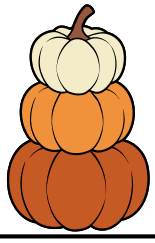
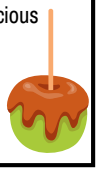
BENSON CENTER for ACTIVE AGING

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

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please note: *Pre-registration Required			**1** 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 Circuit Class 11:00 Walk With Friends 	**2** 9:00 Cardio Drumming Junkies 10:00 Art with Amy: Fall Card Making * 1:00 Cards & Games
5 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Quarter Bingo $ 12:00 Photography Class 1:30 Pickleball Skills Clinic	**6** 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Cardio & Strength Circuit Class 10:30 Crochet & Needle Arts * 11:00 Walk With Friends 1:00 Write On! Writers Group	**7** 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Gentle Chair Exercise 11:00 Walk With Friends 1:00 Cards/Games	**8** 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 Circuit Class 11:00 Walk With Friends	**9** 9:00 Cardio Drumming Junkies 10:00 Paint with Diane * 12:30 BUNCO $ 
12 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Quarter Bingo $ 12:00 Photography Class 1:30 Pickleball Skills Clinic 	**13** 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 * 11:00 Walk with Friends 1:00 Write On! Writers Group **12:00 BIRTHDAY PARTY!** **NO CROCHET & NEEDLE ARTS**	**14** 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Gentle Chair Exercise 11:00 Walk With Friends 1:00 Cards/Games	**15** 8:30 Coffee w/ Your Coordinator 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Circuit Class 10:30 Mosaic Class 11:00 Walk With Friends 	**16** 9:00 Cardio Drumming Junkies 10:00 Design with Deb 1:00 Cards & Games
19 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Auxiliary Sponsored Bingo $ 12:30 Advisory Board Meeting 1:30 Pickleball Skills Clinic	**20** 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 Quilting & Needle Arts * 11:00 Walk with Friends 1:00 Write On! Writers Group **Senior Day at The NC State Fair**	**21** 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Gentle Chair Exercise 11:00 Walk With Friends 1:00 Cards/Games 5:00 After Hours Cardio Drumming 5:30 Mediterranean Bites & Recipe Delights*	**22** 8:30 Coffee w/ Your Coordinator 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Circuit Class 10:30 Mosaic Class 11:00 Walk With Friends	**23** 9:00 Cardio Drumming Junkies 10:00 Design with Deb 1:00 Cards & Games 
26 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Two Dollar Bingo $ 1:30 Pickleball Skills Clinic 	**27** 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 Quilting & Needle Arts * 11:00 Walk with Friends 12:00 Photography Class 1:00 Write On! Writers Group	**28** 9:00 Cardio Drumming 10:00 General Exercise Class 10:30 Gentle Chair Exercise 11:00 Walk With Friends 1:00 Cards/Games	**29** 8:30 Coffee w/ Your Coordinator 9:00 Strength & Flexibility Class 10:00 Tai Chi w/Diane 10:00 Open Pickleball Games 10:30 Circuit Class 10:30 Mosaic Class 11:00 Walk With Friends 	**30** 9:00 Cardio Drumming Junkies 10:00 Out & About (Downtown Benson) 10:00 Design with Deb 12:00 Apple-Solutely Delicious 1:00 Cards & Games 

BCAA News & Announcements

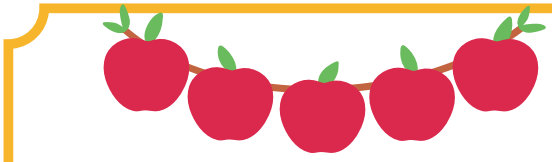
HEALTHY & FIT EXERCISE CLASSES

- 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

Join Us After Hours

Come Enjoy an Evening at BCAA!
October 21st
With Cardio Drumming at 5:00
&
Mediterranean Bites & Recipe Delights at 5:30





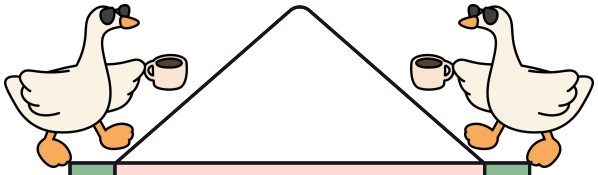
APPLE-SOLUTELY DELICIOUS
OCTOBER 30TH 12:00
EVERYTHING APPLE



APPLE DUMPLINGS
CANDY APPLES
APPLE CIDER

Follow us on facebook

Benson Center for Active Aging - BCAA



Coffee with Your Coordinator
Every Thursday at 8:30

Meet & Speak With Shannon the new Program Director!
Take a few minutes to introduce yourself & let her know what brings you to BCAA.

1407 N Johnson St. Benson, NC 27504
Shannon Stewart Program Director
919-701-1477 (Active Aging) 919-894-2370 (Nutrition)