



BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

919-701-1477 or 919-894-2370 (Nutrition)

Hours: 8:00 – 4:30 Monday-Friday

Adrienne Delph, Program Coordinator bensonsc@cssjohnston.org



January 2025

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
		1 CLOSED In Observance of New Year's Day	2 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Trivia 12:30 Candy's Crochet Class	3 9:00 Cardio Drumming 10:00 Arts & Crafts Class Snowman craft w/Amy 1:00 Games
6 9:00 Cardio Drumming 10:00 Arthritis Exercise 10:30 Quarter Bingo 2:00 Video Chair Yoga	7 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Outdoor Ramblers	8 9:00 Cardio Drumming 10:00 Arthritis Exercise 1:00 Cards 2:00 Video Chair Yoga	9 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Trivia 12:30 Candy's Crochet Class 1:30 Pickleball for Beginners	10 9:00 Cardio Drumming 10:00 Watercolor Painting w/ Diane 12:30 Bunco
13 9:00 Cardio Drumming 10:00 Arthritis Exercise 10:30 Quarter Bingo 12:00 Advisory Board Mtg 1:30 Pickleball for Beginners 2:00 Video Chair Yoga	14 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball 11:30 January Birthday Celebration 12:00 Discussion Group 1:00 Outdoor Ramblers	15 9:00 Cardio Drumming 10:00 Arthritis Exercise 1:00 Cards 2:00 Video Chair Yoga	16 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball 12:00 Trivia 12:30 Candy's Crochet Class 1:30 Pickleball for Beginners	17 9:00 Cardio Drumming 10:00 Out & About - Benson Museum & Mary Duncan Library Lunch at El Charro 1:00 Games
20 CLOSED In Observance of MLK Jr. Day	21 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Outdoor Ramblers	22 9:00 Cardio Drumming 10:00 Buds N Blooms Garden Club 1:00 Cards 2:00 Video Chair Yoga	23 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Trivia 12:30 Candy's Crochet Class 1:30 Pickleball for Beginners	24 9:00 Cardio Drumming 10:00 Arts & Crafts Class 1:00 Games
27 9:00 Cardio Drumming 10:00 Arthritis Exercise 10:30 Bingo: \$2 1:30 Pickleball for Beginners 2:00 Video Chair Yoga	28 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Outdoor Ramblers	29 9:00 Cardio Drumming 10:00 Arthritis Exercise 1:00 Cards 2:00 Video Chair Yoga	30 9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Trivia 12:30 Candy's Crochet Class 1:30 Pickleball for Beginners	31 9:00 Cardio Drumming 10:00 Arts & Crafts Class 1:00 Games

(*Registration /Appointment) (^ Some Weeks) (#Hybrid-Virtual & in person) (\$Fee)

Daily Drop-In Activities: Computers, Fitness Room, Wii, Library, Puzzles, Horseshoes, Shuffleboard, and Game Room.



Out & About

A Group on the GO!

Friday, January 17th

Join us for a private guided tour of the Benson Museum and learn the rich history of our little town. Next, a stop at the Mary Duncan public library where we will learn how to reserve books online and make book requests from other Johnston County libraries.

To top off the outing.....lunch at El Charro!

BINGO

- January 6th at 10:30 AM Quarter \$
- January 13th at 10:30 AM Quarter \$
- January 27th at 10:30 AM \$2

OUTDOOR RAMBLERS

Join our NEW group for lovers of the great outdoors! Enjoy walking with a group through the quaint streets of our lovely town or meet at a park or trail.

Mondays at 1:00 PM



Healthy & Fit Exercise Classes

Cardio Drumming 9am M/W/F

CARDIO DRUMMING
MEET THE PEOPLE AGAIN



Arthritis Exercise 10am M/W

Chair Yoga 2pm M/W

Strength & Flexibility Training 9am T/Th



Tai Chi 10am T/Th

Pickleball 10am T/Th **& M/Th for Beginners @ 1:30**

Dream
Create
inspire



Arts & Crafts Classes

Fridays at 10:00 AM

Release the artist within! Watercolor & acrylic painting, drawing, cute fun crafts!

Thinking Thursdays

Team Trivia Games

All that useless information in your brain will come in handy!

Every week that you play, your points will be placed on the board and at the end of the month the points will be tallied. The team with the most points will win a **prize!**

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“Benson Center for Active Aging”

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