

BENSON CENTER for ACTIVE AGING

1407 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



SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Cardio & Strength Circuit Class 10:30 Crochet & Needle Arts 1:00 Write On! Writers Group	2 9:00 Cardio Drumming 10:00 General Exercise Class 10:00 Art with Amy - Homemade Cards * 10:30 Gentle Chair Exercise 11:00 Cornhole Open Play 1:00 Cards/Games	3 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Cardio & Strength Circuit Class	4 9:00 Cardio Drumming Junkies 10:00 Art with Amy - Rock Painting * 1:00 Cards & Games 
7  CLOSED	8 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Cardio & Strength Circuit Class 10:30 Mosaic Class * 10:30 Crochet & Needle Arts 1:00 Write On! Writers Group	9 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Gentle Chair Exercise 11:00 Cornhole Open Play 1:00 Cards/Games	10 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Cardio & Strength Circuit Class	11 9:00 Cardio Drumming Junkies 10:00 Paint with Diane * 12:30 BUNCO \$ 1:00 Cards & Games Saturday the 12th 7 am-1 pm Yard Sale at HCAA
14 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Quarter Bingo \$ 11:00 Cornhole Open Play 12:00 Photography Class 12:30 Advisory Board Meeting 1:30 Pickleball Skills Clinic	15 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Cardio & Strength Circuit Class 10:30 Mosaic Class * 11:30 September Birthday Celebration 1:00 Write On! Writers Group NO CROCHET & NEEDLE ARTS	16 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Gentle Chair Exercise 11:00 Cornhole Open Play 1:00 Cards/Games	17 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Cardio & Strength Circuit Class 	18 9:00 Cardio Drumming Junkies 10:00 Design with Deb - Wine Cork Pumpkins 1:00 Cards & Games
21 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Auxiliary Sponsored Bingo \$ 11:00 Cornhole Open Play 1:30 Pickleball Skills Clinic	22 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Cardio & Strength Circuit Class 10:30 Mosaic Class * 10:30 Crochet & Needle Arts 1:00 Write On! Writers Group <i>First Day of Autumn</i>	23 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Gentle Chair Exercise 11:00 Cornhole Open Play 1:00 Cards/Games	24 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Cardio & Strength Circuit Class	25  MULE DAYS CLOSED
28 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Two Dollar Bingo \$ 11:00 Cornhole Open Play 1:30 Pickleball Skills Clinic 	29 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Cardio & Strength Circuit Class 10:30 Mosaic Class * 10:30 Crochet & Needle Arts 12:00 Photography Class 1:00 Write On! Writers Group	30 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Gentle Chair Exercise 11:00 Cornhole Open Play 1:00 Cards/Games	BCAA KEY: *Pre-registration Required *** Evidence-Based Class \$ Fee	

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
- **Cornhole Open Play:** 11:00 AM- Monday/Wednesday

Caregiver Support Group Meetings

Both Meetings on 4th Thursday of each month.

DAYTIME GROUP

Community & Senior Services
1363 West Market Street Smithfield, NC 27577
1:30 p.m. to 3:00 PM

EVENING GROUP

Clayton Center for Active Aging
303 Dairy Rd, Clayton, NC 27520
6:00-8:00 PM

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Benson Center for Active Aging -
BCAA

COMMUNITY & SENIOR SERVICES OF JOHNSTON COUNTY PRESENTS

YARD SALE



A FUNDRAISER SUPPORTING
JOHNSTON COUNTY ACTIVE AGING CENTERS



**CLOTHING | SHOES | ACCESSORIES
AND MUCH MORE!**

**HARRISON CENTER
FOR ACTIVE AGING**

**SEPT. 12TH 2026
7 AM - 1 PM**

611 W Noble St.
Selma, NC 27576

YARD SALE VENDOR CALL!

\$20 vendor space rental

September 12th 2026

7 AM -1 PM

HCAA

**611 W. Noble St.
Selma, NC 27576**

**BE A VENDOR! SEND US AN EMAIL AT:
SWATTS@CSSJOHNSTON.ORG**



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