November - December 2026
Issue 88
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

Golden Wishes Program 2026

The Golden Wishes Program is an incredibly rewarding experience not only for seniors in Johnston County but also for the volunteers who adopt them! Cards in gold envelopes arrive for eligible seniors who receive either In-Home Aide services or Home Delivered Meals from Community and Senior Services. Once the card is filled out and returned, volunteers are matched with a senior to adopt. For volunteers, picking out gifts, wrapping them with care, and meeting the person they adopted is a very extraordinary experience. In some special cases, volunteers have bonded so well with their senior that they request to adopt the same person the following year! To the senior, this act of kindness brings not only gifts but also joy and companionship to someone who may not see anyone else this holiday season.

Would you like to make a meaningful impact on a senior's holiday this Christmas season?
Visit our website at www.cssjohnston.org to learn how you can help!

Happy Holidays

Wishing you and your loved ones a holiday season filled with peace, love, and joy. May the new year bring happiness, health, prosperity, and opportunities to thrive.

Warmest wishes from everyone at Community & Senior Services and JCATS

Medicare Questions?

COMMUNITY & SENIOR SERVICES IS THE OFFICIAL SHIIP COUNSELING SITE FOR JOHNSTON COUNTY



Caroline McLeod, MSW
SHIIP Coordinator

It's time to review your Medicare plan and explore what's new for 2027. The Seniors' Health Insurance Information Program (SHIIP) provides free, unbiased Medicare counseling to help you compare your coverage options and choose the plan that best fits your needs.

SHIIP NC DEPARTMENT OF INSURANCE

NC SMP SENIOR MEDICARE PATROL

Community & SENIOR SERVICES of Johnston County

Open Enrollment is
October 15 - December 7, 2026
Changes will be effective January 1, 2027

Contact Caroline Today: 919-934-6066 EXT. 233

Caring for Caregivers



CAREGIVER SUPPORT GROUP MEETING

Facing challenges alone can feel daunting, but our support groups are here to provide comfort and encouragement. We provide reassurance during tough times and celebration during those special moments. With both day and evening sessions available, you can easily connect with others who share similar experiences, develop a network of support, and learn about resources available in your area.

The 4th Thursday of Each Month

Community & Senior Services
1363 W. Market St. Smithfield, NC 27577
1:30 pm

Clayton Center for Active Aging
303 Dairy Rd. Clayton, NC 27520
6:00 pm

To Learn More Call Haley
919-934-6066

Holiday Closures

Wednesday, Nov. 11, 2026
Thursday, Nov. 26, 2026
Friday, Nov. 27, 2026
Thursday, Dec. 24, 2026
Friday, Dec. 25, 2026
Monday, Dec. 28, 2026
Friday, Jan. 1, 2027

BENSON CENTER for ACTIVE AGING

Hours: 8:00 AM – 4:30 PM

1204 North Johnson Street, Benson, NC 27504

Program Coordinator
Phone: 919-701-1477

Nutrition Coordinator
Phone: 919-894-2370

Mondays

9:00 Cardio Drumming
10:00 General Exercise Class
10:30 Bingo $
1:30 Pickleball Skills Clinic

Tuesdays

9:00 Strength & Flexibility Exercise Class
10:00 Tai Chi w/Diane
10:00 Open Pickleball Games
10:30 Cardio & Strength Circuit Class
10:30 Quilting & Needle Arts*
1:00 Write On! Writers Group

Wednesdays

9:00 Cardio Drumming
10:00 General Exercise Class
10:30 Gentle Chair Exercise
11:00 Walk with Friends
1:00 Cards/Games

Thursdays

9:00 Strength & Flexibility Exercise Class
10:00 Tai Chi w/Diane
10:00 Open Pickleball Games
10:30 Open Circuit Class

Fridays

9:00 Cardio Drumming Junkies
1:00 Cards & Games

Special Events

November

11/2 12:00 Photography Class
11/3 10:00 Open Enrollment Presentation with Caroline McLeod
11/4 11:30 Financial Fraud Awareness with Bikash Agarwal
11/6 10:00 Art with Amy - Holiday Cards & Gift Tags *
11/9 12:00 Photography Class
11/10 2:00 CLOSING EARLY
11/11 CLOSED in Observance of Veterans Day
11/13 10:00 Paint with Diane *
11/13 12:30 Bunco *$
11/16 10:30 Auxiliary Sponsored Bingo
11/16 12:00 Thanks for Giving Luncheon **
11/18 4:30 Can Good 1.00 Bingo $ (2 can goods)
11/20 10:00 Design with Deb Wooden Snowmen
11/25 11:00 Food-borne Illness Education with Nardin Nashed
11/26 - 11/27 CLOSED in Observance of Thanksgiving



December

12/4 10:00 Art w/ Amy Holiday Ornaments
12/4 1:00 CLOSING EARLY
12/7 12:00 Photography Class
12/11 10:00 Paint w/ Diane
12/11 12:30 Bunco *$
12/14 12:00 Photography Class
12/18 12:00 Christmas Celebration *
12/18 12:30 South Johnston High School Choir
12/19 10:00 Design w/ Deb
12/23 11:00 Holiday PJ's, Cookies, Movie
12/24 - 12/28 CLOSED in Observance of Christmas
12/29 - 12/31 1:00 CLOSING EARLY
12/30 10:00 Creative Creations w/ Shannon



CENTER KEY: **BOLD**: special events, notices, closings *: Registration Required $: Fee **: In the Gym #: 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.

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

Hours: 8:00 AM – 4:30 PM

CLAYTON CENTER for ACTIVE AGING

303 Dairy Road, Clayton, NC 27520

Nutrition Coordinator
Phone: 919-553-4352

Program Coordinator
Phone: 919-553-4350

Mondays

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

Tuesdays

9:00 Chair Yoga w/Sindry
12:35 Trivia
2:00 Cornhole
3:00 Bingocize

Wednesdays

9:00 Cardio with Jackie
10:00 Keep it Simple with Jim
2:00 Beginner Line Dance
3:00 Intermediate Line Dance
3:00 The Write Stuff

Thursdays

9:00 Keep it Simple with Jim
11:00 Billiards ** (free) at Rainbow Lane
1:00 Cardio Drumming
3:00 Learn sign language

Fridays

9:00 Strength & Balance with Jackie
10:00 Bingo
12:15-Trivia Battle
1:30 - Cornhole

Special Events

November

11/3 10:00 Paint class with Mindy
11/5 10:00 Painting Class with John
11/5 11:00 Music with Ron
11/5 11:30 Lunch Bunch - Smithfield Bar-B-Q
11/10 10:00 Craft Class with Mindy
11/10 2:00 CLOSING EARLY
11/11 CLOSED in Observance of Veterans Day
11/12 10:00 Craft Class with Mardia
11/12 2:00 Chair Yoga with Sindry
11/17 10:00 Painting Class with Mindy
11/17 12:30 Advisory Board Meeting
11/18 2:00 Book Club with Mardia - Clayton Library
11/18 6:30 Night Bingo with the Zetas
11/19 10:00 Painting Class with John
11/19 11:00 Music with Ron
11/19 1:00 Ice Cream Social
11/19 3:30 Live with Gina on Facebook #
11/20 11:00 November Birthday Celebration
11/24 10:00 Craft Class with Tracy
12/24 10:00 Karaoke with Donna
11/25 11:00 Joe's Music
11/26 - 11/27 CLOSED in Observance of Thanksgiving

December

12/1 10:00 Painting Class with Mindy
12/3 11:00 Music with Ron
12/3 11:30 Lunch Bunch - Clayton Steakhouse
12/3 10:00 Painting Class with John
12/4 9-12:00 BAKE SALE
12/4 1:00 CLOSING EARLY
12/7 10:00 Craft Class with Mindy
12/9 11:00 Joe's Music
12/10 10:00 Craft Class with Mardia
12/10 1:00 HOLIDAY PARTY
12/15 10:00 Paint Class with Mindy
12/16 6:30 Night Bingo with the Zetas
12/17 10:00 Painting Class with John
12/17 11:00 Music with Ron
12/17 1:00 Ice Cream Social
12/17 3:30 Live with Mindy on Facebook #
12/18 11:00 December Birthday Celebration
12/18 1:00 Book Club at Horne Memorial Church
12/22 10:00 HOLIDAY BINGO
12/23 11:00 Joe's Music
12/24 - 12/28 CLOSED in Observance of Christmas
12/29 - 12/31 1:00 CLOSING EARLY
12/29 10:00 Craft Class with Tracy
12/31 10:00 Karaoke with Donna





CENTER KEY: **BOLD**: special events, notices, closings *: Registration Required $: Fee **: Rainbow Lanes #: 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.

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

Hours: 8:00 AM – 4:30 PM

HARRISON CENTER for ACTIVE AGING

611 West Noble Street Selma, NC 27576

Program Coordinator
Phone: 919-965-2627

Nutrition Coordinator
Phone: 919-965-6478

Mondays

9:00 Pickleball *
9:00 Sew 'N Sew Quilters $
9:15 Trash, Talk, & Walk the Harrison Block (Outside, Weather Permitting)
10:00 BINGO
1:00 Monday Mind Fitness

Tuesdays

9:00 Pickleball *
9:00 Group Exercise
10:00 Line Dance
10:00 Bead Weaving
10:30 Life Coaching Group
11:00 Sassy Feet *

Wednesdays

9:00 Pickleball *
10:30 American Sign Language
12:15 15 Minute Mile
1:00 Arts & Crafts $

Thursdays

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

Fridays

9:00 Pickleball *
11:00 Game Session
1:00 Steps of Inspiration

Special Events

November

11/3 CLOSED for Voting
11/5 2:15 Go Group: Tour the 9-1-1 Facility (Meet at 2875 US Hwy 70 Business East, Smithfield)
11/9 2:30 Fall in Love with Adaptive Gardening Chat with Tiffany Whichard from Plant a Row for the Hungry Johnston County
11/10 2:00 CLOSING EARLY
11/11 CLOSED in Observance of Veterans Day
11/12 1:30 PTSD Healing the Emotional Wound with Vaya Health
11/16 10:00 BINGO with the Selma Police Department
11/17 1:00 Advisory Board Meeting
11/18 11:15 Zumba
11/19 2:00 Go Group: Plant a Row for the Hungry Trip (Meet at 1500 N. Webb St. Selma)
11/24 1:00 Birthday Party
11/26 - 11/27 CLOSED in Observance of Thanksgiving
11/30 2:30 Home Safety & Fall Reduction Presentation with Carolina Construction Bro's



December

12/4 1:00 CLOSING EARLY
12/8 1:00 Downsize & Declutter with Karena Stipp from Southern Accent Homes
12/9 2:00 Winter Warmth Hot Chocolate Social with Hand & Heart Home Care Services
12/14 2:00 A Winter Cookie Decorating Experience with Coates Hearing
12/15 2:00 Financial Exploitation Prevention with KS Bank
12/16 10:00 - 2:00 Holiday Wrapping Event - Bring your holiday gifts to be wrapped by our volunteers. All monetary donations are welcome and will go back to HCAA!
12/22 1:00 Birthday Party
12/24 - 12/28 CLOSED in Observance of Christmas
12/29 - 12/31 1:00 CLOSING EARLY



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

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

Hours: 8:00 AM – 1:30 PM

SMITHFIELD CENTER FOR ACTIVE AGING

Satellite Center of HCAA

606 Caswell St. Smithfield, NC 27577

Program and Nutrition Coordinators

Phone: 919-934-8701

Mondays

9:00 Coffee & Small Talk
9:30 Good News
10:30 Rise & Shine Stretch
12:00 Trivia

Tuesdays

9:00 Coffee & Small Talk
9:30 Coloring Club
9:30 Gardening Club
10:00 Brain Trivia
10:30 Standing Pilates
12:00 Dominoes

Wednesdays

9:00 Coffee & Small Talk
9:30 Coloring Club
9:30 Gardening Club
10:00 Chair Exercise
10:30 Book Club
12:00 Games

Thursdays

9:00 Coffee & Small Talk
9:30 Coloring Club
9:30 Gardening Club
10:30 Standing Pilates
12:00 Senior's Choice

Fridays

9:00 Coffee & Small Talk
9:30 Brain Trivia
10:30 Chair Exercise
11:00 Bingo
12:00 Weekend Going Ons

Special Events

November

11/2 10:00 Motion Is Lotion for the Body with Kelly Williams - JCC
11/4 10:00 Small Steps/ Big Rewards with Teresa Palma - NC Extension
11/5 10:00 Crafts w/ Tiffany
11/5 10:30 Fraud & Cyber Scam Awareness with Bikash Agarwal
11/6 10:00 Bingo and Hospice Education with Corey
11/9 10:30 Advisory Board Meeting
11/10 10:00 Small Steps/ Big Rewards with Teresa Palma - NC Extension
11/11 CLOSED in Observance of Veterans Day
11/12 10:00 Exercise with Tiffany
11/12 11:00 Making Crafts for the Homebound
11/16 10:00 Nourish & Thrive with Jessica - Poe Center
11/18 10:30 What is That? *Learn About New Foods*
11/20 10:30 Mystery Walk & Bingo
11/21 Thanksgiving Party *
11/25 10:00 Tea Party with Nancy
11/26 - 11/27 CLOSED in Observance of Thanksgiving
11/30 Food Collection for Smithfield Rescue Mission Begins



December

12/1 10:30 Advisory Board Meeting
12/2 10:00 Small Steps/ Big Rewards with Teresa Palma - NC Extension
12/3 10:00 Crafts with Tiffany
12/4 10:30 Bingo
12/4 1:00 CLOSING EARLY
12/7 9:45 Reclaiming Cholesterol Control with Terry Chapman
12/8 10:00 Smithfield Ukulele Christmas Jam
12/9 10:00 Small Steps/ Big Rewards with Teresa Palma - NC Extension
12/10 10:00 Exercise with Tiffany
12/11 10:00 Dollar Bingo and Birthday Party
12/14 11:00 Making Crafts for the Homebound
12/15 10:00 Christmas Craft with Nancy
12/16 10:00 Small Steps/ Big Rewards with Teresa Palma - NC Extension
12/18 10:00 SCAA Christmas Party *
12/21 Socks for Seniors Fundraiser Begins
12/23 11:00 Reindeer Games
12/24 - 12/28 CLOSED in Observance of Christmas
12/29 - 12/31 1:00 CLOSING EARLY
12/29 10:30 What is That? *Learn About New Foods*
12/31 SCAA New Year's Eve Party *



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Drop-In Activities: *Puzzles, Games, Adult Coloring Pages*

PRINCETON *Senior Dining* CENTER

Food & Fellowship *Lunch served daily at 11:30 (by reservation)*

412 West Third St. Princeton, NC 2756

Nutrition Coordinator

Phone: 919-936-2184

November

11/4 11:00 Chair Yoga
11/5 10:00 Western Movie
11/9 11:00 Cornhole
11/11 CLOSED in Observance of Veterans Day
11/13 11:00 Chair Exercise
11/17 10:00 Comedy Movie
11/24 11:00 Thanksgiving Recipe Sharing
11/26 - 11/27 CLOSED in Observance of Thanksgiving

December

12/2 11:00 Cards
12/7 11:00 Checkers
12/14 10:00 Christmas Movie
12/15 11:00 Holiday Planning
12/16 10:00 Christmas Movie
12/21 10:45 Holiday Decor
12/22 11:00 Chair Yoga
12/23 10:45 Christmas Tea
12/24 - 12/28 CLOSED in Observance of Christmas



Stop by and pick up a printed calendar and menu for more details.

Call Your Nutrition Center:

Simply call your closest center to register, so we can provide you with a meal. Lunch is served Monday - Friday at 11:30. Come dine with us!

If you are a home delivered meals client, and are unable to receive your meal, please call your center at least 24 hours in advance so we can provide that meal to another person in need.

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

PRINCETON Senior Dining Center
Shahara Wilson, Nutrition Coordinator
919-936-2184

SMITHFIELD Center for Active Aging
Elaine O,Neal, Nutrition Coordinator
919-934-8701

Photos


BCAA Painting Class


HCAA Mahjong



CCAA Bingo


HCAA Sign Language Class


CCAA Line Dancing Class


SCAA Drawing Activity

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.*







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

Johnston Quick RIDE

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

$6 per ride each way

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

Find us on Facebook

919-934-6066
www.cssjohnston.org