

January - February 2026
Issue 83

1363 W. Market Street
Smithfield, NC 27577

www.cssjohnston.org
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

Happy New Year



Princeton Senior Dining Center

Volunteer Showcase



(From left to right: Deborah Shrader, Teresa Scott, Bob Pearce, Sharon Pearce, Jerry Oliver, and Nurse Christina)

Community and Senior Services would like to extend our gratitude to all the volunteers who make our programs a reality. This month, we are excited to highlight those who contribute their time in Princeton. Jerry Oliver has been delivering meals since August 2004. Hope Dougherty has been delivering meals in Princeton since August 2005. Bob and Sharon Pearce have been a fantastic volunteer duo since February 2011. We also want to acknowledge some of our newer volunteers: Teresa Scott, Deborah Shrader, Stevens's Chapel Church, and Johnston County Industries. Additionally, we would like to recognize Nurse Christina, who generously makes time for monthly visits to run a vitals clinic at the Princeton Senior Dining Center. We would like to give our heartfelt thanks to all the wonderful volunteers for their time and efforts!

JOIN BJ'S FOR ONLY \$15 (Reg. \$60)

One year Club Card Membership with BJ's Easy Renewal

Club for a Cause
A membership that gives back

BENEFITTING:

JOIN ONLINE

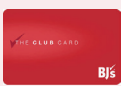


www.bjs.com/partner/cssjohnston

OR join or renew by calling 800-313-8887
and reference group code: **8 2 8 1 1 3**

The Club Card

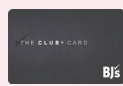
\$15 (Reg. \$60)



\$5 donated to your organization

The Club+ Card

\$40 (Reg. \$120)



\$15 donated to your organization

Existing Members

\$50 Club Renewal
\$100 Club+ Renewal



\$5 donated to your organization

The Club+ Card: 2% back on purchases | 5¢ off/gal BJ's Gas | Free Curbside Pickup

BJ's Your BJ's Representative:
Taylor Allshouse
tallshouse@bjs.com



Offer expires:
01/31/2026
Terms Apply.

Golden Wishes 2025 Program

Results:

The 2025 Golden Wishes Program brought happiness to 131 homebound seniors this holiday season! Thank you to all the sponsors for making this program possible.

BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

bensonsc@cssjohnston.org

Adrienne Delph, Program Coordinator**Phone: 919-701-1477****Sophie White, Nutrition Coordinator****Phone: 919-894-2370****MONDAYS**

9:00 Cardio Drumming
 10:00 Arthritis Exercise
 10:30 Quarter Bingo \$
 11:30 Barn Quilt Painting*
 1:30 Pickleball Skills Clinic
 5:30 Cardio Drumming After
 Hours (3rd Monday)

TUESDAYS

9:00 Strength & Flexibility
 Exercise
 10:00 TaiChi with Diane
 10:00 Pickleball Games
 10:30 Learn to Speak
 Spanish
 11:00 Walk With Ease
 11:30 Barn Quilt Painting*
 1:00 Write On! Writers group

WEDNESDAYS

9:00 Cardio Drumming
 10:00 Arthritis Exercise
 11:00 Gentle Chair Exercise
 11:30 Walk with Ease
 12:00 Video & Discussion
 Group
 1:00 Cards & Games

THURSDAYS

9:00 Strength & Flexibility
 Exercise
 10:00 TaiChi with Diane
 10:00 Pickleball Games
 10:30 2nd Cup O' Joe
 Current Events Discussion
 10:30 Crochet & Knit Class
 11:00 Walk With Ease
 3:00 Afternoon Cardio
 Drumming

FRIDAYS

9:00 Cardio Drumming
 10:00 Fine Arts or Crafting*
 1:00 Cards & Games

Special Events for Jan - Feb 2026**January****1/1 CLOSED New Year's Day**

1/2 10:00 Art with Amy*

1/9 10:00 Painting with Diane*

1/9 12:30 BUNCO

1/16 10:00 Design with Deb*

1/19 CLOSED Martin Luther King Jr. Day1/20 11:30 Let Them Eat Cake January Birthdays
Celebration

1/23 10:00 Art with Adrienne*

1/26 10:30 \$2 Bingo

1/30 10:00 Out & About*

February

2/2 11:15 Coates Hearing Programs & Screenings*

2/6 10:00 Art with Amy*

2/13 10:00 Paint with Diane*

2/13 12:00 BUNCO

2/13 XOXOXO PARTY - ALL DAY

2/16 10:30 Auxiliary Bingo

2/17 11:30 Let Them Eat Cake - February Birthdays
Celebration

2/20 10:00 Design with Deb*

2/23 10:30 \$2 Bingo

2/27 Out & About*

BOLD: special events, notices, closings

* Registration Required \$= Fee **BPRD

Gym ^Some Weeks #Hybrid Virtual and
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.

**Thanks for Giving Volunteer Appreciation Luncheon**

Drop-In Activities: Computers, Fitness Room, Wii, Cornhole, Puzzles, Horseshoes, Shuffle Board, Games



CLAYTON CENTER for ACTIVE AGING

303 Dairy Road, Clayton, NC 27520

claytonsc@cssjohnston.org

Tiffany Hicks, Nutrition Coordinator

Phone: 919-553-4352

Connie Keller, Program Coordinator

Phone: 919-553-4350

MONDAYS

9:00 Strength & Balance with Jackie
10:00 Bingo
2:00 Beginner Line Dance
2:00 Bingocize
3:00 Intermediate Line Dance

TUESDAYS

10:30 Chair Yoga with Sindry
10:30 Bingocize
12:35 Trivia
2:00 Cornhole

WEDNESDAYS

9:00 Cardio with Jackie
10:00 Trivia Battle
2:00 Beginner Line Dance
3:00 Intermediate Line Dance
3:00 The Write Stuff

THURSDAYS

9:00 Fitness with Papa Jack
11:00 Billiards **
(free) at Rainbow Lanes
2:00 Cardio Drumming
3:00 Learn Sign Language

FRIDAYS

9:00 Strength & Balance with Jackie
10:00 Bingo
1:00 Cornhole
2:30 Bocce Ball – Weather permitting

Special Events for Jan - Feb 2026

January

1/1 Closed for New Year's Day

1/2 11:30 Lunch Bunch- Fiesta Mexicana

1/6 10:00 Painting Class with Mindy

1/8 10:00 Craft with Mardia

1/8 11:00 Music with Joe

1/8 1:00 Qigong with Sindry- New

1/13 10:00 Craft Class with Mindy

1/15 11:00 Music with Ron

1/15 1:00 Ice Cream Social

1/16 11:00 January Birthday Celebration

1/19 Closed for Martin Luther King Jr. Day

1/20 10:00 Painting Class with Mindy

1/20 12:30 Advisory Meeting

1/21 2:00 Book Club w/Mardia, Clayton Library

1/22 10:00 Painting Class with Mindy

1/22 1:00 Qigong with Sindry- New

1/28 6:30 Bingo with Chi Xi Zeta Sorority

1/29 10:00 Karaoke with Donna

1/29 11:00 Music with Ron

February

2/3 10:00 Painting Class with Mindy

2/5 10:00 Painting Class with Mindy

2/5 11:00 Music with Ron

2/6 11:30 Lunch Bunch- Crab Seafood House

2/9 10:00 Bingo-Kiononia Reformed Baptist Church

2/10 10:00 Craft Class with Mindy

2/12 10:00 Craft Class with Mardia

2/12 1:00 Qigong with Sindry- New

2/13 11:00 Valentine's Day Party

2/17 10:00 Painting Class with Mindy

2/18 2:00 Book Club w/Mardia, Clayton Library

2/19 10:00 Painting Class with Mindy

2/19 11:00 Music with Ron

2/19 1:00 Ice Cream Social

2/20 11:00 February Birthday Celebration

2/25 6:30 Bingo with Chi Xi Zeta Sorority

2/26 10:00 Karaoke with Donna

2/26 1:00 Qigong with Sindry- New

BOLD: special events, notices, closings

*Registration Required \$ = Fee ** Rainbow

Lane ^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.



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

HARRISON CENTER for ACTIVE AGING

611 West Noble Street Selma, NC 27576

Tammy Braglin, Program Coordinator**Phone: 919-965-2627**

tammy@cssjohnston.org

Ellen Ivey, Nutrition Coordinator**Phone: 919-965-6478****MONDAYS**

9:00 Pickleball
 9:00 Sew N' Sew Quilters \$
 9:00 Cardio Drumming
 10:00 Tide Dancer Team*
 10:00 Bingo
 2:00 Bookworm's Book Club

TUESDAYS

9:00 Pickleball
9:00 Arthritis Exercise***
 10:00 Line Dance
 10:00 Bead Weaving \$
 10:30 Life Coach Group
 11:00 Sassy Feet *
1:00 Chair Ball

WEDNESDAYS

9:00 Pickleball
 9:00 Tide Dancer Team*
 10:00 Ballroom Dance
 10:30 American Sign Language
 11:00 Tide Dancers Team*
 1:00 Arts/Crafts \$

THURSDAYS

9:00 Pickleball
9:00 Arthritis Exercise***
 10:00 Line Dance
 11:00 Sassy Feet*
 1:00 Telling Our Stories
 1:00 Steps of Inspiration Dance Team*

FRIDAYS

9:00 Pickleball
 10:00 Tide Dancers Team*
10:30 Talk Time w/Tammy on Facebook Live
 11:00 Fun with Games
11:30 Chair Ball
 1:00 Steps of Inspiration Dance Team*

Special Events for Jan - Feb 2026**January**

1/1 CLOSED New Year's Day
1/2 1:00 CLOSING – NO Activities (Drop-in classes only)
 1/5 10:00 Quarter Bingo (bring your quarters)
1/5 1:00 New Year Party – Registration Required* Bring a snack to share*
 1/8 11:00 Grief Support Group w/ Heartland Hospice
 1/12 10:30 Hearing Screenings w/ Coates Hearing
 1/13 1:00 Advisory Board Meeting
 1/16 11:30 Go Group Lunch Bunch – Hwy 55 Kenly \$
1/19 CLOSED Martin Luther King Jr. Day
 1/21 1:00 Meditate & Stretch w/Tammy -Facebook Live
 1/26 10:00 Intergenerational Bingo – All ages (NO prizes)

February

2/2 10 Quarter Bingo (bring your quarters)
 2/5 11:00 Grief Support Group w/Heartland Hospice
2/7 11:00 - 1:00 Chili Cook-off Fundraiser
 2/9 10:00 Bingo w/Home Life Care
2/13 1:00 Valentine's Day Party Registration Required* Bring a snack*
 2/16 10:00 Quarter Bingo (bring your quarters)
 2/16 10:30 Presentation w/Tammy "Heart Health"
 2/18 1:00 Meditate & Stretch w/Tammy – Facebook Live
 2/20 11:30 Go Group Lunch Bunch – Kobe Japanese Steak House \$
 2/23 10:00 Intergenerational Bingo – All ages (No prizes)

BOLD: special events, notices, closings

* Registration Required \$= Fee

**In the Gym

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.


**HARRISON CENTER FOR ACTIVE AGING PRESENTS
 THIRD ANNUAL**
**CHILI COOK-OFF
 FUNDRAISER**
**SATURDAY
 FEBRUARY 7, 2026
 11:00 AM**

Drop-In Activities: Computers, Fitness Room, Puzzles, Games, Library



SMITHFIELD CENTER FOR ACTIVE AGING

Satellite Center of HCAA
 606 Caswell St. Smithfield, NC 27577
 Phone: 919-934-8701
smithfieldsc@cssjohnston.org
 Nancylee Dunham, Program Coordinator

MONDAYS

9:00 Coffee & Small Talk
 9:30 Good news
 10:30 Rise & Shine
 Stretching w/ Ms. Elaine
 11:00 Crafts
 12:00 Trivia

TUESDAYS

9:00 Coffee & Small talk
 9:30 Coloring Club
 9:30 Gardening Club
 10:00 Brain Trivia
 10:30 Chair Exercise
 11:00 Creative Writing
 12:00 Dominoes

WEDNESDAYS

9:00 Coffee & Small Talk
 9:30 Coloring Club
 10:00 Rise & Shine Stretching
10:30 Book Club
 12:00 Crafts

THURSDAYS

9:00 Coffee & Small Talk
 9:30 Coloring Club
 9:30 Gardening Club
 11:00 Chair Exercise
 12:00 Senior Choice

FRIDAYS

9:00 Coffee & Small Talk
 9:30 Brain Trivia
 10:00 Rise & Shine
 Stretching
 10:30 Bingo
 12:00 Weekend Going Ons

Special Events for Jan - Feb 2026

January

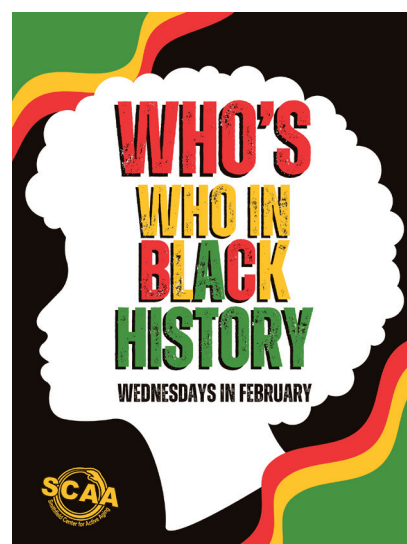
1/1 CLOSED New Year's Day
 1/5 10:00 Budget planning with Ms. Elaine
 1/5 10:30 Exercise with Ms. Elaine
1/6 10:30 Advisory Board Meeting
 1/8 10:00 Exercise with Ms. Tiffany
 1/13 10:30 A Visit with the Home-schoolers
 1/15 10:00 Fun with Ms. Tammy
1/19 CLOSED Martin Luther King Jr. Day
 1/20 10:30 Speaker - Division of Deaf & Hard of Hearing Services
 1/22 Self Care with Ms. Melissa Vaya Health

February

2/3 10:00 Advisory Board Meeting
2/4 10:00 Who's Who in Black History
 2/5 10:00 Crafts with Ms. Tiffany
 2/10 10:30 Michelle Blankenship - The Medical Board
2/11 10:00 Who's Who in Black History
 2/12 Card Crafts for the Homebound
 2/13 10:00 St. Paul Trio Singing
2/18 10:00 Who's Who in Black History
 2/18 10:00 Fun and Games with Ms. Tammy (Meadowview)
2/25 10:00 Who's Who in Black History
 2/26 A Visit with Ms. Lauren from Poe (Garden Time)

BOLD: special events, notices, closing
 * Registration Required
 ^Some Weeks \$ = Fee

Please note, activities and classes are subject to change. For schedule updates or questions contact the center.



Drop-In Activities: Puzzles, Games, Coloring Pages

PRINCETON *Senior Dining* CENTER

Food & Fellowship

Lunch served daily at 11:30 (by reservation)

6412 West Third St. Princeton, NC 27569

Phone: 919-936-2184

Shahara Wilson, Nutrition Coordinator

shahara@cssjohnston.org

January

1/1 CLOSED New Year's Day

1/2 10:00 Western Movie

1/8 11:45 Bonaventure Vitals Clinic

1/14 11:45 Hand and Heart Home Care

1/19 CLOSED Martin Luther King Jr. Day

1/21 10:00 Checkers

1/29 10:00 Cards

February

2/2 10:00 Puzzles

2/4 10:30 Cornhole

2/5 11:30 Foodborne Illness Class

2/12 11:30 Vitals Clinic

2/17 10:30 Cards

2/26 10:00 Movie

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.

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.

If you are receiving meals at your home and are not available to come to the door or 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

Shahara Wilson, Nutrition Coordinator

919-936-2184

SMITHFIELD Center for Active Aging

Nancylee Dunham, Coordinator

919-934-8701

BENSON Center for Active Aging

Sophie White, Nutrition Coordinator

919-894-2370

CLAYTON Center for Active Aging

Tiffany Hicks, Nutrition Coordinator

919-553-4352

HARRISON Center for Active Aging

Ellen Ivey, Nutrition Coordinator

919-965-6478

Photos



A Holiday Donation from
The Little Brown Jug



Sarah and Haley at The
Clayton Harvest Festival



Caroline at The Clayton Harvest
Festival



Shahara and guests at Princeton
Senior Dining Center



CCAA at The Clayton Harvest
Festival



Acrylic Painting with Diane at BCAA



Presents for all the residents at Village Gardens
Housing thanks to the Women's Club of Clayton

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 | Supports a broad range 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. |
| SHIIP Counseling | The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance. Our counselor offers free and unbiased information regarding Medicare health care products. |
| In Home Aide Services | Assists individuals who have impairments with essential daily activities such as home management and personal care tasks. |
| 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'Neil Street

Clayton Court II Apartments*
600 N. O'Neil 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



www.jcats.org or call 919-202-5030



Pay with debit or credit card on the app
at the time of booking or with cash upon
boarding. Monday - Saturday 6 AM - 8 PM

JOHNSTON COUNTY'S AREA TRANSPORTATION SYSTEM



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

www.jcats.org



919-934-6066
www.cssjohnston.org