

November-December 2024  
Issue 77

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*



## Golden Wishes

SINCE 2015

WE WILL BE DISTRIBUTING GOLDEN WISHES CARDS TO SENIORS RECEIVING HOME DELIVERED MEALS AND IN-HOME AID SERVICES FROM COMMUNITY & SENIOR SERVICES OF JOHNSTON COUNTY. SENIORS FILL OUT THE CARDS WITH WISH LIST ITEMS THAT THEY WOULD LIKE TO RECEIVE FOR CHRISTMAS.

BY VOLUNTEERING TO BE A PART OF OUR GOLDEN WISHES PROGRAM, YOU ARE HELPING SPREAD JOY TO SENIORS IN NEED ACROSS JOHNSTON COUNTY DURING THE HOLIDAY SEASON!  
**EMAIL US AT [GOLDENWISHES@CSSJOHNSTON.ORG](mailto:GOLDENWISHES@CSSJOHNSTON.ORG) TO GET INVOLVED!**

# Happy Holidays

FROM ALL OF US AT  
COMMUNITY & SENIOR  
SERVICES AND JCATS



# Have questions about Medicare? Need help paying for your prescriptions?

1363 W. Market St.,  
Smithfield, NC 27577  
www.cssjohnston.org  
(919) 934-6066



## SHIP can help.

855-408-1212 · [www.ncshiip.com](http://www.ncshiip.com)

Open Enrollment has begun! Is your Medicare plan still right for you? An annual Medicare review may help you save. During that time, seniors who have Medicare coverage can make plan changes that may lower their costs. The Seniors' Health Insurance Information Program (SHIIP) offers free individual counseling to assist you in selecting the best

Medicare options.

Call Caroline McLeod,  
SHIIP Coordinator, for more information or  
to schedule an appointment: 919-934-6066  
Ext. 233



Caroline McLeod  
SHIIP Coordinator

## Medicare Open Enrollment Period is Oct. 15 - Dec. 7

*\*SHIIP counselors are not licensed insurance agents, and they do not sell or endorse any product, plan, or company.*

**Caregiver Stress?** **CSS** of Johnston County can help. 919-934-6066



**HOLIDAY CLOSURE REMINDERS**

Monday, November 11: Veterans Day

Thursday, November 28: Thanksgiving

Friday, November 29: Thanksgiving

Tuesday, December 24 - Thursday, December 26: Christmas

Wednesday, January 1: New Years Day



**Family Caregiver Support Group Meetings**

*Both Meetings on 4th Thursday of each month, unless otherwise posted.*

**DAYTIME GROUP**  
Community & Senior Services  
1363 West Market Street Smithfield, NC 27577  
1:30 p.m. to 3:00 PM

**EVENING GROUP**  
Clayton Center for Active Aging  
303 Dairy Rd, Clayton, NC 27520  
6:00-7:30 PM

# BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

bensonsc@cssjohnston.org

Phone: 919-701-1477

Adrienne Delph, Program Coordinator

Hours: 8:00 AM – 4:30 PM



Invite a Friend!

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

## Special Events for November - December 2024

### NOVEMBER

- 11/1 10:00 Craft with Amy
- 11/4 10:00 \$2 Bingo\$
- 11/8 12:30 Bunco \$
- 11/11 CLOSED In Observance of Veterans Day**
- 11/12 11:30 November Birthday Celebration
- 11/15 10:00 Craft with Diane & Sue
- 11/18 10:00 Quarter Bingo\$
- 11/21 12:30 Volunteer Appreciation Lunch**
- 11/25 1:00 Advisory Meeting
- 11/28 & 29 CLOSED In Observance of Thanksgiving**

### DECEMBER

- 12/2 10:00 \$2 Bingo\$
- 12/6 10:00 Craft with Amy
- 12/9 10:00 Quarter Bingo\$
- 12/10 11:30 December Birthday Celebration
- 12/13 10:30 Craft with Diane & Sue
- 12/13 12:30 Bunco at BCPR \$
- 12/13 Closing at 1:00pm**
- 12/16 10:00 Bingo: Ladies Auxiliary
- 12/18 11:00 Christmas Party & Dirty Santa**
- 12/23 10:00 Quarter Bingo\$
- 12/24 CLOSED In Observance of Christmas**
- 12/25 CLOSED In Observance of Christmas**
- 12/26 CLOSED In Observance of Christmas**
- 1/1 CLOSED In Observance of New Years Day**

**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.

HAVE YOU PLAYED A GAME OF **BUNCO** YET?

**DICE GAME**

LEARN A NEW GAME & HAVE FUN ON FRIDAYS!

MONDAYS
9:00 Cardio Drumming 9:30 Video Chair Exercise 10:00 BINGO 1:00 Cardio Drumming 2:00 Video Chair Yoga
TUESDAYS
<b>9:00 Cornhole</b> 9:30 Video Circuit Class 10:00 Taijifit with Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Tech Training *
WEDNESDAYS
9:00 Cardio Drumming 9:30 Video Chair Exercise 1:00 Cards 1:00 Cardio Drumming 1:00 Tech Training * 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 *
FRIDAYS
9:30 Video Chair Exercise 11:00 Games ^ 1:00 Cardio Drumming

**CHRISTMAS PARTY**

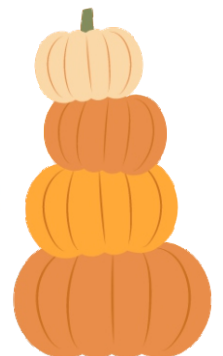
Bring 1 dozen of your favorite Christmas Cookies to share and a Christmas gag gift to swap for Dirty Santa game!

**WEDNESDAY, DECEMBER 18 AT 11:00 AM**



### Thanks-For-Giving Volunteer Appreciation Lunch

A special lunch for all our center volunteers. By Invitation only.  
 Please RSVP by November 8th.



**D**rop-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:

Yolanda Nash

Nutrition Coordinator

919-553-4352

## Special Events for November - December 2024

### NOVEMBER

11/1 11:30 Lunch Bunch: Crab Seafood House\$

11/5 10:00 Painting with PapaJack\*

11/6 11:00 Walmart Vaccines

11/7 10:00 Painting with PapaJack\*

11/7 11:00 Music with Ron

11/11 **CLOSED** In Observance of Veterans Day

11/12 10:00 Craft Class with Mindy

11/13 11:00 UNC Health Clinic

11/14 10:00 Craft Class with Mardia

11/15 11:00 November Birthday Celebration

11/18 10:00 Bingo & Info: Transition LifeCare

11/19 10:00 Painting Class with PapaJack\*

11/19 12:30 Advisory Meeting

11/20 1:00 Facebook Live: PapaJack

11/21 11:00 Music with Ron

11/21 1:00 Ice Cream Social with Nurse Next Door

11/21 10:00 Painting with PapaJack\*

11/22 10:00 Quarter Bingo\$

11/22 11:00 Life Hearing Screening

11/22 1:00 Book Club at Horne Memorial Church

11/25 10:00 Bingo & Info: Gabriel Manor

11/27 6:30PM Evening Bingo with Zetas of Clayton

### DECEMBER

12/3 10:00 Painting with PapaJack\*

12/4 11:00 Walmart Vaccines

12/5 10:00 Painting with PapaJack

12/5 11:00 Holiday Performance with School in Disguise

12/6 11:30 Lunch Bunch: Carolina Bleu Grille\$

12/9 10:00 Bingo with Koinonia Baptist Church

12/10 10:00 Craft Class with Mindy

12/12 10:00 Craft Class with Mardia

12/12 11:00 Music with Ron

12/13 Closing at 1:00pm

12/16 10:00 Bingo & Info: Transition LifeCare

12/17 10:00 Painting with PapaJack\*

12/17 1:00 Holiday Party\*

12/18 1:00 Facebook Live: PapaJack

12/18 6:30PM Evening Bingo with Zetas of Clayton

12/19 10:00 Painting with PapaJack

12/19 11:00 Music with Ron

12/19 1:00 Ice Cream Social with Nurse Next Door

12/19 2:00 Book Club with Mardia, Clayton Library

12/20 11:00 December Birthday Celebration

12/27 1:00 Book Club at Horne Memorial Church

12/30 10:00 Bingo & Info: Gabriel Manor

**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.

### HOLIDAY CLOSURES

**Monday, November 11**

**Thursday, November 28**

**Friday, November 29**

**Tuesday, December 24 - 26**

**Thursday, January 1**



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
10:30 Chair Yoga with Sindry
2:00 Cardio Drumming
WEDNESDAYS
9:00 Cardio with Jackie
10:00 Trivia Battle
1:30 Line Dance Lessons
2:00 Beginner Line Dance
3:00 Intermediate Line Dance
THURSDAYS
9:00 Fitness with Papa Jack
11:00 Billiards ** (free at Rainbow Lanes)
12:35 Trivia
2:00 Cornhole
3:00 Learn Sign Language
FRIDAYS
9:00 Strength & Balance with Jackie
10:00 BINGO
1:00 Cornhole

**D**rop-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

Tammy Braglin, Program Coordinator

Congregate Meals:

Ellen Ivey

Nutrition Coordinator

919-965-6478

## Special Events for November - December 2024

### NOVEMBER

11/7 11:00 Grief Counseling Group

11/8 2:00 Film Club Movie Screening

11/11 CLOSED In Observance of Veterans Day

11/15 1:00 Volunteer Appreciation Lunch\*

11/22 2:00 Friday Movie

11/22 2:00 Film Club Discussion

11/25 10:00 Quarter Bingo\$

11/20 12:30 Presentation: Food Borne Illness with Mary Banks

11/28 & 29 CLOSED In Observance of Thanksgiving

### DECEMBER

12/5 11:00 Grief Counseling Group

12/6 2:00 Film Club Movie Screening

12/9 10:00 Quarter Bingo\$

12/13 Closing at 12:00pm

12/18 1:00 Christmas Party\*

12/20 2:00 Film Club Discussion

12/23 10:00 Quarter Bingo\$

12/24 CLOSED In Observance of Christmas

12/25 CLOSED In Observance of Christmas

12/26 CLOSED In Observance of Christmas

1/1 CLOSED In Observance of New Years Day

BOLD: special events, notices, closings.

\$ = Fee #Hybrid (Virtual & In-Person)

\* Registration Required

\*\* In The Gym Evidence Based \*\*\*

Lunch is served M-F at 11:30 AM

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.

## Christmas Party

Wear your tacky Christmas sweaters and join us for fun and games!



Wednesday, December 18  
1:00 PM

### MONDAYS

9:00 Sew N Sew Quilters

9:00 Exercise Class

9:30 Open Pickleball

10:00 Beach Body Boot Camp

11:00 BINGO

12:30 Trivia

1:00 Kazoo Choir

### TUESDAYS

8:30 Fast Feet Walking Club

9:00 Cardio Drumming

9:30 Open Pickleball

10:00 Line Dance

10:00 Bead Weavers with Pam

10:30 (Dr Wanda's) Life Coach Gr

11:00 Sassy Feet \*

### WEDNESDAYS

9:30 Cyclepaths Cycling Group

9:30 Open Pickleball

10:00 Ballroom Dance Class

10:30 American Sign Language Class

1:30 Art Class

### THURSDAYS

8:30 Fast Feet Walking Club

9:00 Exercise Class

9:00 Open Pickleball.

10:00 Line Dancing Class

11:00 Sassy Feet \*

1:00 Telling Our Stories - Story Writing Class

1:00 Steps of Inspir. Line Dance

2:00 Cardio Drumming

### FRIDAYS

9:30 Beginners Pickleball

10:30 Beach Body Bootcamp

10:30 Open Pickleball

12:30 Friday Afternoon Games



## Thanks-For-Giving Volunteer Appreciation Lunch

Join us on Friday, November 15 for a special lunch for our center volunteers!

Please RSVP by Friday, November 8th.



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

# PRINCETON *Senior Dining* CENTER

## Food & Fellowship

**November - December 2024**

### **NOVEMBER**

Tuesdays 10:00 Your Choice of Puzzles  
 Fridays 10:00 Fun Friday (Games)  
**11/11 CLOSED In Observance of Veterans Day**  
 11/13 10:00 Board Games  
 11/14 11:45 AARP Presentation  
**11/28 CLOSED In Observance of Thanksgiving**  
**11/29 CLOSED In Observance of Thanksgiving**

### **DECEMBER**

Tuesdays 10:00 Cards  
 Fridays 10:00 Fun Friday (Games)  
 12/9 10:30 Holiday Decorating  
 12/19 11:00 Christmas Punch Social  
**12/24-12/26 CLOSED In Observance of Christmas**  
**1/1 CLOSED In Observance of New Years Day**



Shahara Wilson  
 Nutrition Coordinator  
 shaharaw@cssjohnston.org

**919-936-2184**

412 W. Third St., Princeton  
 Open 9:00 - 1:00, M-F

Lunch served daily at 11:30  
 (by reservation)



## **SMITHFIELD SENIOR CENTER**

### **Satellite Center of HCAA**

Lunch served daily at 11:30  
 (by reservation)

Tracie Beasley, Nutrition Coordinator  
 919-938-8406

Nancy Lee Dunham, Coordinator  
 smithfieldsc@cssjohnston.org  
**919-934-8701**

606 Caswell St., Smithfield  
 Open 8:00 - 1:30, M-F

#### **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 cannot be available to come to the door or if you will not be home, call your center at least 24 hours

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

**SMITHFIELD Senior Dining Center**  
 Tracie Beasley, Nutrition Coordinator  
**919-934-8701**

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

**CLAYTON Center for Active Aging**  
 Yolanda Nash, Nutrition Coordinator  
**919-553-4352**

**HARRISON Center for Active Aging**  
 Ellen Ivey, Nutrition Coordinator  
**919-965-6478**

### **NOVEMBER**

Mondays 10:00 Exercise  
 Fridays 10:00 Bingo  
 11/4 11:00 Book Club  
 11/5 10:30 Harvest of the Month with Ms. Gwen  
**11/11 CLOSED In Observance of Veterans Day**  
 11/12 12:30 Rudy Theater Christmas Jubilee  
 11/13 10:00 Domino Competition  
 11/20 11:00 Trivia  
**11/28 - 11/29 CLOSED In Observance of Thanksgiving**

### **DECEMBER**

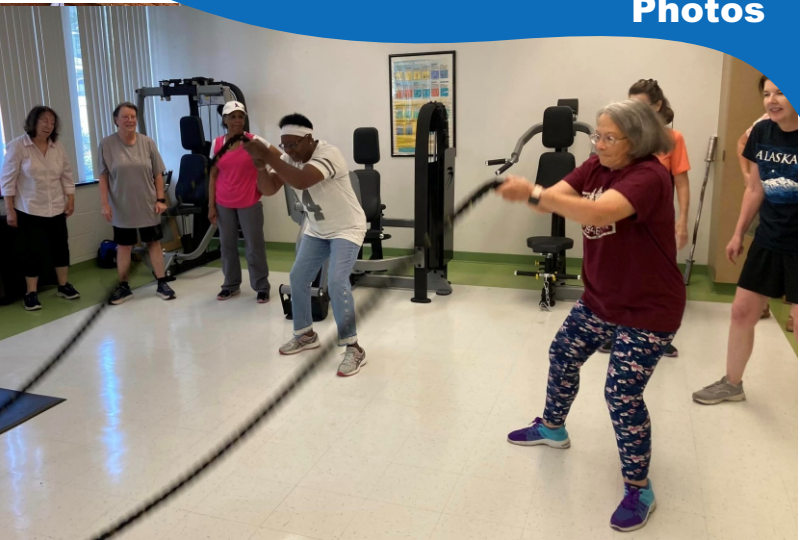
Mondays 10:00 Exercise  
 Fridays 10:00 Bingo  
 12/9 11:00 Book Club  
 12/10 10:00 Cookies n' Cards  
 12/18 10:30 Christmas Celebration  
**12/24 - 12/26 CLOSED In Observance of Christmas**  
**1/1 CLOSED In Observance of New Years Day**



**BCAA and HCAA**  
 Drop Off around 9:00 AM  
 Pick Up around 12:45 PM

**Princeton & Smithfield Dining Centers**  
 Drop Off around 10:00 AM  
 Pick Up around 12:45 PM

Smithfield Senior Dining Center members are riding JCATS to area centers, courtesy of Community & Senior Services, for those who rely on others for transportation.



*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.

<b>Caregiver Support</b>	Offers a range of services to support family caregivers including individual counseling, support groups, and respite care.
<b>Congregate Dining</b>	Provides a hot lunch in a congregate setting in which a range of social and supporting services are available.
<b>Health Promotion</b>	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.
<b>Home Delivered Meals</b>	Provides a hot, nutritional lunch to home-bound older adults.
<b>SHIP Counseling</b>	The Seniors' Health Insurance Information Program (SHIP) 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.
<b>In Home Aide Services</b>	Assists individuals who have impairments with essential daily activities such as home management and personal care tasks.
<b>Senior Centers</b>	Operates community facilities where older adults come together for services and activities that reflect their skills and interests, and respond to their diverse needs.
<b>Senior Transportation</b>	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 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)

**\$6**  
per ride  
each way

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

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**

Find us on  
**Facebook**

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