



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



August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
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4 10am Quarter Bingo	5 9am – 10am Digital Phone Presentation 10am-11am Basic Computer Class w/Elijah Adair	6 Go Group Meet Up 4:30pm Coffee on Raiford Enjoy smoothies, Coffee, Tea & More	7 11am Grief Support	8
11 11am Presentation with Tammy Stay Cool, Stay Hydrated 11:30am Fruit with the Director Sarah Williams	12	13	14 1pm Karaoke & Healthy Snack Party (Registration Required) Bring a healthy snack to share!	15 11:30am Go Group Lunch Bunch Robin's Nest \$
18 10am Quarter Bingo	19 9:30am Presentation w/Tammy "What would you do if...?"	20	21 6pm Go Group Rockin' on Raiford & Farmers' Market Downtown Selma	22
25	26	27	28	29 2-4pm Film Club Meet 6-8pm Open Mic
* Registration Required ** In the gym *** Arthritis Foundation Exercise Program \$ Fee				

Mondays

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

Tuesdays

9:00 Pickleball
9:00 Walking with Ease****
 10:00 Line Dance
 10:00 Bead Weaving
 10:30 Dr. Wanda's Life
 Coaching
**10:30 Strength Training with
 Tammy (fitness gym room)**
 11:00 Sassy Feet*

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 Walking with Ease****
 10:00 Line Dance
**10:30 Strength Training with
 Tammy (fitness gym room)**
 11:00 Sassy Feet*
 1:00 Telling Our Stories
 1:00 Steps of Inspiration Line
 Dance

Fridays

9:00 Pickleball
 10:00 Tide Dancer Team*
 11:00 Game Day
 1:00 Steps of Inspiration Line
 Dance

HCAA News & Announcements

Fruit with the Director
Monday, 11th @ 11:30am

Come sit with Sarah Williams and discuss topics related to Harrison Center for Active Aging.

Summer Woes

Bring us ideas to entice more participation. We want to see your happy faces enjoying your center.

We are definitely interested in classes/events beyond exercise classes!

Presentations

8/5 @ 9:00am – Digital Phone

8/5 @ 10:00am - Basic Computer Class

8/11 @ 11:00am – Stay Cool, Stay Hydrated

8/19 @ 9:30am – “What would you do if...?”

Lunch Bunch Go Group \$

Friday, 15th @ 11:30am

Robbin's Nest -Selma

Karaoke & Healthy Snack

Thursday, 14th @ 1:00pm

(Bring a healthy snack to share, come sing or listen)

*Registration Required

Go Group

8/6 @ 4:30pm – Coffee on Raiford

8/21 @ 6:00pm - Rockin' on Raiford & Farmers' Market

Downtown Selma

HCAA Sister Center: Smithfield Center for Active Aging

606 Caswell St. Smithfield, NC

Monday- Friday: 8:00am – 1:30pm

Program Coordinator: Nancylee Dunham

919-934-8701 or
smithfieldsc@cssjohnston.org

Ready for all things Fall!

