



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)

Tammy Braglin, Program Coordinator tammy@cssjohnston.org



February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 1:00pm Valentine's Card Box & cards making craft	6 11:00am Grief Support Group	7 National Wear Red Day, Healthy Heart
10 11:00am Quarter Bingo	11 2:30 – 4:00pm Community Health Diabetic Class	12	13	14 1:00pm Sharing the Love Valentine's Party & Big Dreams Bucket List Workshop
17	18 10:30am Presentation Healthy Heart w/Tammy	19 1:00pm Facebook Virtual Trivia	20	21
24 11:00am Quarter Bingo	25	26	27	28

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

* Registration Required

** In the gym

\$ Fee

*** Arthritis Foundation Exercise Program

Mondays

9:00 Sew N' Sew Quilters \$
9:00 Pickleball
9:00 Exercise Class
10:00 Tide Dancers Team*
10:00 Bingo
11:00 Trivia
1:00 Kazoo Choir
2:00 Book Worm's Book Club

Tuesdays

8:30 Walking Club
9:00 Cardio Drumming
9:30 Pickleball
10:00 Line Dance
10:00 Bead Weaving
10:30 Dr. Wanda's Life
Coaching
11:00 Sassy Feet *
3:00 Bingocize ***

Wednesdays

9:00 Tide Dancer Team*
9:30 Cycle Paths Cycling
Group
9:30 Pickleball
10:00 Ballroom Dance
10:30 American Sign
Language
11:00 Tide Dancer Team*
1:00 Arts/Crafts \$

Thursdays

8:30 Walking Club
9:00 Exercise Class
9:30 Pickleball
10:00 Line Dance
11:00 Sassy Feet*
1:00 Telling Our Stories
1:00 Steps of Inspiration Line
Dance
3:00 Bingocize***

Fridays

9:30 Beginner Pickleball
10:00 Tide Dancer Team*
10:30 Pickleball
1:00 Steps of Inspiration Line
Dance

HCAA News & Announcements

Sharing the Love Valentine's Day Party & Big Dreams Bucket List Workshop

Friday, February 14
1:00 PM

Bring a snack to share & anything you want on your bucket list

New Class!

Bingocize:

Tuesday & Thursday at 3:00pm

Note Class Changes

Days and times may have changed.
Some classes may have been renamed.

HCAA Sister Center: Smithfield Senior Dining Center

606 Caswell St. Smithfield, NC

Monday- Friday: 8:00am – 1:30pm

Program Coordinator: Nancylee Dunham

919-934-8701 or
smithfieldsc@cssjohnston.org

Valentine's Day Card Box Craft

Wednesday, February 5

1:00 PM

Bring a box to craft into a valentine card box. Make valentine cards to share

(or buy them).

We will line the hallway with our boxes.

National Ice Cream for Breakfast Day

Saturday, February 1

Visit Old Fashioned Ice Cream

8:00 AM – 12:00 PM

New Virtual Classes

Teatime w/Tammy-

10:00 AM Every Friday

Trivia- 1:00 PM Every Fourth
Wednesday

Find us on Facebook at
"Harrison Center for Active Aging"

facebook

"LIKE" and "FOLLOW" our page for the latest updates, posts and announcements!