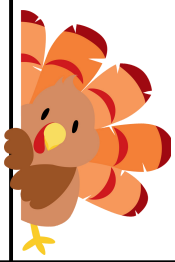
Smithfield Center for Active Aging
606 Caswell St. Smithfield, NC 27577
Hours: 8:00 – 1:30 Monday - Friday
Phone: 919-934-8701
Program Coordinator: Nancylee Dunham

NOVEMBER 2026

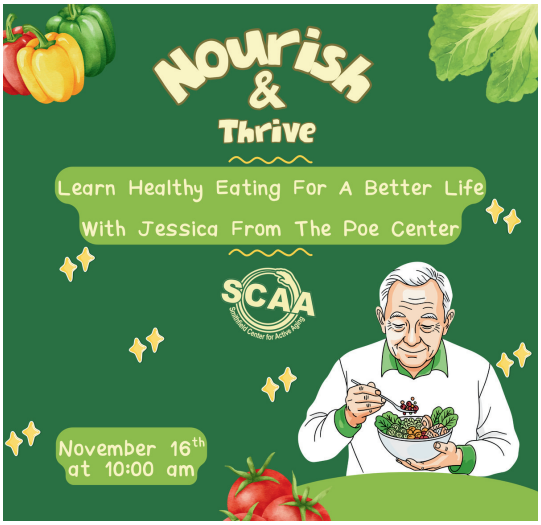
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Motion Is Lotion for the Body with Kelly Williams, JCC	**3**	**4** 10:00 Small Steps, Big Rewards with Ms. Teresa Palma	**5** 10:00 Crafts with Ms. Tiffany 10:30 Fraud & Cyber Scam Awareness Presentation with Bikash Agarwal	**6** 10:00 Bingo & Hospice Education with Corey 
9 10:00 Advisory Board Meeting	**10** 10:00 Small Steps, Big Rewards with Ms.Teresa Palma	**11**  **CLOSED** Veterans Day	**12** 10:00 Exercise with Ms. Tiffany	**13** 10:00 Fundraiser Planning
16 10:00 Nourish & Thrive with Jessica, Poe Center	**17** 10:00 Crisis Management with Melissa, Vaya Health	**18** 10:30 What is That? Learn About New Foods	**19** 10:00 Med South Program with Ms. Nardine, Johnston County Health Department *	**20** 10:30 Mystery Walk & Bingo
23 Soup Jar Fundraiser Begins	**24** Thanksgiving Party *	**25** 10:00 Tea Party with Nancy	**26** **CLOSED** Thanksgiving	**27** **CLOSED**
30 Food Collection for Smithfield Rescue Mission Begins 11:00 Spotlight on Science 				**Location Key** *: Reservation Required $: Fee Involved

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Small Talk 9:30 Good News 10:30 Rise & Shine Stretch 12:00 Trivia	9:00 Coffee & Small Talk 9:30 Coloring Club 9:30 Gardening 10:00 Brain Trivia 10:30 Standing Pilates 12:00 Dominoes	9:00 Coffee & Small Talk 9:30 Coloring Club 10:00 Chair Exercise 10:30 Book Club 12:00 Games	9:00 Coffee & Small Talk 9:30 Coloring Club 9:30 Gardening 10:30 Standing Pilates 12:00 Senior Choice	9:00 Coffee & Small Talk 9:30 Brain Trivia 10:30 Chair Exercise 11:00 Bingo 12:00 Weekend Going-Ons



Which American President delivered the two-minute-long Gettysburg Address on November 19, 1863?

SCAA News & Announcements









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SmithfieldCenterForActiveAging

SCAA Coordinators

Program Coordinator:
Nancylee Dunham
smithfieldsc@cssjohnston.org

Nutrition Coordinator:
Elaine O'Neal
elaine@cssjohnston.org

Trivia Answer: Abraham Lincoln

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