

Harrison Center for Active Aging

611 W. Noble St Selma, NC 27576
Ph: 919-965-2627/919-965-6478(dining)
Hours: M-F 8am-4:30pm
Adrienne Delph/Program Coordinator
adrienne@cssjohnston.org



October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	8:30 Walking Club 1 9:00 Cardio Drumming 9:30 Open Pickleball** 10:00 Line Dancing 10:00 Bead Weaving Class 10:30 Dr Wanda's Life Coach 11:00 Sassy Feet * 12:30 Computer Basics 1:00 Gym Sports**	9:30 Cyclepaths Cycling Group 2 9:30 Open Pickleball** 10:00 Ballroom Dance Class 10:30 American Sign Language Class 1:30 Art Class – Watercolor Painting	8:30 Walking Club 3 9:00 Exercise Class*** 9:30 Open Pickleball** 10:00 Line Dancing Class 11:00 Sassy Feet* 11:00 Grief Counseling Group 1:00 Telling Our Stories 1:00 Steps of Inspiration Line Dancing 1:00 Gym Sports** 2:00 Cardio Drumming	9:30 Beginning Pickleball 4 10:30 Open Pickleball 10:30 Beach Body Boot Camp 12:30 Friday Afternoon Games
9:00 Sew N Sew Quilters 7 9:00 Exercise Class*** 9:30 Open Pickleball 10:00 Beach Body Boot Camp 11:00 Bingo 12:30 Trivia 1:00 Kazoo Choir 2:00 Book Worms Book Club	8:30 Walking Club 8 9:00 Cardio Drumming 9:30 Open Pickleball 10:00 Line Dancing 10:00 Bead Weaving Class 10:30 NO Life Coach Group 11:00 Sassy Feet * 12:30 Computer Basics 1:00 Gym Sports**	9:30 Cyclepaths Cycling Group 9 9:30 Open Pickleball 10:00 Ballroom Dance Class 10:30 American Sign Language Class 12:30 Lunch & Learn: "Plan A Row Community Garden" – Tiffany Whichard 1:30 Art Class – Watercolor Painting	8:30 Walking Club 10 9:00 Exercise Class*** 9:30 Open Pickleball 10:00 Line Dancing Class 11:00 Sassy Feet* 1:00 Telling Our Stories 1:00 Steps of Inspiration Line Dancing 1:00 Gym Sports** 2:00 Cardio Drumming	9:30 Beginning Pickleball 11 10:30 Open Pickleball 10:30 Beach Body Boot Camp 12:30 Friday Afternoon Games 2-4 Film Club movie screening of "Shawshank Redemption"
9:00 Sew N Sew Quilters 14 9:00 Exercise Class*** 10:00 Beach Body Boot Camp 11:00 Quarter Bingo \$ 12:30 Trivia 1:00 Kazoo Choir 2:00 Book Worms Book Club	8:30 Walking Club 15 9:00 Cardio Drumming 10:00 Line Dancing 10:00 Bead Weaving Class 10:30 Dr Wanda's Life Coach 11:00 Sassy Feet * 12:30 Computer Basics 1:00 Take Control w/Gwen	9:30 Cyclepaths Cycling Group 16 10:00 Ballroom Dance Class 10:30 American Sign Language Class 12:30 Lunch & Learn: "Leaving a Legacy 3.0"-Dr. B McCoy 1:30 Art Class – Watercolor Painting	8:30 Walking Club 17 9:00 Exercise Class*** 10:00 Line Dancing Class 11:00 Sassy Feet* 1:00 Telling Our Stories 1:00 Steps of Inspiration Line Dancing 2:00 Cardio Drumming	9:30 Beginning Pickleball 18 10:30 Open Pickleball 10:30 Beach Body Boot Camp 12:30 Friday Afternoon Games
9:00 Sew N Sew Quilters 21 9:00 Exercise Class*** 9:30 Open Pickleball 10:00 Beach Body Boot Camp 11:00 Bingo 12:30 Trivia 1:00 Kazoo Choir 1:30 Open Pickleball** 2:00 Book Worms Book Club	8:30 Walking Club 22 9:00 Cardio Drumming 9:30 Open Pickleball 10:00 Line Dancing 10:00 Bead Weaving Class 10:30 Dr Wanda's Life Coach 11:00 Sassy Feet * 12:30 Computer Basics 1:00 Take Control w/Gwen	9:30 Cyclepaths Cycling Group 23 9:30 Open Pickleball 10:00 Ballroom Dance Class 10:30 American Sign Language Class 1:30 Presentation: "How to Bake a Loaf of Healthy Bread"	8:30 Walking Club 24 9:00 Exercise Class*** 9:30 Open Pickleball 10:00 Line Dancing Class 11:00 Sassy Feet* 1:00 Telling Our Stories 1:00 Steps of Inspiration Line Dancing 1:00 Soup Potluck	9:30 Beginning Pickleball 25 10:30 Open Pickleball 10:30 Beach Body Boot Camp 12-2 Friday Afternoon at the Movies 2-4 Film Club Discussion Group "Shawshank Redemption"
9:00 Sew N Sew Quilters 28 9:00 Exercise Class*** 9:30 Open Pickleball 10:00 Beach Body Boot Camp 11:00 Quarter Bingo \$ 12:30 Trivia 1:00 Kazoo Choir 2:00 Book Worms Book Club	8:30 Walking Club 29 9:00 Cardio Drumming 9:30 Open Pickleball 10:00 Line Dancing 10:00 Bead Weaving Class 10:30 Dr Wanda's Life Coach 11:00 Sassy Feet * 12:30 Computer Basics 1:00 Take Control w/Gwen	9:30 Cyclepaths Cycling Group 30 9:30 Open Pickleball 10:00 Ballroom Dance Class 10:30 American Sign Language Class 12:30 Lunch & Learn: "Writing Your Own Obituary"-Cindy Brookshire 1:30 Art Class – Watercolor Painting	8:30 Walking Club 31 9:00 Exercise Class*** 9:30 Open Pickleball 10:00 Line Dancing Class 11:00 Sassy Feet* 1:00 Telling Our Stories 1:00 Steps of Inspiration Line Dancing 1:00 Gym Sports** 2:00 Cardio Drumming	Happy Halloween

_Fee \$

Required Registration*

In the Gym**

Evidence based***

Some Weeks^

Drop In Activities: Computers, Fitness Room, Library, Puzzles, and Art Room!

HCAA News & Announcements



Dance, Dance, Dance

**Ballroom Dance
Class**

**Waltz, Country Two
Step, Shag and more**

Wednesdays 10AM

KaZoo Choir

Learn melodies & harmonies
to make beautiful music together!

Mondays at 1:00 PM



Walking Club

Tues/Thurs 8:30 AM



LUNCH & LEARN SPEAKER SERIES

Oct. 16 – Dr. B McCoy PhD, “Leaving a Legacy 3.0”

Oct. 30 – Cindy Brookshire, Author & facilitator of
Neuse River Writers – “Writing Your Own Obituary: A
Look Back At Your Life”

WEDNESDAYS AT 12:30

Sign Language Class

Wednesdays at 10:30 AM



Classes

Wednesdays

1:30 pm



Friday Afternoon at the Movies

12:00 PM on the last Friday of the
Month! Fresh popcorn and a great flick!



Grief Counseling Group with Kevin Vaughn of
Heartland Hospice

First Thursday of the month at 11am



Book Worms Book Club
Mondays at 2

Computer Class
Tuesdays at 12:30



Fall Soup Potluck Thurs., Oct. 24 at 1pm

Bring your favorite crockpot of soup
to share and eat it with our fresh
baked bread.

Beverages provided



Beach Body Boot Camp Mon at 10 Fri at 10:30



Harrison Center Cyclepaths Biking Club

Wednesdays at 9:30 AM

Bring your bike
& helmet and let's
ride through Selma & beyond!



Cardio Drumming

2x per week

Tuesdays at 9am/Thursdays at 2:00 PM



“Take Control” Steps to Health-Nutrition Program for Adults

Gwen Williams – Family & Consumer Sciences Extension Agent
Johnston County Agriculture Center – 8 week program

Don't miss this!