
 12/15 10:30 Auxiliary Bingo
12/15 5:30 After Hours Cardio Drumming
12/17 1:00 Grinchy Green Christmas Gala*
 12/19 10:00 Art with Adrienne*
 12/22 10:30 \$2 Bingo\$
12/24- 12/26 CLOSED Merry Christmas
12/29 - 12/31 Open 8-1 No Programs



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

Phone: 919-553-4352

Connie Keller, Program Coordinator

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

10:30 Chair Yoga w/Sindry
12:35 Trivia
2:00 Cornhole

WEDNESDAYS

9:00 Cardio with Jackie
10:00 Trivia Battle
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 Lanes
2:00 Cardio Drumming
3:00 Learn Sign Language

FRIDAYS

9:00 Strength & Balance with Jackie
1:00 Cornhole
2:30 Bocce Ball – Weather permitting

Special Events for Nov - Dec 2025

November

11/5 11:00 Walmart vaccine clinic
11/6 11:00 Music with Ron
11/7 11:30 Lunch Bunch- Vinson's
11/11 CLOSED Veterans Day
11/13 10:00 Craft Class with Mardia
11/14 10:00 Bingo-Women's Club
11/17 2:00 Book Club with Mardia, Clayton Library
11/18 10:00 Painting Class
11/18 12:30 Advisory Meeting
11/18 10:00 Painting Class with Papajack
11/19 6:30 Bingo with Chi Xi Zeta Sorority
11/20 1:00 Ice Cream Social
11/21 10:00 Double Bingo with The Marine Corps League
11/21 11:00 November Birthday Celebration
11/21 1:00 Book Club at Horne Memorial Church
11/25 10:00 Karaoke with Donna
11/27 - 11/28 CLOSED Happy Thanksgiving

December

12/4 10:00 Painting Class with Papajack
12/5 11:30 Lunch Bunch- Clayton Steakhouse
12/9 10:00 Craft Class with Mindy
12/11 10:00 Craft Class with Mardia
12/12 9:00-12:00 BAKE SALE
12/12 10:00 Bingo-Women's Club
12/12 1:00 CLOSING
12/16 10:00 Painting Class
12/16 1:00 HOLIDAY PARTY
12/17 2:00 Book Club w/Mardia, Clayton Library
12/17 6:30 Bingo with Chi Xi Zeta Sorority
12/18 11:00 Music with Ron
12/18 1:00 Ice Cream Social
12/19 10:00 Double Bingo with The Marine Corps League
12/19 11:00 December Birthday Celebration
12/19 11:00 Life Screening hearing test
11/19 1:00 Book Club at Horne Memorial Church
12/24 - 12/26 CLOSED Merry Christmas
12/29 - 12/31 Open 8-1

BOLD: special events, notices, closings
*Registration Required \$ = Fee ** Rainbow Lane ^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.



WE'RE HAVING A BAKE SALE!

December 12th, 2025
9:00 AM - 12:00 PM



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

HARRISON CENTER for ACTIVE AGING

611 West Noble Street Selma, NC 27576

Tammy Braglin, Program Coordinator
Phone: 919-965-2627
 tammy@cssjohnston.org

Ellen Ivey, Nutrition Coordinator
Phone: 919-965-6478

**MONDAYS**

9:00 Pickleball
 9:00 Sew N' Sew Quilters \$
 9:00 Cardio Drumming
 10:00 Tide Dancer Team*
 10:00 Bingo
 1:00 Kazoo
 2:00 Book Worm's Book Club

TUESDAYS

9:00 Pickleball
9:00 Arthritis Exercise***
 10:00 Line Dance
 10:00 Bead Weaving
 10:30 Life Coach Group
 11:00 Sassy Feet *
 1:00 Chair Ball

WEDNESDAYS

9:00 Pickleball
 9:00 Tide Dancer Team*
 10:00 Ballroom Dance
 10:30 American Sign Language
 11:00 Tide Dancer Team*
 1:00 Arts/Crafts \$

THURSDAYS

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

FRIDAYS

9:00 Pickleball**
 10:00 Tide Dancer Team*
10:30 Talk Time w/Tammy on Zoom
 11:00 Fun with Games
 11:30 Chair Ball
 1:00 Steps of Inspiration Dance Team*

Special Events for Nov - Dec 2025**November**

11/3 10:00 Quarter Bingo
 11/3 10:30 Selma Fire Dept. Fire Extinguisher Training and drop off your used extinguishers
 11/6 11:00 Grief Support Group
11/11 CLOSED Veterans Day
11/14 1:00 Friendsgiving Volunteer Appreciation Lunch *Invitation ONLY or \$10 lunch plate
 11/17 10:00 Quarter Bingo
 11/18 1:00 Advisory Board Meeting
 11/19 1:00 Meditate & Stretch w/Tammy on Zoom
 11/21 11:30 Go Group Lunch Bunch Pixie Dust Café - Selma
 11/24 1:00 Chair Ball-Intergenerational (all ages)
11/27 - 11/28 CLOSED Happy Thanksgiving

December

12/1 10:00 Quarter Bingo
 12/2 6:00 Go Group Meet Up
 Tree Lighting & 7pm Christmas Parade-Selma
 12/4 11:00 Grief Support Group
 12/6 5:30 Go Group Meet Up New Bern Christmas Flotilla
 12/9 1:00 Chair Ball-Intergenerational (all ages)
12/12 12:00 CLOSING
 12/15 10:00 Quarter Bingo
12/15 1:00 Christmas Caroling, Hot Cocoa, Christmas Cookies *
 12/17 1:00 Meditate & Stretch w/Tammy on Zoom
12/19 1:00 Soup & Sandwiches Christmas Party *
Sign up for soup, sandwiches, and dessert Games, music, and dress in your Christmas attire
12/24 - 12/26 CLOSED Merry Christmas
12/29 - 12/31 Open 8-1

BOLD: special events, notices, closings

* Registration Required \$= Fee

**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 for up-to-date calendars.



**FRIENDSGIVING
 VOLUNTEER
 APPRECIATION
 LUNCH**

November 14th at 1:00 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

Alyssa Erdman, Nutrition Coordinator Nancylee Dunham, Program Coordinator

MONDAYS

9:00 Coffee & Small Talk
9:30 Good news
10:00 Rise & Shine
Stretching
11:00 Crafts
12:00 Trivia

TUESDAYS

9:00 Coffee & Small talk
9:30 Coloring Club
9:30 Gardening Club
10:00 Brain Games
10:30 Chair Exercise
11:00 Creative Writing
12:00 Dominoes

WEDNESDAYS

9:00 Coffee & Small Talk
9:30 Card Games
10:00 Rise & Shine Stretching
10:30 Book Club
12:00 Crafts

THURSDAYS

9:00 Coffee & Small Talk
9:30 Coloring Club
9:30 Gardening Club
11:00 Chair Exercise
12:00 Senior Choice

FRIDAYS

9:00 Coffee & Small Talk
9:30 Brain Trivia
10:00 Rise & Shine
Stretching
10:30 Bingo
12:00 Weekend Going Ons

Special Events for Nov - Dec 2025

November

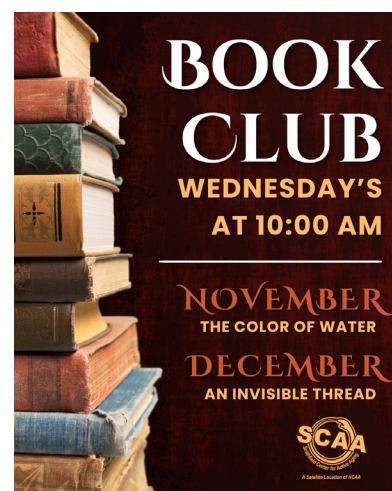
11/4 10:00 Advisory Board Meeting
11/6 10:00 Crafts with Ms. Tiffany
11/10 10:00 Music with Mr. Billy
11/11 CLOSED Veterans Day
11/12 10:30 Holiday Safety Talk with JoCo EMS
11/13 10:00 Chair Exercise with Ms. Tiffany
11/18 10:00 Lauren & Jasmine from Poe Center
11/19 Winter Fashion Show
11/20 10:00 Chair Exercise with Tammy from Meadowview
11/21 11:30 Thanksgiving Celebration*
11/26 11:30 Movie and Lunch
11/27 - 11/28 CLOSED Happy Thanksgiving

December

12/1 11:00 Holiday Crafts
12/2 10:00 Advisory Board Meeting
12/3 11:00 Holiday Crafts
12/4 10:00 Crafts with Ms. Tiffany
12/9 10:00 A visit with Rene Vasquez from Hospice
12/10 11:00 Holiday Crafts
12/11 10:00 Exercise with Ms. Tiffany
12/12 Birthday Celebration
12/15 11:00 Holiday Crafts and Hanging Stockings
12/17 Center Decorating
12/18 10:00 Fun & Games w/ Ms. Tammy
12/19 Bingo Store
12/23 Christmas Party & Holiday Skit
12/24 - 12/26 CLOSED Merry Christmas
12/29 - 12/31 Open 8-1
12/30 11:30 Movie and Lunch
12/31 New Years Eve Celebration

BOLD: special events, notices, closing
* Registration Required
^Some Weeks \$ = Fee

Please note, activities and classes are subject to change. For schedule updates or questions contact the center.



THANKSGIVING Celebration

Join SCAA on November 21st, 2025, at 11:30 for food, fun, and fellowship!



Drop-In Activities: *Puzzles, Games, Coloring Pages*

PRINCETON *Senior Dining* CENTER

Food & Fellowship

Lunch served daily at 11:30 (by reservation)

6412 West Third St. Princeton, NC 27569

Phone: 919-936-2184

Shahara Wilson, Nutrition Coordinator

shahara@cssjohnston.org

November

11/4 10:00 Western Movie

11/7 11:00 Chair Yoga

11/11 CLOSED Veterans Day

11/13 11:45 Vitals Clinic

11/19 11:30 NC Family Care

11/21 11:00 Cards

11/25 11:00 Puzzles

11/27 - 11/28 CLOSED Happy Thanksgiving



December

12/1 10:45 Chair Yoga

12/4 10:30 Cards

12/9 10:00 Comedy Movie

12/11 11:45 Vitals Clinic

12/15 10:30 Puzzles

12/18 Holiday Planning

12/24 - 12/26 CLOSED Merry Christmas

12/30 10:30 Exercise



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

Alyssa Erdman, 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



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.
SHIIP Counseling	The Seniors' Health Insurance Information Program (SHIIP) 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.*



1363 West Market St., Smithfield, NC



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