



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 fb: benson center for active aging - BCAA

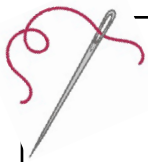
February 2026



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
2 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo \$ 11:15 <u>Coates Hearing Speaker</u> 11:50-1 FREE HEARING TESTS 11:30 Barn Quilt Painting Class* 1:30 Pickleball Skills Clinic	3 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Learn to Speak Spanish 11:00 Walk with Ease*** 11:30 Barn Quilt Painting Class* 1:00 Write On! Writers Group	4 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class 11:00 Gentle Chair Exercise 11:30 Walk with Ease*** 1:00 Cards/Games	5 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Crochet & Knit 11:00 Walk with Ease*** 11:30 2 nd Cup 'O Joe 3:00 Afternoon Cardio Drumming	6 9:00 Cardio Drumming Junkies 10:00 Art with Amy* 1:00 Cards & Games
9 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo \$ 11:30 Barn Quilt Painting Class* 1:30 Pickleball Skills Clinic	10 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Learn to Speak Spanish 11:00 Walk with Ease*** 11:30 Barn Quilt Painting Class* 1:00 Write On! Writers Group	11 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class 11:00 Gentle Chair Exercise 11:30 Walk with Ease*** 1:00 Cards/Games	12 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Crochet & Knit 11:00 Walk with Ease*** 11:30 2 nd Cup 'O Joe 3:00 Afternoon Cardio Drumming	13 9:00 Cardio Drumming Junkies 10:00 Painting w/Diane* 12:00 BUNCO XOXOXOXOXO ALL DAY PARTY! 
16 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Auxiliary Bingo 11:30 Barn Quilt Painting Class* 1:30 Pickleball Skills Clinic 5:30 After Hours Cardio Drumming	17 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Learn to Speak Spanish 11:00 Walk with Ease*** 11:30 Let Them Eat Cake birthday celebration 1:00 Write On! Writers Group	18 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class 11:00 Gentle Chair Exercise 11:30 Walk with Ease*** 1:00 Cards/Games	19 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Crochet & Knit 11:00 Walk with Ease*** 11:30 2 nd Cup 'O Joe 3:00 Afternoon Cardio Drumming	20 9:00 Cardio Drumming Junkies 10:00 Design with Deb* 1:00 Cards & Games
23 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 \$2 Bingo \$ 11:00 JOCO Health Dept. Nutrition BINGO! 1:30 Pickleball Skills Clinic	24 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Learn to Speak Spanish 11:00 Walk with Ease*** 1:00 Write On! Writers Group	25 9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Cardio & Strength Training Circuit Class 11:00 Gentle Chair Exercise 11:30 Walk with Ease*** 1:00 Cards/Games	26 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball Games 10:30 Cardio & Strength Training Circuit Class 10:30 Crochet & Knit 11:00 Walk with Ease*** 11:30 2 nd Cup 'O Joe 3:00 Afternoon Cardio Drumming	27 9:00 Cardio Drumming Junkies 11:00 Out & About Lunch at The GRAND MAGNOLIA 1:00 Cards & Games

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

Key: \$ = fee, *** = Evidenced based class, * = Registration required



SEWING ARTS GROUP THURSDAYS 10:30AM

If you are interested in learning about the sewing arts or are looking for a group that shares your hobby.....join us!



Crocheting, knitting, quilting, sewing

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



WALK WITH EASE

For those who enjoy walking for exercise!
Join our group so we can get in shape together!

Tues. and Thurs. at 11:00

Wed. at 11:30



2nd Cup 'O Joe

11:30 am Thursdays

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



Out & About

Lunch at
The Grand Magnolia
Friday, Feb. 27 11:00am
Drive yourself or
carpool with a friend



Healthy & Fit Exercise Classes

Cardio Drumming 9:00 AM M/W/F



Afternoon Cardio Drumming 3:00 Thurs

****NEW Cardio Drumming After Hours 5:30 Mon**

Arthritis Exercise 10:00 AM M/W

Cardio & Strength Training Circuit Class T/W/TH
10:30AM

Gentle Chair Exercise 11:00AM Wed.

Strength & Flexibility Training 9:00 AM T/Th



Tai Chi 10:00 AM T/Th

Pickleball 10:00 AM T/Th

Mon. Pickleball Skills Clinic @ 1:30 PM

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!

Learn to Speak Spanish



Learn a new language or
brush up on your Espanol

Tuesdays 10:30