



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



January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		CLOSED In Observance of New Years Day	NO Grief Support Meeting	1:00 New Year Bash & Vision Board Craft
6	7	8	9	10
	1:00 Advisory Meeting (Planning Chili Cookoff)		10:00 – 12:00 Food as Medicine w/Inter-Faith Food 11:00 Grief Support Group	
13	14	15	16	17
Quarter Bingo	11:00 Presentation “Hospice House” w/Kim Tew			
20	21	22	23	24
CLOSED In Observance of Martin Luther King Jr. Day		1:00 Trivia Virtual - Facebook		
27	28	29	30	31
Quarter Bingo				

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

* Registration Required
 ** In the gym
 *** Arthritis Foundation Exercise Program
 \$ Fee

Mondays
9:00 Sew N’ Sew Quilters \$ 9:00 Pickleball 9:00 Exercise Class 10:00 Tide Dancers Team* 11:00 Bingo 12:30 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 *
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
Fridays
9:30 Beginner Pickleball 10:00 Tide Dancer Team* 10:00 Facebook Live: Teatime with Tammy (NEW) 10:30 Pickleball

HCAA News & Announcements

2025 New Year Bash Vision Board Craft Party

Friday, January 3rd
1:00 PM

Bring a snack to share & anything you
want on your vision board

Give me input on programs/classes to
continue, delete, add for 2025!

Come say hello in my office. 😊

Tammy

Advisory Meeting

Tuesday, January 7th

1:00 PM

Members please be present! We will be
planning and finalizing the chili cookoff.



Happy New Year

2025

CLOSED

1/1 - New Years Day

1/20 – Martin Luther King Jr. Day

New Virtual Classes

10:00 Every Friday

Teatime w/Tammy

1:00 Every Fourth Wednesday

Trivia

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

Find us on Facebook at
“Harrison Center for Active Aging”

facebook

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