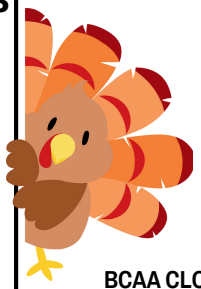
BENSON CENTER for ACTIVE AGING

1204 N Johnson St. Benson, NC 27504
Hours: Monday - Thursday 8:00 - 4:30, Fridays 8:00 - 4:00
Phone: 919-701-1477 (Active Aging) 919-894-2370 (Nutrition)
FB: Benson Center for Active Aging - BCAA
Website: cssjohnston.org

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Cardio Drumming 9:00 DVD Chair Exercise 10:00 General Exercise Class 10:30 Quarter Bingo $ 12:00 Photography Class 1:30 Pickleball Skills Clinic	**3** 9:00 Strength & Flexibility Class 10:00 Tai Chi w/ Diane 10:00 Open Enrollment Presentation w/ Caroline McLeod 10:00 Open Pickleball Games 10:30 Cardio & Strength Circut 10:30 Quilting & Needle Arts * 1:00 Write On! Writers Group	**4** 9:00 Cardio Drumming 9:00 DVD Chair Exercise 10:00 General Exercise Class 10:30 Gentle Chair Exercise 11:00 Walk w/ Friends 11:30 Financial Fraud Awareness Presentation w/ Bikash Agarwal 1:00 Games and Cards	**5** 8:30 Coffee w/ Your Coordinator 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Open Circuit Class	**6** 9:00 Cardio Drumming Junkies 10:00 Art w/ Amy: Christmas Cards * 1:00 Cards & Games 
9 9:00 Cardio Drumming 9:00 DVD Chair Exercise 10:00 General Exercise Class 10:30 Quarter Bingo $ 12:00 Photography Class 1:30 Pickleball Skills Clinic	**10** 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games **10:00 DROP-IN BIRTHDAY PARTY!** 10:30 Cardio & Strength Circuit 10:30 Crochet & Needle Arts * 1:00 Write On! Writers Group **2:00 BCAA CLOSING EARLY**	**11**  **BCAA CLOSED**	**12** 8:30 Coffee w/ Your Coordinator 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Mosaic Class* 10:30 Open Circuit Class	**13** 9:00 Cardio Drumming Junkies 10:00 Paint with Diane * 12:30 BUNCO $
16 9:00 Cardio Drumming 9:00 DVD Chair Exercise 10:00 General Exercise Class 10:30 Auxiliary Sponsored Bingo **12:00 Thanks For Giving Luncheon** 12:00 Photography Class 1:30 Pickleball Skills Clinic	**17** 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Cardio & Strength Circuit 10:30 Crochet & Needle Arts * 1:00 Write On! Writers Group	**18** 9:00 Cardio Drumming 9:00 DVD Chair Exercise 10:00 General Exercise Class 10:30 Gentle Chair Exercise 11:00 Walk w/ Friends 1:00 Cards/Games	**19** 8:30 Coffee w/ Your Coordinator 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Open Circuit Class 10:30 Mosaic Class* 4:30 $1 Bingo / Bring 2 Canned Goods	**20** 9:00 Cardio Drumming Junkies 10:00 Design with Deb: Wooden Snowmen 1:00 Cards & Games
23 9:00 Cardio Drumming 9:00 DVD Chair Exercise 10:00 General Exercise Class 10:30 Auxiliary Sponsored Bingo $ 1:30 Pickleball Skills Clinic	**24** 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Cardio & Strength Circuit Class 10:30 Quilting & Needle Arts * 1:00 Write On! Writers Group	**25** 9:00 Cardio Drumming 9:00 DVD Chair Exercise 10:00 General Exercise Class 10:30 Gentle Chair Exercise 11:00 Foodborne Illness Education w/ Nardin Nashed 11:00 Walk w/ Friends 1:00 Cards/Games	**26**  **BCAA CLOSED**	**27**  **BCAA CLOSED**
30 9:00 Cardio Drumming 9:00 DVD Chair Exercise 10:00 General Exercise Class 10:30 Two Dollar Bingo $ 12:30 Advisory Board Meeting 1:30 Pickleball Skills Clinic				

BCAA News & Announcements

HEALTHY & FIT EXERCISE CLASSES

- General Exercise Class: 10:00 AM Monday/Wednesday
- Cardio & Strength Training Circuit Class: 10:30 AM-Tuesday/Thursday
- Gentle Chair Exercise: 10:30 AM-Wednesday
- Strength & Flexibility Training: 9:00 AM - Tuesday/Thursday
- Tai Chi: 10:00 AM- Tuesday/Thursday
- Pickleball Skills Clinic: 1:30 PM-Monday
- Pickleball Open Play: 10:00 AM- Tuesday/Thursday







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BCAA Benson Center for Active Aging

1204 N Johnson St. Benson, NC 27504
Shannon Stewart Program Coordinator
919-701-1477 (Active Aging) 919-894-2370 (Nutrition)