

September - October 2024
Issue 76

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



Special guests, sisters Kathi Nixon and Kelli Wood, brought harmonious music and laughter to the folks at HCAA recently. Kathi, the guitarist, has been teaching for 33 years at Corinth Holders High, and Kelli is a retired teacher boasting 10 years as an autism specialist for Johnston County. Both grew up in the Smithfield/Selma area. Our community is awesome, isn't it?

JCATS PHASE II NOW UNDERWAY

CONSTRUCTION CONTINUES AS GRANTS COME IN

With approval of two grants, JCATS is moving forward with its second phase of construction. Projects include air conditioning of the vehicle maintenance shop, canopies over the fleet parking area, additional electric vehicle charging stations, and a whole-house generator which will enable the facility to double as a temporary emergency evacuation shelter.



Photos and News

Caregiver Stress?

CSS of Johnston County can help.

919-934-6066

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

FREE Medicare Seminar

ENTITLED: MEDICARE 101



For Additional Information:

1-855-408-1212 • www.ncshiiip.com
North Carolina Department of
Insurance Mike Causey, Commissioner



NC DEPARTMENT OF
INSURANCE

October 9 at 3 PM

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

SHIIP, the Seniors' Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance.

Reserve your seat: (919) 934-6066 Ext. 133

The seminar is open to anyone new to Medicare or interested in learning more about Medicare. The seminar will include a question and answer session, so **Bring your Questions!**



Caroline McLeod
SHIIP Coordinator

Held at the CSS Home Office
1363 W. Market St.
Smithfield, NC 27577
(Limited Seating so act quickly!)

Thank You!

TO THOSE ANONYMOUS DONORS WHO WERE SO THOUGHTFUL TO THINK OF US WHEN DONATING THEIR SLIGHTLY USED AIR CONDITIONERS AND FANS DURING THIS HOT SUMMER.

We quickly ran out of our annual Heat Relief fans to give away, and it was a relief to have these donations ready to give to those in need on our list.

Again, we thank you!

BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

bensonsc@cssjohnston.org

Phone: 919-701-1477

Debra Cardone, Program Coordinator

Hours: 8:00 AM – 4:30 PM



Invite a Friend!

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

Special Events for September - October 2024

SEPTEMBER

- 9/2 **CLOSED** In Observance of Labor Day
- 9/4 10:00 Med instead of Meds Series
- 9/4 11:00 Presentation: Food Bourne Illnesses, JCHD
- 9/6 10:00 Craft with Amy
- 9/9 10:00 Quarter Bingo \$
- 9/11 10:00 Med instead of Meds Series
- 9/13 10:00 Craft with Diane and Sue
- 9/13 12:30 Bunco \$ (at BPRD)
- 9/16 10:00 BINGO with Ladies Auxiliary
- 9/17 11:30 Birthday Celebration
- 9/18 10:00 Med instead of Meds Series Ends
- 9/23 10:00 Quarter Bingo \$
- 9/25 6:00 PM Facebook Live: Meal with Matt and Christy!
- 9/27 10:00 Lunch Bunch: The Grind and shopping downtown Benson \$
- 9/30 10:00 \$2 BINGO
- 9/30 1:00 Advisory Meeting

OCTOBER

- 10/4 10:00 Craft with Amy
- 10/7 10:00 \$2 BINGO
- 10/11 10:00 Craft with Diane and Sue
- 10/11 12:30 Bunco \$ (At BPRD)
- 10/14 10:00 Quarter Bingo \$
- 10/15 11:30 Birthday Celebration
- 10/16 6:00 PM Facebook Live: Meal with Matt and Christy
- 10/18 **CLOSING** at 1:00 PM today
- 10/21 10:00 BINGO with Ladies Auxiliary
- 10/28 10:00 Quarter BINGO \$
- 10/31 12:00 Halloween Party and Costume Contest

Fun times playing BUNCO!



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.

MED instead of MEDS

Med Instead of Meds began Aug 14th is about the Mediterranean diet and discussing the benefits as related to lowering cholesterol, heart health, brain health, weight loss, etc. A dish is prepared each week for participants to sample and a lesson about 6 topics over the course of 6 weeks.

- Class 4--Eating more Fruits & Vegetables
- Class 5--Snacking on nuts & seeds and Swapping your fats
- Class 6--Rethinking Sweets



There's always happy crafters around here!



MONDAYS
9:00 Cardio Drumming 9:30 Video Chair Exercise 10:00 BINGO 12:00 Bingocize*** 1:00 Cardio Drumming 2:00 Video Chair Yoga
TUESDAYS
9:00 Cornhole 9:30 Video Circuit Class 10:00 Taijifit with Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Tech Training * 3:00 Exercise with Ellen
WEDNESDAYS
9:00 Cardio Drumming 9:30 Video Chair Exercise 12:00 Bingocize*** 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 11:00 Chair Volleyball 12:00 Trivia 1:00 Tech Training *
FRIDAYS
9:30 Video Chair Exercise 11:00 Games ^ 1:00 Cardio Drumming

Drop-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:

Natasja Shroeder

Nutrition Coordinator

919-553-4352

Special Events for September - October 2024

SEPTEMBER

9/2 CLOSED IN OBSERVANCE OF MEMORIAL DAY

9/4 11:00 Walmart Vaccines

9/5 11:00 Music with Ron

9/6/ 10:00 BINGO with Caring Hearts

9/6 11:30 Lunch Bunch at Vincent's \$

9/9 10:00 BINGO

9/12 10:00 Craft Class with Mardia

9/13 10:00 BINGO with the Women's Club

9/16 10:00 BINGO & Info with Koinonia Baptist Church

9/17 10:00 Craft Class with Mindy

9/17 9:00 Karaoke

9/17 12:30 Advisory Meeting

9/18 11:00 UNC Health Check

9/19 1:00 Ice Cream Social w/ Nurse Next Door

9/19 2:00 Book Club w/ Mardia, Clayton Library

9/20 10:00 Double Bingo

9/20 11:00 September Birthday Celebration

9/24 1:00 Live Facebook with Papajack

9/25 6:30 PM Evening BINGO with Zetas of Clayton

9/26 10:00 Charades

9/27 10:00 Quarter BINGO \$

9/27 11:00 Life Hearing

9/27 1:00 Book Club at Home Memorial Church

9/30 10:00 BINGO & Info with Gabriel Manor

OCTOBER

10/3 11:00 Music with Ron

10/4 10:00 BINGO with Caring Hearts

10/4 11:30 Lunch Bunch at Fiesta Mexicana \$

10/7 10:00 BINGO

10/8 10:00 Craft Class with Mindy

10/10 10:00 Craft Class with Mardia

10/11 10:00 BINGO with the Women's Club

10/14 10:00 BINGO with Koinonia Baptist Church

10/15 9:00 Karaoke

10/16 1:00 Live Facebook with Papajack

10/17 11:00 Music with Ron

10/17 1:00 Ice Cream Social w/Nurse Next Door

10/17 2:00 Book Club w/Mardia, Clayton Library

10/18 10:00 Double BINGO

10/18 11:00 October Birthday Celebration

10/18 CLOSING AT 1:00

10/21 10:00 BINGO & Info with Transition LifeCare

10/25 10:00 Quarter BINGO \$

10/25 11:00 Life Hearing

10/25 1:00 Book Club at Home Memorial Church

10/26 HARVEST FESTIVAL- Downtown Clayton

10/28 10:00 BINGO & Info-Gabriel Manor

10/30 6:30 PM Evening BINGO with Zetas of Clayton

10/31 10:00 Charades

10/31 11:00 Halloween Costume Contest

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.

MONDAYS
9:00 Strength & Balance with Jackie
10:00 BINGO & Info
1:30 Line Dance Lessons
2:00 Beginner Line Dance
3:00 Intermediate Line Dance
TUESDAYS
9:00 Bingozize ***
10:00 Paint w/Papa Jack ^*
10:30 Chair Yoga w/Sindry
12:00 Learn to Play Chess
2:00 Cardio Drumming
WEDNESDAYS
9:00 Cardio with Jackie
10:00 Trivia Battle
1:30 Line Dance Lessons
2:00 Beginner Line Dance
2:00 Bingozize ***
3:00 Intermediate Line
THURSDAYS
9:00 Fitness with Papa Jack
10:00 Paint with Papa Jack^*
11:00 Billiards ** (free at Rainbow Lanes)
12:45 Trivia
2:00 Cornhole
3:00 Learn Sign Language (N)
FRIDAYS
9:00 Strength & Balance with Jackie
10:00 BINGO
1:00 Cornhole



Here is a happy crafter holding her hand-painted watercolor greeting cards.



Always a crazy crowded good workout in Jackie's Strength & Balance class.

Ladies showing off the 'benefits' of wearing their new CCAA tee shirts.



Drop-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

Phone: 919-965-2627

Adrienne Delph, Program Coordinator

Congregate Meals:

Ellen Ivey

Nutrition Coordinator

919-965-6478

Special Events for September - October 2024

SEPTEMBER

9/2 CLOSED In Observance of Labor Day

9/5 11:00 Grief Counseling with Heartland Hospice

9/11 12:30 Nicole Youngblood, Agriculture Marketing Extension Agent at Johnston County Ag Center: "JOCO Grows Ag Program"

9/13 2:00 Film Club Movie Screening

9/18 12:30 Dr. Josh Hefner, Benson Sports PT: "Strength & Flexibility Important to Seniors. Information on How to Avoid Injuries"

9/25 12:30 Tara Overton, Clinical Coordinator at Wake Tech & Wake County EMS: "Handle Medical Emergencies"

9/27 2:00 Friday Movie

9/27 2:00 Cinema Verite Film Club Meeting

OCTOBER

10/9 12:30 Tanya Smith, Speech Pathologist: "Swallowing Food and Other Swallowing Issues"

10/11 2:00 Film Club Movie Screening

10/15 1:00 "Take Control" Series Class 1

10/16 12:30 Dr. Brittany McCoy "Leaving a Lasting Legacy 3.0"
Dr. McCoy continues her presentation

10/18 1:00- Closing Early Today

10/22 1:00 "Take Control" Series Class 2

10/23 1:00 "Cooking with Connie Peters": Bread Making.
Whole wheat and 13 Grain. All supplies provided

10/24 1:30 Fall Soup Potluck

10/25 2:00 Friday Movie

10/25 2:00 Cinema Verite Film Club Meeting

10/29 1:00 "Take Control" Series Class 3

10/30 12:30 Cindy Brookshire, author and writing instructor: "Writing Your Own Obituary: Telling the World About What You've Accomplished!"

BOLD: special events, notices, closings.
\$ = Fee #Hybrid (Virtual & In-Person)
* Registration Required (N) New
** 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.

Special Events:



Fall Soup Potluck Oct 24

bring a crock pot of your best soup and share the fresh bread that we baked with Connie on Oct. 23rd

Take Control!

Oct 15, 22, & 29

Gwen Williams, Family & Consumer Sciences Extension Agent at the Johnston Co. Agriculture Center, will continue this 8-week series on good nutrition and developing healthy eating habits, including taste testing.



L-R:

- * Pickleball is growing strong
- * Selma Fire & Rescue came to teach us safety
- * Tom rides his cool bike with the Cyclepaths Group



MONDAYS

9:00 Sew N Sew Quilters
 9:00 Exercise Class ***
 10:00 Beach Body Boot Camp
 11:00 BINGO
 12:30 Trivia
 1:00 Kazoo Choir
 2:00 Open Pickleball
 2:00 Book Worms Book Club (NEW)

TUESDAYS

8:30 Walking Club
 9:00 Cardio Drumming
 10:00 Line Dancing
 10:00 Bead Weavers with Pam
 10:30 (Dr Wanda's) Life Coach Gr.
 11:00 Sassy Feet *
 12:30 Computer Basics (NEW)
 1:00 Gym Sports **
 2:00 Open Pickleball **

WEDNESDAYS

9:30 Cyclepaths Cycling Group
 10:00 Ballroom Dance Class
 10:30 American Sign Language Class
 12:30 Lunch & Learn ^
 1:30 Art Class
 2:00 Open Pickleball **

THURSDAYS

8:30 Walking Club
 9:00 Exercise Class ***
 10:00 Line Dancing Class
 11:00 Sassy Feet *
 1:00 Steps of Inspir. Line Dance
 1:00 Gym Sports **
 2:00 Cardio Drumming
 2:00 Open Pickleball **

FRIDAYS

10:30 Beach Body Boot Camp
 12:30 Friday Afternoon Games
 2:00 Open Pickleball **

PRINCETON *Senior Dining* CENTER

Food & Fellowship

Shahara Wilson
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)

SEPTEMBER

Tuesdays 10:00 Your Choice of Puzzles
Fridays 10:00 Fun Friday (Games)
9/2 **CLOSED** in Observance of Labor Day
9/5 10:00 AARP Safety in the Home
9/12 10:00 Town of Princeton Admin. Speaker
9/26 10:00 FEMA Information for Seniors

OCTOBER

Tuesdays 10:00 Your Choice of Puzzles
Fridays 10:00 Fun Friday (Games)
Wednesdays 10:00 Cards
10/17 11:45 Ms. Samantha, Foodborne Illness
10/24 11:45 Amy, JoCo Registry of Deeds
10/30 11:45 Trinity Home Care Visit



Gotta get out of the house today?

We Don't Blame You... Join Us Today at the
Princeton Senior Dining Center
for Food and Fellowship!

Please call the dining center to reserve your
meal by 12 Noon the day before.

We would love to see you!

SMITHFIELD *Senior Dining* CENTER

Food & Fellowship

Lunch served daily at 11:30
(by reservation)

Stephanie Ferreira-Craft, Nutrition Assistant
919-938-8406

Nancylee Dunham, Coordinator
smithfieldsc@cssjohnston.org
919-934-8701

606 Caswell St., Smithfield
Open 9:00 - 1:00, M-F

SEPTEMBER

9/2 **CLOSED** in Observance of Labor Day
Thursdays at 10:00 Exercise with Ms. Ollie
9/3 10:00 "We Are Marshall" Movie @ Parrish/Underwood
9/10 10:30 Ms. Gwen, Harvest of the Month
9/10 and 9/25 10:30 Crafts
9/17 10:30 Casey White, Talk on Elder Abuse
9/18 10:30 Fire Marshall Blake, Safety Chat
9/27 11:00 Surprise Walk, BINGO Store

OCTOBER

10/2 10:00 Trivia, then Crafts
10/8 10:30 Ms. Gwen, Harvest of the Month
10/9 10:30 Mrs. Lauren Visit from the Poe Center
10/18 11:00 October Birthdays Celebration
10/22 10:00 John Rouse Memorial
10/14 & 10/28 10:00 Exercise with Ollie
10/30 11:00 Ms. Samantha, Foodborne Illness

September - October 2024

CALL YOUR DINING CENTER:

Call your closest center to register for dining so we can provide a meal for you. Dine together with us.

OR...

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 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 Senior Dining Center
Nancylee Dunham, Nutrition Coordinator
919-934-8701

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

CLAYTON Center for Active Aging
Natasja Schroeder, Nutrition Coordinator
919-553-4352

SELMA

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

FREE SEMINAR:
by UNC Health/Coates Hearing Clinic
Sept 11 from 10:00 AM - 3:00 PM

Held at the Medical Mall Auditorium, Ste 1302
(919) 300-5438 RSVP for Lunch, Screenings & Seminar



Smithfield Dining Center always looks forward to a visit from the home schoolers. This day they competed in several types of games to play indoors.



CCRA THANKS AMY FOR ALL THE CRAFTS SHE LEADS THEM IN!



BCAA FOLKS ARE TESTING THEIR CREATIVE SKILLS



THANK YOU RON FOR BRINGING MUSIC TO OUR EARS AT CCRA!

*Staying Active!
and Creative!*



HCAA QUILTERS TURN OUT GORGEOUS WORK



GAMING AFTERNOON AT BCAA



LEARN BALLROOM DANCING AT HCAA



★ PROUD HCAA SUPPORTER AT ROCKIN ON RAIFORD



CCRA LUNCH BUNCH AT CULVERS IN CLAYTON



CCRA BETTY IS AN AWESOME HELPER

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.
SHIP Counseling	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.
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'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

JOHNSTON COUNTY'S AREA TRANSPORTATION SYSTEM



JCATS
for Everyone!

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

www.jcats.org



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



919-934-6066
www.cssjohnston.org