HARRISON CENTER for ACTIVE AGING
611 W. Noble Street, Selma, NC 27576
Hours: 8:00 – 4:30 Monday - Thursday, 8:00 - 4:00 Fridays
Phone: 919-965-2627 or
919-965-6478 (Nutrition)

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LOCATION KEY CL: Computer Lab CR: Craft Room DC: Dining Center GF: Group Fitness Room LIB: Library MP: Multipurpose Room OS: Off-Site V: Virtual Session (Facebook or Zoom) $: Fee Involved * Registration/ Signup Required ** Inside the Gym *** HPDP Programs **** Confidential Discussions **Please note: Activities are subject to change.**		October 2nd & 3rd SELMA RAILROAD DAYS 51 YEARS OF CELEBRATION	**1** **Be sure to feed our Candy Monster in the hallway as a donation to Selma's Halloween Spooktacular Event!**	**2** 1:00 Beginners Mahjong ($, *, MP) ***Reminder: Selma Railroad Days is this weekend!***
5 10:00 Quarter BINGO ($, CR) 1:00 Monday Mind Fitness: Music BINGO (MP)	**6** 1:00 Oktoberfest Potluck Party with Accordion Music by Tom Neuhauser (*, MP)	**7** 2:00 Matter of Balance (***, MP) A MATTER OF BALANCE MANAGING CONCERNS ABOUT FALLS	**8** 11:00 Heartland Hospice Grief Support Session (****, CL) 11:00 - 1:00 Flu Shot Clinic From UNC Health Johnston (*, MP) 6:00 Evening BINGO (*, MP)	**9** **John Lennon Day** Enjoy Beatles music as you enter the center today! Imagine
12 2:30 SHIIP Representative Caroline McLeod Speaks on Open Enrollment Updates for 2027 (MP) NC DEPARTMENT OF INSURANCE SENIORS' HEALTH INSURANCE INFORMATION PROGRAM	**13** 1:00 October Birthday Party (*, MP) 3:00 AI For Seniors: Understanding AI in Everyday Life (MP) AI for SENIORS	**14** 2:00 Matter of Balance (***, MP)	**15** 3:00 Learn a New Game with Stephanie (CR) Game On!	**16** 1:00 Beginners Mahjong ($, *, MP)
19 10:00 Quarter BINGO ($, CR) 1:00 Monday Mind Fitness: Group Trivia (CR) TeAM Trivia	**20** 8:00 NC State Fair Trip (*, OS) THE N.C. State Fair OCTOBER 15-25, 2026	**21** 2:00 Matter of Balance (***, MP)	**22** 2:30 Ping Pong (GF)	**23** **EATIN' PUMPKIN DAY** 2:00 Pumpkin Dip & Cider Social (DC)
26 10:00 BINGO with the Selma Fire Dept (CR) 2:30 Remembering When: Safety Lecture with the Selma Fire Dept (MP)	**27** 2:30 Haunted Johnston County Folklore with Todd Johnson: Executive Director of the Johnston County Heritage Center (MP)	**28** 11:15 Gold Go Group: Zumba Gold Downtown Nutrition and Smoothie Outing (*, OS) Free Zumba Class ZUMBA gold	**29** **Last Day to donate to the Candy Monster for the Selma Spooktacular!**	**30** 12:00 Public Discourse Through Film: Groundhog Day (MP) **Reminder:** 5 - 8 pm Selma Halloween Spooktacular & Candy Trail, *Downtown Selma*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pickleball (*) 9:00 Sew 'N Sew Quilters ($, MP) 9:00 Cardio Drumming (GF) 9:15 Trash, Talk, & Walk the Harrison Block (Outside, Weather Permitting) 10:00 Tide Dancers (*, GF) 10:00 BINGO (CR) 1:00 Monday Mind Fitness (MP)	9:00 Pickleball (*) 9:00 Group Exercise (GF) 10:00 Line Dance (GF) 10:00 Bead Weaving (CR) 10:30 Life Coaching Group (****, MP) 11:00 Sassy Feet (*, GF)	9:00 Pickleball (*) 9:00 Tide Dancers (*, GF) 10:00 Ballroom Dance (GF) 10:30 American Sign Language (CR) 11:00 Tide Dancers (*, GF) 12:15 15 Minute Mile (GF) 1:00 Arts & Crafts ($, CR)	9:00 Pickleball (*) 9:00 Group Exercise (GF) 10:00 Line Dance (GF) 11:00 Sassy Feet (*, GF) 1:00 Telling Our Stories (MP) 1:00 Steps of Inspiration (GF)	9:00 Pickleball (*) 10:00 Tide Dancers (*, GF) 11:00 Don't Burst My Bubble (CR) 1:00 Steps of Inspiration (GF)

HCAA News & Announcements

Flu Shot Clinic

Please sign up and see your Program Coordinator to fill out registration forms to receive your 2026 Flu Shot courtesy of UNC Health Johnston!



Thursday October 8th
11:00am-1:00pm
Multipurpose Room





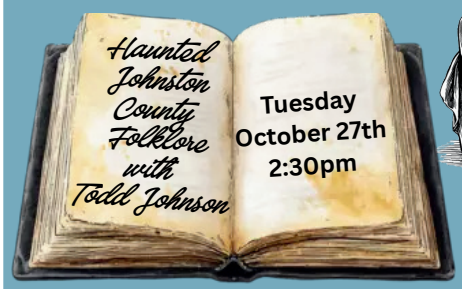
Potluck Party with Accordion Music by Tom Neuhauser

Tuesday, October 6th
1:00 p.m.
Multipurpose Room

Be sure to sign up and let us know what you would like to bring!

SAVE THE DATE!







Johnston County NC
Heritage Center

Donate candy to the Candy Monster in the hallway this month to help Activate Selma with their Selma Spooktacular event on October 30th from 5-8pm!



www.facebook.com
HarrisonCenterForActiveAging

Program Coordinator:
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