



HARRISON CENTER for ACTIVE AGING

611 W. Noble Street, Selma, NC 27576

Hours: 8:00 – 4:30 Monday - Friday

Phone: 919-965-2627 or 919-965-6478 (Dining)

Tammy Braglin, Program Coordinator tammy@cssjohnston.org



April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 11am Grief Support 11am Barn Quilt Info Session	4
7	8	9	10 10am Presentation Selma Police Dept.	11 2pm Flower Bed Beautification Day
14 10am Quarter Bingo 1pm Easter Ice Cream Social *Registration REQUIRED \$1.00 donation	15	16	17 6pm Go Group Rockin'on Raiford & Farmers' Market Downtown Selma	18 CLOSED Happy Easter
21	22	23	24	25 11:30 Go Group Lunch Bunch Parkside Café Pine Level \$ 2pm Film Club Meets
28 10am Quarter Bingo	29	30		

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

* Registration
Required
** In the gym
*** Arthritis
Foundation Exercise
Program

Mondays

9:00 Sew N' Sew Quilters \$
9:00 Pickleball
9:00 Cardio Drumming
10:00 Tide Dancers Team*
10:00 Bingo
11:00 Trivia
1:00 Kazoo Choir
2:00 Book Worm's Book Club

Tuesdays

8:30 Walking Club
9:00 Arthritis***
9:30 Pickleball
10:00 Line Dance
10:00 Bead Weaving
10:30 Dr. Wanda's Life
Coaching
11:00 Sassy Feet *
1:00 Chair Yoga

Wednesdays

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

Thursdays

8:30 Walking Club
9:00 Arthritis ***
9:30 Pickleball
10:00 Line Dance
11:00 Sassy Feet*
1:00 Telling Our Stories
1:00 Steps of Inspiration Line
Dance
3:00 Chair Yoga

Fridays

9:30 Beginner Pickleball
10:00 Tide Dancer Team*
10:30 Pickleball
1:00 Steps of Inspiration Line
Dance

HCAA News & Announcements

Easter Ice Cream Social

Monday, 14th

1:00pm

Registration Required

\$1.00 Donation please by 4/11

Bring a snack to share

Easter egg hunt, bring your basket

CLOSED Friday, April 18th

Happy Easter!



Presentation

4/10 - Selma Police Dept.

Officer Tomeka Moore

Lunch Bunch Go Group \$

Friday, 25th

Parkside Cafe – Pine Level

Barn Quilt Art

Thursday, April 3 @ 11am

Info Session

Cost & Materials Needed

Go Group

Thursday, April 17th

6:00pm

**Rockin' on Raiford &
Farmers' Market**

Downtown Selma

Flower Bed Beautification

Friday, April 11th @ 2pm

**Come help us clean, prep the flower
beds.**

HCAA Sister Center: Smithfield Senior Dining Center

606 Caswell St. Smithfield, NC

Monday- Friday: 8:00am – 1:30pm

Program Coordinator: Nancy Lee Dunham

919-934-8701 or

smithfieldsc@cssjohnston.org

Find us on Facebook at

“Harrison Center for Active Aging”

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