

March - April 2024  
Issue 73

1363 W. Market Street  
Smithfield, NC 27577

[www.cssjohnston.org](http://www.cssjohnston.org)  
[www.jcats.org](http://www.jcats.org)



*Our Mission:*

To provide housing and transportation for the benefit of the community; to provide services and opportunities that empower older adults to remain active and connected, enabling them to lead quality lives of independence.

# Prime Times

*Serving the Community and Older Adults in Johnston County, NC*

## 22 Chili Makers Compete to Become Selma's 2024 Super Bowl Chili Champion

The Harrison Center for Active Aging held their first chili contest on Saturday, February 12. Selma's Super Bowl Chili Cookoff, a fundraiser for the center, hosted 22 entrees and raised over \$500.00! The judges for the cookoff were Byron McAllister, Mayor of Selma; Ted Godwin, Johnston County Commissioner; Todd Daniels, Pastor of Selma Baptist Church; Randy Capps, JNOW Magazine Publisher; and Jackie Lacey, former Mayor Pro Tem of Selma.

With over 100 tasters coming through the HCAA door, the judges favorite was Sandra Honeycutt and the People's Choice winner was Tracy Hood! Congratulations to the winners and thank you to everyone who contributed and to all the volunteers who helped make this event such a success!



# Calling All Seniors!

*It's Time For The  
2024*

# SENIOR GAMES

*Johnston County*

**Senior Games Dates:**

*April 2 - May 11, 2024*

**Registration Deadline:**

*March 9, 2024*

Are you  
50+?

**\$20**  
Registration

← **Save \$5**  
with  
Online Registration

Scan Below  
For Online  
Registration



Contact:  
Local Coordinator: Joni Hubble-Zeneberg  
919-553-1550 jzeneberg@townofclaytonnc.org

Silverarts Coordinators:  
Tiffany Pearson 919-934-2148  
tiffany.person@smithfield-nc.com  
and/or  
Kristin Sasser 919-934-2148  
kristin.sasser@smithfield-nc.com

Events Director:  
Tim Messer 919-894-5117  
tmesser@townofbenison.com

*Many Ways to Participate:*

**SPORTING EVENTS:**

- Basketball Shooting
- Billiards
- Bocce
- Bowling
- Cornhole
- Discus
- Football Throw
- Golf
- Horseshoes
- Long Jumps
- Pickleball
- Shot Put
- Shuffleboard
- Softball Throwing
- Swimming
- Track Events
- Tennis

**SILVER ARTS CATEGORIES:**

Heritage Arts

- Basket Weaving
- Crochet
- Jewelry
- Knitting
- Needlework
- Pottery

- Quilting
- Stained Glass
- Weaving
- Woodcarving
- Woodworking
- Woodturning

Literary Arts

- Poetry
- Short Stories
- Life Experience
- Essay

Performing Arts

- Cheerleading
- Comedy/Drama
- Dance
- Instrumental
- Line Dance
- Vocal

Visual Arts

- Acrylics
- Drawing
- Oil
- Pastels
- Photography
- Sculpture
- Watercolor
- Mixed Media

**There is nothing like  
a smiling face to  
greet you entering  
the door at HCAA**

HCAA's new program coordinator, Adrienne Delphe, came up with a great idea to show folks what the center is made of and is most proud of, it's attendees. She and Cindy George, CSS's graphic designer came up with a way to do just that with banners to hang from the hallway ceiling, made up of the folks that attend the center. "It shows just how diverse the folks are, and who can deny that a friendly face is always a pleasant thing to see when walking in the front door? We want this place to feel inviting and a home away from home" says Adrienne and Cindy.



# BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

bensonsc@cssjohnston.org

Phone: 919-701-1477

Debra Cardone, Program Coordinator

**Congregate Meals:**  
**Sophie White**  
**Nutrition Coordinator**  
 919-894-2370



Hours: 8:00 AM – 4:30 PM

Invite a Friend!

## Special Events for March - April 2024

### MARCH

- 3/4 10:00 BINGO – \$2
- 3/4 12:00 Speaker: NC Brain Registry – Brain Health
- 3/5 2:00 Tai Chi Level 1 Starts\* (8 weeks/2x week)
- 3/7 12:00 Trivia with Sophie
- 3/8 10:00 Craft with Diane & Sue
- 3/8 12:30 Bunco \$
- 3/11 10:00 BINGO – Quarter \$
- 3/12 11:30 Birthday Celebration
- 3/13 12:00 Speaker: Kimetha JCHD on Nutrition
- 3/13 6:00 PM Meal with Matt & Christy (Facebook live)
- 3/14 12:00 Trivia with John
- 3/15 12:00 St Patrick's Day Party
- 3/18 10:00 BINGO – Ladies Auxiliary
- 3/21 12:00 Trivia with Sophie
- 3/22 11:00 Lunch Bunch/Movie\$
- 3/25 10:00 BINGO – Quarter \$
- 3/25 1:00 Advisory Meeting
- 3/28 12:00 Trivia with John
- 3/29 Closed In Observance of Good Friday

### APRIL

- 4/1-4/5 Spirit week (Every day dress the theme)
- 4/1 10:00 BINGO - \$2
- 4/4 12:00 Trivia with Sophie
- 4/5 10:00 Craft with Amy
- 4/6 12:00 Senior Games Kick Off Event  
 The Clayton Community Center
- 4/8 10:00 Bingo – Quarter \$
- 4/9 11:30 Birthday Celebration
- 4/9 2:00 No Tai Chi Level 1\*
- 4/11 12:00 Trivia with John
- 4/11 2:00 No Tai Chi Level 1\*
- 4/12 10:00 Craft with Diane & Sue
- 4/12 12:30 Bunco \$
- 4/15 10:00 BINGO - Ladies Auxiliary
- 4/17 6:00 PM Meal with Matt & Christy  
 (Facebook Live)
- 4/18 12:00 Trivia with Sophie
- 4/22 10:00 BINGO – Quarter \$
- 4/25 12:00 Trivia with John
- 4/26 10:00 Lunch Bunch/Hiking\$
- 4/29 10:00 BINGO - \$2

BOLD: special events, notices, closings.

\* Registration Required

#Hybrid (Virtual & In-Person)

\$= Fee ^= Some Weeks

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page to get the most up-to-date calendar.

### MONDAYS

- 9:00 Cardio Drumming
- 9:30 Video Chair Exercise
- 10:00 BINGO
- 1:00 Cardio Drumming
- 2:00 Video Chair Yoga

### TUESDAYS

- 9:00 Cornhole
- 9:30 Video Circuit Class
- 10:00 Taijifit with Diane
- 10:00 Pickleball
- 12:00 Discussion Group
- 1:00 Tech Training \*
- 2:00 Tai Chi Level 1\*
- 3:00 Exercise with Ellen

### WEDNESDAYS

- 9:00 Cardio Drumming
- 9:30 Video Chair Exercise
- 11:00 BINGOcize\*
- 1:00 Cards
- 1:00 Tech Training \*
- 1:00 Cardio Drumming
- 2:00 Video Chair Yoga

### THURSDAYS

- 9:00 Shuffleboard
- 9:30 Video Circuit Class
- 10:00 Taijifit with Diane
- 10:00 Pickleball
- 12:00 Trivia
- 1:00 Tech Training \*
- 2:00 Tai Chi Level 1 \*

### FRIDAYS

- 9:30 Video Chair Exercise
- 10:00 Crafts ^
- 11:00 Games
- 12:00 Bunco ^\$
- 1:00 Cardio Drumming



Come play Cards on Wednesdays at 1 PM. Shown: Colleen, Mazyar, Marilyn, & Candy.



On a day when Sue was not able to teach, Tom Griest assisted Sue (of Diane & Sue Crafting). Both volunteer on BCAA's advisory committee and love to participate in Taijifit!

## SPIRIT WEEK

April 1<sup>st</sup> through April 5<sup>th</sup>

DON'T FORGET!

**PJ Monday - Wear your Pajamas!**

**Tacky Tuesday – Wear mismatched clothes!**

**Scrabble Wednesday – We have letters for you to wear!**

**Throw Back Thursday – Wear clothes from any decade!**

**Tie Dye Friday – Wear some tie Dye, the more the better!**

Drop-In Activities:

Computers, Fitness Room, Wii, Corn Hole, Puzzles, Horse Shoes, Shuffle Board and Game Room

Hours: 8:00 AM – 4:30 PM



# CLAYTON CENTER for ACTIVE AGING

303 Dairy Road, Clayton, NC 27520

claytonsc@cssjohnston.org

Phone: 919-553-4350

Connie Keller, Program Coordinator

## Congregate Meals:

Ellen Ivey

Nutrition Coordinator

919-553-4352

## Special Events for March - April 2024

**BOLD:** special events, notices, closings.  
\* Registration Required \$ = Fee  
\*\* Rainbow Lanes ^Some Weeks  
# Hybrid = Virtual & In-Person

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page for up-to-date calendars.

### MONDAYS

9:00 Strength & Balance with Jackie  
10:00 BINGO & Info  
2:00 Beginner Line Dance  
3:00 Intermediate Line Dance

### TUESDAYS

9:00 BINGOcize (starting in April)  
1:00 Chair Yoga with Sindry  
2:00 Cardio Drumming

### WEDNESDAYS

9:00 Cardio with Jackie  
10:00 Trivia Battle  
**2:00 Call In Trivia**  
2:00 Beginner Line Dance  
3:00 Intermediate Line Dance

### THURSDAYS

9:00 Fitness with Jack  
11:00 Billiards \*\* (free at Rainbow Lanes)  
1:00 BINGOcize (starting in April)

### FRIDAYS

9:00 Strength & Balance with Jackie  
10:00 BINGO  
1:00 Cornhole

### MARCH

**3/1 12:00 Lunch Bunch- Salsa Azteca \$**  
3/5 10:00 Painting Class with Alice  
**3/6 11:00 Walmart -Flu Shots/Vaccines**  
3/7 10:00 Painting Class with Alice  
3/12 10:00 Craft Class with Mindy  
3/12 11:00 Music with Ron  
**3/13 11:00 UNC Health Check**  
3/14 10:00 Craft Class with Mardia  
3/14 11:00 Singing with John  
**3/14 1:00 St. Patrick's Day Party**  
3/15 11:00 March Birthday Celebration  
3/19 10:00 Painting Class with Alice  
3/19 12:30 Advisory Committee Meeting  
3/21 10:00 Painting Class with Alice  
3/21 1:00 Ice Cream Social w/ Nurse Next Door  
3/21 2:00 Book Club w/ Mardia, Clayton Library  
3/22 10:00 Quarter BINGO  
3/22 1:00 Book Club at Horne Memorial Church  
3/26 11:00 Music with Ron  
**3/27 6:30 PM BINGO with Chi Xi Zeta Sorority**  
3/28 10:00 Charades  
3/28 10:30 Foodborne Illnesses-Johnston County Health  
3/28 11:00 Singing with John  
**3/29 Closed in Observance of Good Friday**

### APRIL

4/2 10:00 Painting Class with Alice  
**4/3 11:00 Walmart -Flu Shots/Vaccines**  
4/4 10:00 Painting Class with Alice  
**4/5 12:00 Lunch Bunch- Crab Seafood House\$**  
**4/6 12:00 Senior Games Kick Off Event- Clayton Com. Ctr**  
4/9 10:00 Craft Class with Mindy  
4/9 11:00 Music with Ron  
4/11 10:00 Craft Class with Mardia  
4/11 11:00 Singing with John  
4/16 & 18 10:00 Painting Class with Alice  
4/18 1:00 Ice Cream Social w/ Nurse Next Door  
4/18 2:00 Book Club w/ Mardia, Clayton Library  
4/19 11:00 April Birthday Celebration  
4/23 11:00 Music with Ron  
**4/24 6:30 PM Bingo with Chi Xi Zeta Sorority**



Is this wishful thinking in Mardia's craft class?

4/25 10:00 Charades  
4/25 11:00 Singing with John  
4/26 10:00 Quarter BINGO  
4/26 1:00 Book Club at Horne Memorial Church

Drop-In Activities: Computer Station, Fitness Room, Puzzles, Games Library

Hours: 8:00 AM – 4:30 PM



# HARRISON CENTER for ACTIVE AGING



611 West Noble Street, Selma, NC 27576

[harrisonsc@cssjohnston.org](mailto:harrisonsc@cssjohnston.org)

Phone: 919-965-2627

Adrienne Delph, Program Coordinator

## Special Events for March - April 2024

### MARCH

- 3/4 9:00 Guest Quilting Instructor- Jeffrey McCarther
- 3/6 12:30 Lunch & Learn: Tech School 101 "Become a Smartphone Smarty Pants" presented by Melissa Dooley
- 3/7 11:00 Nutrition Seminar Series Part 1
- 3/11 10:30 Zentangle Art with Cindy George
- 3/12 1:00 Advisory Committee Meeting
- 3/13 12:00 St. Patty's Day Pot-O-Gold Party and Cornhole Tournament
- 3/14 11:00 Nutrition Seminar Series Part 2
- 3/16 10:00-7:00PM Luck O the Irish Gaming Day\$
- 3/21 11:00 Nutrition Seminar Series Part 3
- 3/29 CLOSED In Observance of Good Friday

### APRIL

- 4/1 12:30 April Fool's Day Party
- 4/4 11:00 Nutrition Seminar Series Part 4
- 4/6 12:00 Senior Games Kick Off Event at The Clayton Community Center

BOLD: special events, notices, closings.  
 \$ = Fee #Hybrid (Virtual & In-Person)  
 \* Registration Required  
 \*\* In The Gym Evidence Based \*\*\*

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or [visit our Facebook](#) page to get the most up-to-date calendar.

### "Mediterranean Instead of Meds" - a Nutrition Seminar Series Thursdays at 11am Feb. 15 - March 21st



Presented by Gwen Williams, Family Consumer Science Extension Agent  
 Discover the health benefits of a Mediterranean style diet.  
 Presentations include information, recipes and prepared dishes to sample!

### MONDAYS

- 9:00 Sew N' Sew Quilters
- 9:00 Arthritis Exercise \*\*\*
- 10:00 Beadweavers with Pam
- 10:30 Art Class
- 11:00 BINGO
- 11:30 Beach Body Boot Camp
- 12:30 Lunch & Trivia

### TUESDAYS

- 9:00 Cardio Drumming
- 10:00 Line Dancing
- 10:00 Bead Weavers with Pam
- 10:00 Fast Feet Walking Club (NEW- beginning April)
- 10:30 (Dr Wanda's) Life Coach Group
- 11:00 Sassy Feet \*
- 12:00 Crocheting with Kathy

### WEDNESDAYS

- 10:00 Dance Dance Dance Ballroom Dancing
- 10:30 Art Class
- 11:30 Beach Body Boot Camp
- 11:30 Cyclepaths Cycling Club (NEW- beginning April)

### THURSDAYS

- 9:00 Arthritis Exercise \*\*\*
- 10:00 Line Dancing Class
- 10:00 Fast Feet Walking Club (beginning April)
- 11:00 Sassy Feet \*
- 1:00 Telling Our Stories - Story Writing Class

### FRIDAYS

- 11:30 Beach Body Boot Camp
- 12:30 Lunch & Games

Get in Shape with Us!



→ OPEN TO ALL AGES

# LUCK O' THE IRISH

# GAMERS DAY MAR 16

## PLAY ALL DAY!

Saturday

## \$5.00 to PLAY ALL DAY

## Doors Open @ 10:00

BRING A FRIEND!

Drop-In Activities: Computer Lab, Fitness Room, Puzzles, Games, Library

# PRINCETON *Senior Dining* CENTER

## Food & Fellowship

MARCH - APRIL 2024

Frances Talton, Coordinator  
princetonosc@cssjohnston.org

919-936-2184

412 W. Third St., Princeton  
Open 10:00 - 2:00, M-F

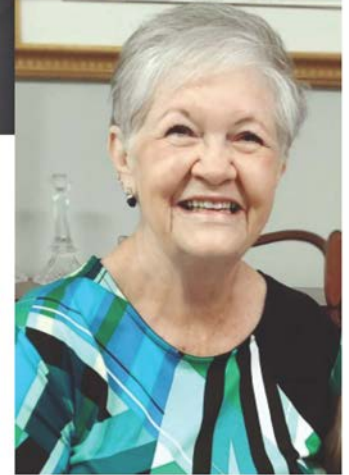
Lunch served daily at 11:30  
(by reservation)

### MARCH

Thursdays at 11:00 Cards or Puzzles  
Fridays at 11:00 Fun Friday (your choice)  
3/20 Decorate for Easter  
3/29 Closed in Observance of Good Friday

### APRIL

Fridays - Fun Friday - Your Choice of Game  
4/11 11:00 Do you have an 8-track tape?  
4/16 11:00 Are you stressed?  
4/18 11:00 Carlyle Woodard, Pharmacist  
4/25 11:00 Princeton Mayor visit



## Happy Retirement Ollie!

The multi-talented Mrs. Ollie Stallings has decided to hang up her hat and retire from CSS. In over 12 years of employment with CSS, Ollie was most recently assisting Home Delivered Meals at Smithfield Dining Center and has also served at CCAA in the same department. Often we would call on Mrs. Ollie to share her other talents of singing, playing the piano, and leading exercise classes! We are going to miss you Mrs. Ollie. Have fun!



#### NOTE:

These are only a few of the calendar events scheduled for each center. Stop by, say hello, and pick up a printed calendar for more details.

# SMITHFIELD *Senior Dining* CENTER

## Food & Fellowship

Lunch served daily at 11:30  
(by reservation)

Nancylee Dunham, Coordinator  
smithfieldsc@cssjohnston.org  
919-934-8701

Ollie Stallings, Nutrition Assistant  
919-938-8406

606 Caswell St., Smithfield  
Open 9:00 - 1:00, M-F

### MARCH

Mondays, 10:00-11:00 Exercise  
Thursdays, 10:00 Chair Exercise with Tiffany  
3/7 10:00 Craft with Tiffany (Smithfield P & R)  
3/12 10:00 Dementia, 5 Myths & Misconceptions  
3/20 10:30 Take Control Steps to Health, Ms. Gwen  
3/27 10:30 Take Control Steps to Health, Ms. Gwen  
3/29 Closed in Observance of Good Friday

### APRIL

Wednesdays 10:30 Take Control Steps to Health, Ms. Gwen (April 3, 10, 17, 24)  
4/4 10:00 Crafts with Tiffany (Smithfield P & R)  
4/11 & 18 10:00 Chair Exercise with Ms. Tiffany (Smith. P & R)  
4/12 10:30 Poe Center Visits & Talks  
4/23 10:30 Field Day with the Homeschoolers  
4/26 10:00 Surprise Destination Walk



## CALL YOUR DINING CENTER:

Simply call your closest center to register for dining so we can provide a meal for you. Dine together with us.

OR...

If you are receiving meals at your home and cannot be available to come to the door or if you will not be home, call your center at least 24 hours in advance so we can provide that meal to another person in need.

PRINCETON Senior Dining Center  
Frances Talton, Nutrition Coordinator  
919-936-2184

SMITHFIELD Senior Dining Center  
Nancylee Dunham, Nutrition Coordinator  
919-934-8701

BENSON Center for Active Aging  
Sophie White, Nutrition Coordinator  
919-894-2370

CLAYTON Center for Active Aging  
Ellen Ivey, Nutrition Coordinator  
919-553-4352



HARRISON Center for Active Aging  
Janice Baker, Nutrition Assistant  
919-965-6478

**SELMA SUPER BOWL CHILI CONTEST  
BRINGS OUT MANY TO TASTE 22 ENTRIES AT ACAA  
JUDGES CHOICE & PEOPLES CHOICE WINNERS BELOW**



**SOME HAPPY GNOME  
MAKERS AT ACAA  
SHARING THE LOVE**



**LUNCH BUNCH & BOWL AT ACAA**



**LEARNING TO DANCE AT ACAA**



**CHARITY DRIVE  
HAUL AT ACAA**



**GET SOME  
CORN HOLE  
ACTION AT ACAA**



*Our Vision:  
To be the premiere provider of its services  
and to be the focal point for advocacy.*



## CSS SERVICES:

For information about services listed below call 919-934-6066, Monday - Friday from 8:00 AM - 5:00 PM.

**Caregiver Support** Offers a range of services to support family caregivers including individual counseling, support groups, and respite care.

**Congregate Dining** Provides a hot lunch in a congregate setting in which a range of social and supporting services are available.

**Health Promotion** Support a broad array of programs and activities that assist older adults in promoting their health and wellness. Services include health screening and informative programs on age-related diseases and chronic conditions.

**Home Delivered Meals** Provides a hot, nutritional lunch to home-bound older adults.

**Information & Assistance** Designed to inform and educate older persons and their families about programs and services available across the long-term care continuum and to refer and connect individuals to appropriate resources.

**In Home Aide Services** Assists individuals who have impairments with essential daily activities in the areas of home management and personal care tasks.

**Options Counseling** Helps individuals consider a range of possibilities when making decisions about long-term services and supports planning for future needs.

**Senior Centers** Operates community facilities where older adults come together for services and activities that reflect their skills and interests and respond to their diverse needs.

**Senior Transportation** Provides general and medical transportation to seniors.

## HOUSING: *Locations*

**Cary**  
Triangle Elderly Housing-Cary  
122 S. Harrison Ave

**Clayton**  
Clayton Court I Apartments\*  
600 N. O'Neal Street

Clayton Court II Apartments\*  
600 N. O'Neal Street

Village Gardens Elderly Housing  
303 Dairy Road

**Princeton**  
Triangle Elderly Housing-Princeton  
410 W. 3rd Street

**Kenly**  
Triangle Elderly Housing-Kenly  
203 N. College Ave

**Smithfield**  
Triangle Elderly Housing-Smithfield  
506, 516 & 604 Caswell Street

*For more information on housing  
for the elderly and disabled call M-F  
919.934.6066, 8:00 AM - 4:00 PM*

*\*This institution is an equal opportunity provider  
and employer.*



1363 West Market St., Smithfield, NC



**Sign up** to receive this bi-monthly  
newsletter (via e-mail)  
in your mailbox at:  
[www.cssjohnston.org](http://www.cssjohnston.org)

## Johnston *Quick* RIDE

[www.jcats.org](http://www.jcats.org) or call 919-202-5030

**\$6**  
per ride  
each way

Pay with debit or credit card with the app  
at the time of booking or with cash  
upon boarding. **Expanded Hrs:**  
6 AM - 8 PM, Monday - Saturday

### JOHNSTON COUNTY'S AREA TRANSPORTATION SYSTEM



**JCATS**  
for Everyone!

Business:  
(919) 202-5030  
Email: [info@jcats.org](mailto:info@jcats.org)  
Office:  
1050 W Noble Street  
Selma, NC 27576

[www.jcats.org](http://www.jcats.org)



Find us on  
**Facebook**

**919-934-6066**  
[www.cssjohnston.org](http://www.cssjohnston.org)