



Smithfield Senior Center

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



August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 10:00-11:00 Advisory Meeting 11:00-11:30 Stretch Exercise	5 10:00-11:00 Healthy Living for your Brain & Body w/ Ms. Madison	6 10:00 Let's talk about Fruit/veggies of August	7 10:00 Crafts w/ Ms. Tiffany	8 10:00 Bingo w/Ms. Melissa HEART
11 10:30 Environmental Education	12 10:00-11:00 Fraud prevention Online & over the phone w/ Ms. Kristina	13	14 10:00-11:00 Chair Exercise w/ Ms. Tiffany	15
18	19 10:00 – 11:00 Neurocognitive Disorders & Basic Dementia w/ Ms. Melissa	20 10:30 Crafts Ms. Candace & the Homeschoolers	21	22
25	26	27	28 10:00-11:00 Dance Party	29

Mondays

9– 9:30 Coffee & Convo
9:30-10:00 Rise & Shine
9:30-10:00 Gardening Club
10–11:00 Stretch Exercise
11-11:30 Crafts
12-1:00 Trivia

Tuesdays

9-9:30 Small talk
9:30-10:00 Coloring Club
10:00-11:00 Brain Games
11:00-11:30 Cornhole
12:00-1:00 Book time/ puzzle
time

Times can change due to
speakers visiting.

Wednesdays

9:00-9:30 Coffee & Convo
9:30-10:00 Rise & Shine
9:30-10:00 Gardening Club
10-11:30 Crafts
12-1:00 Beach Volleyball

Times can change due to
speakers visiting.

Thursdays

9:00-9:30 Small talk
9:30-10:00 Coloring Club
10:00-11:00 Chair Exercise
11:00-11:30 Games
12:00-1:00 Senior Choice

Fridays

9:00-9:30 Coffee & Convo
9:30-10:00 Rise & Shine
9:30-10:00 Gardening Club
10:00-11:30 Bingo
12:00-1:00 Weekend going
ons

“If it’s out of your hands,
it deserves freedom from your mind too.”

- Ivan Nuru

COFFEE AND CONVO

EVERY MONDAY, WEDNESDAY, AND
FRIDAY

AT 9:00 AM



let's do lunch

Hot, delicious lunches
served daily!

Seniors, to come eat with us
please contact Alyssa before
noon the day before, to reserve
your free lunch!

919-934-8701

SCAA Sister Center: Harrison Center for Active Aging

611 W. Noble St. Selma, NC

Monday- Friday: 8:00am – 4:30pm

Program Coordinator: Tammy Braglin

919-965-2627

Gardening Club

M-W-F 9:30-10:00

