



Smithfield Center for Active Aging (Satellite of HCAA)

606 Caswell St. Smithfield, NC 27577

Hours: 8:00 – 1:30 Monday - Friday

Phone: 919-934-8701

Nancylee Dunham Program Coordinator smithfieldsc@cssjohnston.org

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAYS
		1	2 10:00 Crafts with Ms. Tiffany 11:00 Fourth of July Bingo	3 CLOSED 	9:00 Coffee & Convo 9:30 Rise & Shine Stretch 9:30 Gardening Club 10:00 Stretching Exercise 11:00 Trivia 12:00 Games
6 10:00 Foodborne Illness Safety Bingo	7 10:30 Paws for Reading Event with Mr. Craig Olive	8	9 10:00 Exercise with Ms. Tiffany	10 10:30 July Birthday Celebration	TUESDAYS 9:00 What's New 9:30 Coloring Club 10:00 Standing Pilates 10:30 Creative Writing 11:00 Cornhole 12:00 Brain Games
13 10:30 Advisory Board Meeting	14 10:00 Let's Learn About America's 250 Years	15	16	17 10:00 Crafts with Ms. Charlotte	WEDNESDAYS 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
20	21 10:00 Learn About Preventing Ageism with Ms. Melissa – Vaya Health	22	23 10:00 Exercise and Nutrition Education with Ms. Lauren – The Poe Center	24	THURSDAYS 9:00 What's New 9:30 Coloring Club 10:00 Chair Exercise 11:00 Games 12:00 Trivia
27	28	29	30	31	FRIDAYS 9:00 Coffee & Convo 9:30 Rise & Shine Stretch 9:30 Gardening Club 10:00 Bingo 12:00 Weekend Going Ons

Trivia: According to the National Hot Dog & Sausage Council, roughly how many hot dogs are eaten on the 4th of July in the USA?

SCAA NEWS AND ANNOUNCEMENTS

JULY CLOSURES

SCAA will be closed on Friday, July 3rd, in observance of Independence Day. Have a safe and happy holiday!



Join Us!

Join SCAA at 10:00 AM on July 23rd to learn about exercise and nutrition with Ms. Lauren from The Poe Center.



FOURTH OF JULY *Word Search*



ADAMS	FAMILY	HOLIDAY	PARADE
AMERICA	FIREWORKS	HOT DOGS	PARTY
BARBECUE	FLAG	INDEPENDENCE	PATRIOTIC
COLONIES	FREEDOM	JEFFERSON	PICNIC
CONGRESS	FRIENDS	JULY	STATES
DECLARATION	GAMES	LIBERTY	SUMMER

Trivia Answer: 150 million!