



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



February 2025

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
3	4	5	6	7
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo 1:30 Pickleball for Beginners 2:00 Video Chair Yoga	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Outdoor Ramblers 1:00 Write On	9:00 Cardio Drumming 10:00 Arthritis Exercise*** 1:00 Inter Faith Food Shuttle nutrition seminar* SPECIAL PRESENTATION!! ***** 2:00 Video Chair Yoga	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	9:00 Cardio Drumming 10:00 Arts & Crafts Class Puzzle Piece Heart craft w/Amy* 1:00 Games
10	11	12	13	14
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Quarter Bingo 1:30 Pickleball for Beginners 2:00 Video Chair Yoga	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 11:30 February Birthday Celebration 12:00 Discussion Group 1:00 Outdoor Ramblers 1:00 Write On	9:00 Cardio Drumming 10:00 Arthritis Exercise*** 1:00 Cards 2:00 Video Chair Yoga	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Trivia 12:30 Candy's Crochet Class	9:00 Cardio Drumming 10:00 Watercolor Painting w/ Diane* 11:30 Chocolate Lovers Valentine's Day Fondue 12:30 Bunco 
17	18	19	20	21
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Auxiliary Sponsored Bingo 2:00 Video Chair Yoga	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Outdoor Ramblers 1:00 Write On	9:00 Cardio Drumming 10:00 Arthritis Exercise*** 1:00 Cards 2:00 Video Chair Yoga	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	9:00 Cardio Drumming 10:00 Arts & Crafts Class 1:00 Games
24	25	26	27	28
9:00 Cardio Drumming 10:00 Arthritis Exercise*** 10:30 Bingo: \$2 1:30 Pickleball for Beginners 2:00 Video Chair Yoga	9:00 Strength & Flexibility Exercise Class 10:00 Tai Chi w/ Diane 10:00 Pickleball 12:00 Discussion Group 1:00 Outdoor Ramblers 1:00 Write On	9:00 Cardio Drumming 10:00 Arthritis Exercise*** 11:00 NCDJ presentation "Avoiding Scams & Fraud" 1:00 Cards 2:00 Video Chair Yoga	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	9:00 Cardio Drumming 10:00 Out & About - Sisters II Ice Cream Shop Lunch at Jordana's 1:00 Games 
				

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

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



Out & About

A Group on the GO!
Friday, February 28th
10:00 AM



I Scream YOU Scream WE ALL Scream for ICE CREAM!!
A trip to Sisters II Ice Cream Shop in Downtown Benson.
See how the unique flavors are made with a look behind the scenes with master ice cream maker, Deb Davis.
To top off the outing.....lunch at Jordana's Italian Restaurant!

Healthy & Fit Exercise Classes

Cardio Drumming 9am M/W/F

CARDIO DRUMMING
BEAT THE POUND AWAY!



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**

WRITE ON!

A diverse group of people who meet to share, offer support, learn, and improve their writing craft for fun and/or publication.

Tuesdays 1:00-3:00 PM



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!



Valentine's Day
Chocolate Fondue
Party

February 14th at 11:30 AM

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.

Tuesdays at 1:00 PM



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