



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



April 2025

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
				
	<p style="text-align: right;">1</p> <p>9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Outdoor Ramblers 1:00 Write On</p>	<p style="text-align: right;">2</p> <p>9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 Dr. Sarah Morrison PT – Total Body Therapy 1:00 Cards 1:30 Pickleball for Beginners 2:00 Video Chair Yoga</p>	<p style="text-align: right;">3</p> <p>9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 10:30 Candy's Crochet Class 12:00 Trivia</p>	<p style="text-align: right;">4</p> <p>9:00 Cardio Drumming 10:00 Arts & Crafts Class Easter craft w/Amy* 11:00 Easter Cookie Decorating class w/Colleen*</p>
<p style="text-align: right;">7</p> <p>9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo\$ 1:30 Pickleball for Beginners 2:00 Video Chair Yoga</p>	<p style="text-align: right;">8</p> <p>9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball 11:30 April Birthdays Celebration 12:00 Discussion Group 1:00 Outdoor Ramblers 1:00 Write On</p>	<p style="text-align: right;">9</p> <p>9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 Take Control Nutrition Program w/Gwen Williams 1:00 Cards 1:30 Pickleball for Beginners 2:00 Video Chair Yoga</p> 	<p style="text-align: right;">10</p> <p>9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball 10:30 Candy's Crochet Class 12:00 Trivia</p>	<p style="text-align: right;">11</p> <p>7:45 Community Clean-up Day 9:00 Cardio Drumming 10:00 Acrylic Painting w/ Diane* 12:30 Bunco\$</p> 
<p style="text-align: right;">14</p> <p>9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo\$ 1:30 Pickleball for Beginners 2:00 Video Chair Yoga</p>	<p style="text-align: right;">15</p> <p>9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Outdoor Ramblers 1:00 Write On</p>	<p style="text-align: right;">16</p> <p>9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 Take Control Nutrition Program w/Gwen Williams 1:00 Cards 1:30 Pickleball for Beginners 2:00 Video Chair Yoga</p>	<p style="text-align: right;">17</p> <p>9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 10:30 Candy's Crochet Class 12:00 Trivia</p>	<p style="text-align: center;">Closed In Observance Of Good Friday</p>
<p style="text-align: right;">21</p> <p>9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Auxiliary Sponsored Bingo 1:30 Pickleball for Beginners 2:00 Video Chair Yoga</p>	<p style="text-align: right;">22</p> <p>9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Outdoor Ramblers 1:00 Write On</p>	<p style="text-align: right;">23</p> <p>9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 Take Control Nutrition Program w/Gwen Williams 1:00 Cards 1:30 Pickleball for Beginners 2:00 Video Chair Yoga</p>	<p style="text-align: right;">24</p> <p>9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 10:30 Candy's Crochet Class 12:00 Trivia</p>	<p style="text-align: right;">25</p> <p>9:00 Cardio Drumming 10:00 Out & About Tour Benson Fire Dept With Chief Allen Johnson Lunch @ CharGrill 1:00 Games</p>
<p style="text-align: right;">28</p> <p>9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 \$2 Bingo\$ 1:30 Pickleball for Beginners 2:00 Video Chair Yoga</p>	<p style="text-align: right;">29</p> <p>9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Outdoor Ramblers 1:00 Write On</p>	<p style="text-align: right;">30</p> <p>9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 Take Control Nutrition Program w/Gwen Williams 1:00 Cards 1:30 Pickleball for Beginners 2:00 Video Chair Yoga</p>		

(*Registration /Appointment) (^ Some Weeks) (#Hybrid-Virtual & in person) (\$Fee)/(***Evidence Based Program)

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



Out & About

A Group on the GO!

Friday, April 25

10 AM

Meet Benson's Finest

Special tour of Benson Fire Dept.
with Chief Allen Johnson

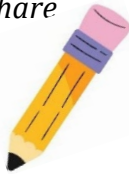
To top off the outing.....lunch at Char-Grill in Benson!



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



Take Control: Steps To Health

Join Gwen Williams, consumer science agent at
the JOCO Ag Center, for this adventure into
nutritional eating & healthy living.

Wednesdays at 11am

Starting April 9th



OUTDOOR RAMBLERS

Join our NEW group for lovers of the great
outdoors! Enjoy walking with a group through the
quaint streets of our lovely town or meet at a park
or trail.

Tuesdays at 1:00 PM



Healthy & Fit Exercise Classes

Cardio Drumming 9:00 AM M/W/F

CARDIO DRUMMING



Arthritis Exercise 10:00 AM M/W

Chair Yoga 2:00 PM M/W

Strength & Flexibility Training 9:00AM T/Th

Tai Chi 10:00 AM T/Th

Pickleball 10:00 AM T/Th

& M/W for Beginners @ 1:30 PM



Dream
Create
inspire



Arts & Crafts Classes

Fridays at 10:00 AM

Release the artist within! Watercolor & acrylic
painting, drawing, cute fun crafts!



**Town of Benson
Clean-up Day**



Here's a great volunteer opportunity! Help to
clean up our town and get FREE breakfast &
lunch to boot!

Meet at town hall 7:45am

BCAA participants will work on N. Johnson St.
near the center



Total Body Therapy & Wellness

HEAL YOUR BODY, LIVE YOUR LIFE!

Join Dr. Sara Morrison for a free
Balance & Vertigo Workshop

April 2nd

11AM