

January-February 2025
Issue 78

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

HAPPY

2025

NEW YEAR

MEDICARE ADVANTAGE IT IS RIGHT FOR YOU?

(Open Enrollment from
Jan. 1 - Mar 31, 2024)

1363 West Market Street
Smithfield, North Carolina 27577



Call to schedule your appointment

- Do all of my medical providers accept the Plan?
- Does the Plan cover the medications I take?
- Will I need Prior Authorization for treatment or services?
- What are the co-payments?
- What Plans are available to me?
- Do I need a referral to see a specialist?
- Do I have to pay Part B premiums?

(919) 934-6066

SHIIP has answers. Talk to your local SHIIP counselor today.

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



Phase II construction at JCATS is nearing completion! In 2023, we were notified that there were funds left over from the Federal grant that paid for the construction of the new JCATS facility. These extra funds allowed us to complete some things that were not originally included. The Phase II work consists of; the installation of air conditioning in the garage, steel canopies in the parking lot to shelter the bus fleet, and 3 rapid charging Electric Vehicle chargers. JCATS has also received an additional grant from the NC Department of Public Safety for the installation of a whole house generator. This will allow JCATS to serve as an emergency shelter if a significant weather event occurs.

JCATS is also growing rapidly and is on pace to provide 30,000 more rides this year as compared to just two years ago. NCDOT has recognized this, and through various grants, has authorized the purchase of 11 additional vehicles to the JCATS fleet in 2025. With the growth of Johnston County, these vehicles are very much needed!

On Saturday, December 7, 2024, the annual Family Caregivers Christmas Bash! This event is designed as a “getaway day” for caregivers of loved ones and offers them a chance to take a break. 26 people attended this event and received a meal catered by Meadow Village Restaurant. Presentations were given by Steve Amaons with the Johnston County Sheriff’s Office and Alan Carroll from Carroll Pharmacy. We would like to give a big thank you Dollar General and their staff for taking time to volunteer during the event and their generous donation to CSS.

Do you know a caregiver in need of a break? Our Family Caregiver Support Group meets monthly in Smithfield and Clayton. Call 919-934-6066 for more details.



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 January - February 2025

JANUARY

1/1 CLOSED In Observance of New Years Day

- 1/3 10:00 Craft with Amy
- 1/6 10:30 Quarter Bingo \$
- 1/10 10:00 Watercolor Painting with Diane
- 1/10 12:30 Bunco \$
- 1/13 10:30 Quarter Bingo \$
- 1/13 12:00 Advisory Committee Meeting
- 1/14 11:30 January Birthday Celebration

1/17 10:00 Out & About: Benson Museum & El Charro \$

1/20 CLOSED In Observance of Martin Luther King Jr. Day

- 1/22 10:00 Buds N Blooms Garden Club
- 1/27 10:30 \$2 Bingo \$

FEBRUARY

- 2/3 10:30 Quarter Bingo \$
- 2/5 1:00 Presentation: Food as Medicine with Inter Faith Food
- 2/7 10:00 Craft with Amy
- 2/10 10:30 Quarter Bingo \$
- 2/11 11:30 February Birthday Celebration
- 2/14 10:00 Watercolor Painting with Diane
- 2/14 12:00 Valentines Day Chocolate Frenzy!
- 2/14 12:30 Bunco\$
- 2/17 10:30 Bingo: Ladies Auxillary
- 2/24 10:30 \$2 Bingo \$
- 2/28 10:00 Out & About: Sisters II Ice Cream & Big Times Grill \$

BOLD: special events, notices, closings.
 * Registration Required ** - BPRD Gym
 #Hybrid (Virtual & In-Person)
 \$= Fee ***-Evidence Based Program

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.



MONDAYS
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 BINGO 1:30 Pickleball for Beginners** 2:00 Video Chair Yoga
TUESDAYS
9:00 Strength and Flexibility Exercise 10:00 Taijifit with Diane 10:00 Pickleball** 12:00 Discussion Group 1:00 Tech Training* 1:00 Outdoor Ramblers
WEDNESDAYS
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 1:00 Cards 2:00 Video Chair Yoga
THURSDAYS
9:00 Strength and Flexibility Exercise 10:00 Taijifit with Diane 10:00 Pickleball** 12:00 Trivia 12:30 Candy's Crochet Class 1:30 Pickleball for Beginners**
FRIDAYS
9:00 Cardio Drumming 10:00 Fine Arts or Crafts 1:00 Games

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:

Yolanda Nash

Nutrition Coordinator

919-553-4352

Special Events for January - February 2025

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
- 1:30 Line Dance Lessons
- 2:00 Beginner Line Dance
- 3:00 Intermediate Line Dance

TUESDAYS

- 10:00 Painting with Papa Jack^
- 10:30 Chair Yoga with 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
- 3:00 Intermediate Line Dance

THURSDAYS

- 9:00 Fitness with Papa Jack
- 10:00 Painting with Papa Jack^
- 11:00 Billiards **
- 12:35 Trivia
- 2:00 Cornhole
- 3:00 Learn Sign Language

FRIDAYS

- 9:00 Strength & Balance with Jackie
- 10:00 BINGO
- 1:00 Cornhole

JANUARY

- 1/1 **CLOSED** In Observance of New Years Day
- 1/2 11:00 Music with Ron
- 1/3 10:00 Bingo: Caring Hearts, Civitan Club
- 1/3 11:30 Lunch Bunch: Vinsons \$
- 1/8 **11:00 UNC Health Check**
- 1/9 10:00 Craft Class with Mardia
- 1/9 11:00 Music with Ron
- 1/10 10:00 Bingo: Women's Club
- 1/13 10:00 Bingo: Kiononia Reformed Baptist Church
- 1/14 10:00 Craft Class with Mindy
- 1/16 11:00 Music with Ron
- 1/16 1:00 Ice Cream Social with Nurse Next Door
- 1/16 2:00 Book Club with Mardia, Clayton Library
- 1/17 10:00 Double Bingo with The Marine Corps League
- 1/17 **11:00 January Birthday Celebration**
- 1/20 **CLOSED** In Observance of Martin Luther King Jr. Day
- 1/21 12:30 Advisory Meeting
- 1/27 10:00 Bingo & Info: Gabriel Manor
- 1/29 **6:30 PM Evening Bingo with Zetas of Clayton**
- 1/30 **10:00 Charades**
- 1/31 10:00 Quarter Bingo
- 1/31 **11:00 Life Hearing**
- 1/31 1:00 Book Club at Horne Memorial Church

FEBRUARY

- 2/6 11:00 Music with Ron
- 2/7 10:00 Bingo with Caring Hearts
- 2/7 **11:30 Lunch Bunch: Garibaldis \$**
- 2/10 10:00 Bingo with Koinonia Baptist Church
- 2/11 10:00 Craft Class with Mindy
- 2/13 10:00 Craft Class with Mardia
- 2/14 10:00 Bingo: Women's Club
- 2/14 **11:00 Valentines Day Celebration**
- 2/17 10:00 Bingo & Info: Transitions LifeCare
- 2/20 11:00 Music with Ron
- 2/20 1:00 Ice Cream Social with Nurse Next Door
- 2/20 2:00 Book Club with Mardia, Clayton Library
- 2/21 10:00 Double Bingo with The Marine Corps League
- 2/21 **11:00 February Birthday Celebration**
- 2/24 10:00 Bingo & Info: Gabriel Manor
- 2/26 **6:30 PM Evening Bingo with Zetas of Clayton**
- 2/27 **10:00 Charades**
- 2/28 10:00 Quarter Bingo
- 2/28 1:00 Book Club at Horne Memorial Church



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

Hours: 8:00 AM – 4:30 PM



HARRISON CENTER for ACTIVE AGING

Congregate Meals:
Ellen Ivey
Nutrition Coordinator
919-965-6478

611 West Noble Street, Selma, NC 27576
tammy@cssjohnston.org
Phone: 919-965-2627
Tammy Braglin, Program Coordinator

Special Events for January - February 2025

JANUARY

- 1/1 CLOSED In Observance of New Years Day
- 1/3 1:00 New Year Bash*
- 1/7 1:00 Advisory Committee Meeting
- 1/9 10:00 Food as Medicine- Inter Faith Food
- 1/9 11:00 Grief Support
- 1/13 11:00 Quarter Bingo \$
- 1/14 11:00 Presentation: Hospice House
- 1/20 CLOSED In Observance of Martin Luther King Jr. Day
- 1/22 1:00 Facebook Live: Trivia #
- 1/27 11:00 Quarter Bingo \$

FEBRUARY

- 2/6 11:00 Grief Support
- 2/8 Chili Cookoff Fundraiser!
- 2/10 11:00 Quarter Bingo \$
- 2/11 2:30 Diabetic Class with Communicating Health
- 2/14 1:00 Valentines Day Party!
- 2/19 1:00 Trivia #
- 2/24 11:00 Quarter Bingo \$

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

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.



MONDAYS

- 9:00 Sew N Sew Quilters \$
- 9:00 Exercise Class
- 9:30 Open Pickleball
- 10:00 Tide Dancers Team
- 11:00 Bingo
- 12:30 Trivia
- 1:00 Kazoo Choir
- 2:00 Book Worms Book Club

TUESDAYS

- 8:30 Fast Feet Walking Club
- 9:00 Cardio Drumming
- 9:00 Circuit Training
- 9:30 Open Pickleball
- 10:00 Line Dance
- 10:00 Bead Weavers with Pam
- 10:30 Life Coach Group.
- 11:00 Sassy Feet *

WEDNESDAYS

- 9:00 Tide Dancers Team
- 9:30 Cyclepaths Cycling Group
- 9:30 Open Pickleball
- 10:00 Ballroom Dance Class
- 10:30 American Sign Language
- 1:00 Arts/Crafts

THURSDAYS

- 8:30 Fast Feet Walking Club
- 9:00 Exercise Class
- 9:30 Open Pickleball.
- 10:00 Line Dance
- 11:00 Sassy Feet *
- 1:00 Telling Our Stories
- 1:00 Steps of Inspir. Line Dance
- 2:00 Cardio Drumming

FRIDAYS

- 9:30 Beginner Pickleball
- 10:00 Tide Dancers Team
- 10:00 Teatime with Tammy #
- 10:30 Pickleball

NEW PROGRAM ALERT

VIRTUAL TRIVIA

THIRD WEDNESDAY OF EACH MONTH AT 1:00 PM ON FACEBOOK LIVE

@HarrisonCenterforActiveAging



TEA TIME WITH TAMMY

EVERY FRIDAY AT 10:00 AM ON FACEBOOK LIVE



PRINCETON *Senior Dining* CENTER Food & Fellowship

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)

Happy
Valentines
Day

JANUARY

1/1 CLOSED In Observance of New Years Day
1/9 11:30 Vitals Clinic with Christine
1/17 11:45 Presentation: NC Family Care
1/20 CLOSED In Observance of Martin Luther
King Jr. Day
1/24 10:00 Charades

FEBRUARY

2/6 11:30 Bonaventure Vitals Clinic
2/13 11:45 Presentation NC Family Care
2/14 10:00 Charades
2/19 11:00 Chair Exercise
2/20 11:45 Food Safety, Samantha with the
Johnston County Health Dept.

HAPPY NEW YEAR
2025

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

JANUARY

Mondays 10:00 Exercise
Fridays 10:00 Bingo
1/1 CLOSED In Observance of New Years Day
1/7 10:00 Advisory Committee Meeting
1/9 10:00 Crafts with Tiffany
1/14 10:30 Heart Health Screening with Ms. Leah Johnson
1/15 10:00 Crafts with Homeschoolers
1/20 CLOSED In Observance of Martin Luther King Jr. Day
1/24 11:00 Birthday Celebration

FEBRUARY

Mondays 10:00 Exercise
Fridays 10:00 Bingo
2/4 10:00 Advisory Committee Meeting
2/11 10:30 Presentation: Let's Talk About Vertigo, UNC Health
2/18 10:00 "Travel to Italy" with Homeschoolers

January-February 2025

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



Results: The 2024 Golden Wishes Program provided the opportunity to bring joy to **127** homebound seniors this holiday season! **Thank you** to all of our volunteers for making this program possible!



Photos



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'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.*



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

\$6
per ride
each way

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