



HARRISON CENTER for ACTIVE AGING

611 W. Noble Street, Selma, NC 27576

Hours: 8:00 – 4:30 Monday - Friday

Phone: 919-965-2627 or 919-965-6478 (Dining)



February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 nd 10:00 Quarter Bingo (bring your quarters)	3 rd	4 th	5 th 11:00 Grief Support Group w/Heartland Hospice	6 th
9 th 10:00 Bingo w/Home Life Care	10 th	11 th	12 th	13 th 1:00 Valentine's Day Party Registration Required* Bring a snack*
16 th 10:00 Quarter Bingo (bring your quarters) 10:30 Presentation "Heart Health and Nutrition" with Ellen	17 th	18 th	19 th	20 th 11:30 Go Group Lunch Bunch – Kobe Japanese Steak House\$
23 rd 10:00 Intergenerational Bingo – All ages (NO prizes)	24 th	25 th	26 th	27 th

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

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Pickleball 9:00 Sew N' Sew Quilters \$ 9:00 Cardio Drumming 10:00 Tide Dancers Team* 10:00 Bingo 2:00 Book Worm's Book Club	9:00 Pickleball 9:00 Arthritis Exercise*** 10:00 Line Dance 10:00 Bead Weaving\$ 10:30 Life Coaching Group**** 11:00 Sassy Feet* 1:00 Chair Ball	9:00 Pickleball 9:00 Tide Dancers Team* 10:00 Ballroom Dance 10:30 American Sign Language 11:00 Tide Dancers Team* 1:00 Arts/Crafts\$	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*	9:00 Pickleball 10:00 Tide Dancers Team* 11:00 Fun with Games 11:30 Chair Ball 1:00 Steps of Inspiration*

* Registration Required ** Inside the Gym *** HPDP Programs ****Confidential Discussion \$ Fee Involved

HCAA News & Announcements

Bingo

2/2 – 10:00 am Quarter Bingo

2/9 – 10:00 am Bingo w/ Home Life Care

2/16 – 10:00 am Quarter Bingo

**2/23 – 10:00 am Intergenerational Bingo –
All ages (NO prizes)**

Valentine's Party

February 13th 2026, at 1:00 pm

Please Bring a Snack to Share!



Registration is Required

HARRISON CENTER FOR ACTIVE AGING
THIRD ANNUAL

CHILI COOK-OFF

POSTPONED

FUNDRAISER

Go Group Lunch Bunch

**2/20 – 11:30 am at Kobe Japanese
Steakhouse**



HCAA Sister Center: Smithfield

Center for Active Aging

606 Caswell St. Smithfield, NC

Monday- Friday: 8:00 am – 1:30 pm

Program Coordinator:

Nancylee Dunham

919-934-8701

smithfieldsc@cssjohnston.org

The seasons are changing, so please be mindful that colds, flu, and COVID are on the rise. Wash your hands, cover your cough and sneeze, and please stay home if you have any symptoms of illness.

