

March-April 2025
Issue 79

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



Phase II construction at JCATS is almost complete! The canopies are up and the solar panels have been installed. The new Electric Vehicle (EV) chargers will be installed in the coming weeks. Leaving only the electrical work to make the chargers and solar panels operational and the re-striping of the parking lot the only remaining things to complete! As the JCATS fleet grows, it has been a challenge not being able to use the majority of the parking lot during this project, but it will be well worth it in the end!

SENIOR GAMES

Johnston County

Calling All Seniors!

Contact Us:

Local Coordinator: Joni Hubble-Zeneberg
919-553-1550 | jzeneberg@townofclaytonnc.org

SilverArts Coordinator: Tiffany Pearson
919-934-2148 | tiffany.pearson@smithfield-nc.com

SilverArts Coordinator: Kristin Sasser
919-934-2148 | kristin.sasser@smithfield-nc.com

Events Director: Tim Messer
919-894-5117 | tmesser@townofbenison.com

Ages 50+ can participate!
March 31 - May 10, 2025

Sporting Events:

Basketball Shooting
Billiards
Bocce
Bowling
Cornhole
Disc Golf
Football Throw
Golf
Horseshoes
Mini Golf
Pickleball
Shuffleboard
Softball Throw
Swimming
Track & Field Events
Tennis

Heritage Arts:

Basket Weaving
Crochet
Jewelry
Knitting
Needlework
Pottery
Quilting
Stained Glass
Weaving
Woodcarving
Woodworking
Woodturning

Literary Arts:

Poetry
Short Stories
Life Experience
Essay

Visual Arts:

Acrylics
Drawing
Oil
Pastels
Photography
Sculpture
Watercolor
Mixed Media

Performing Arts:

Cheerleading
Comedy/Drama
Dance
Instrumental
Line Dance
Vocal



Why should I use



5 Reasons...

1. Never wonder where your ride is again with real-time updates!
2. Pay for rides with a debit or credit card directly through the app!
3. Schedule rides in under a minute from your smartphone!
4. Schedule rides in advance!
5. Get rides in new, specially equipped passenger vans!

QuickRIDE is a division of ICATS.org Free Download at: www.jcats.org

FAMILY CAREGIVER

SUPPORT

Community & Senior Services
1363 W. Market Street Smithfield, NC 27577
1:30 PM - 3:00 PM

Clayton Center for Active Aging
303 Dairy Road Clayton, NC 27520
6:00 PM - 7:30 PM

Both meetings are held on the fourth
Thursday of each month, unless
otherwise posted.
919-934-6066



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 March - April 2025

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 Write On! Writers Group
 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

MARCH

3/3 10:30 Quarter Bingo \$
 3/3 12:00 Advisory Committee Meeting
3/5 12:00 Presentation: Preventing Food Borne Illness with JoCo Health Department
 3/7 10:00 Craft with Amy: St. Patty's Day Gnome
3/7 1:00 Sound Bath Experience with Dr. Mindi Jentes
 3/10 10:30 Quarter Bingo \$
3/10 6:00PM Owl Safari with Howell Woods
 3/11 11:30 March Birthday Celebration
 3/14 10:00 Painting with Acrylics with Diane
3/14 12:30 Bunco \$
3/17 10:30 St. Patty's Day Party
 3/17 10:30 Bingo with Ladies Auxiliary
3/21 10:30 Out & About: Broadslab Distillery tour and lunch at The Grill at Meadow Market \$
 3/24 10:30 \$2 Bingo \$
 3/31 10:30 Music Bingo

APRIL

4/2 11:00 Balance & Vertigo Workshop with Dr. Sarah Morrison
 4/4 10:00 Easter Craft with Amy
4/4 11:00 Decorating Easter Cookies with Colleen
 4/7 10:30 Quarter Bingo \$
 4/8 11:30 April Birthday Celebration
4/9 11:00 Take Control Seminar with Gwen Williams
 4/11 10:00 Painting with Acrylics with Diane
 4/11 12:30 Bunco \$
 4/14 10:30 Quarter Bingo \$
4/16 11:00 Take Control Seminar with Gwen Williams
4/18 CLOSED In Observance of Good Friday
 4/21 10:30 Ladies Auxiliary Bingo
4/23 11:00 Take Control Seminar with Gwen Williams
4/25 10:30 Out & About: Benson Fire Dept. Tour and lunch at Char Grill \$
 4/28 10:30 \$2 Bingo \$
4/30 11:00 Take Control Seminar with Gwen Williams

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.



SOUND BATH

The power of sound promotes healing, relaxation, and balance. Take a moment to reconnect, recharge, and renew your energy.

Dr. Mindi from Brio Wellness in Selma.

TAKE CONTROL SERIES WITH GWEN WILLIAMS



This program is a 6 session chronic disease prevention program that provides strategies to help adults manage their health.

Each 1 hour session contains a basic cooking demonstration and sample of a healthy recipe.

Drop-In Activities:

Computers, Fitness Room, Wii, Corn Hole, Puzzles, Horse Shoes, Shuffle Board and Game Room



Congregate Meals:

Nutrition Coordinator

919-553-4352

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

10:30 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
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

Special Events for March - April 2025

MARCH

3/4 10:00 Painting Class with Alice
3/6 10:00 Painting with PapaJack
3/6 11:00 Music with Ron
3/7 11:30 Lunch Bunch: LaCocina \$
3/11 10:00 Craft Class with Mindy
3/13 10:00 Craft Class with Mardia
3/17 1:00 St. Patricks Day Celebration
3/18 10:00 Painting Class with Alice
3/18 12:30 Advisory Committee Meeting
3/20 10:00 Painting Class with PapaJack
3/20 11:00 Music with Ron
3/20 1:00 Ice Cream Social
3/20 2:00 Book Club with Mardia, Clayton Library
3/21 11:00 March Birthday Celebration
3/26 6:30 PM Evening Bingo with Zetas of Clayton
3/27 10:00 Charades
3/28 11:00 Life Hearing Screening
3/28 1:00 Book Club at Horne Memorial Church

APRIL

4/1 10:00 Painting Class with Alice
4/2 11:00 Walmart Vaccine Clinic
4/3 10:00 Painting Class with PapaJack
4/3 11:00 Music with Ron
4/4 11:30 Lunch Bunch: Anthony's Pizza & Pasta \$
4/8 10:00 Craft Class with Mindy
4/10 10:00 Craft Class with Mardia
4/11 11:00 April Birthday Celebration
4/15 10:00 Painting Class with Alice
4/17 10:00 Painting with PapaJack
4/17 11:00 Music with Ron
4/17 1:00 Ice Cream Social
4/17 2:00 Book Club with Mardia, Clayton Library
4/18 CLOSED In Observance of Good Friday
4/24 10:00 Charades
4/25 11:00 Life Hearing Screening
4/25 1:00 Book Club at Horne Memorial Church
4/30 6:30 PM Evening Bingo with Zetas of Clayton

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.



EVERY TUESDAY AT 9:00 AM

&

WEDNESDAYS AT 2:00 PM

A new fun and exciting way to play BINGO and exercise! This 10 week series will conclude on April 9th.



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 March - April 2025

MARCH

- 3/4 10:00 Presentation: Rudy Theater
- 3/6 10:30 Presentation: Nutrition & Food Bourne Illnesses, JoCo Health Department
- 3/6 11:00 Grief Support
- 3/7 11:30 Lunch Bunch: Don Betos\$
- 3/10 10:00 Quarter Bingo\$
- 3/11 11:30 Advisory Committee Meeting
- 3/17 ALL DAY- Wear Green for St. Patrick's Day
- 3/19 1:00 Facebook Live: Trivia
- 3/24 10:00 Quarter Bingo\$

APRIL

- 4/3 11:00 Grief Support
- 4/10 10:00 Presentation: Selma Police Department
- 4/11 2:00 Flower Bed Beautification Day
- 4/14 10:00 Quarter Bingo
- 4/14 1:00 Ice Cream Social*
- 4/16 1:00 Facebook Live: Trivia
- 4/18 CLOSED In Observance of Good Friday
- 4/25 11:30 Lunch Bunch: Parkside Café\$
- 4/28 10:00 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.



Harrison Center for Active Aging
611 W. Noble Street, Selma, NC 27576
919-965-2627

2025



HCAA held their second annual chili cookoff fundraiser on Saturday, February 8th. They were able to raise \$415 to help support programming at the center!

MONDAYS

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

TUESDAYS

- 8:30 Fast Feet Walking Club
- 9:00 Arthritis Exercise*****
- 9:30 Open Pickleball
- 10:00 Line Dance
- 10:00 Bead Weavers with Pam
- 10:30 Life Coach Group.
- 11:00 Sassy Feet *
- 1:00 Chair Yoga**

WEDNESDAYS

- 9:30 Cyclepaths Cycling Group
- 9:30 Open Pickleball
- 10:00 Ballroom Dance Class
- 10:30 American Sign Language
- 11:00 Tide Dancers Team*
- 1:00 Arts/Crafts
- 2:00 Hula Hoops**

THURSDAYS

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

FRIDAYS

- 9:30 Beginner Pickleball
- 10:00 Tide Dancers Team*
- 10:00 Teatime with Tammy #
- 1:00 Chair Yoga



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

PRINCETON *Senior Dining* CENTER

Food & Fellowship

March - April 2025

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)

MARCH

Mondays 10:00 Puzzles & Games
3/13 11:45 Vital Clinic
3/17 10:00 St. Patrick's Day Tea
& Cookies
3/18 11:15 SHIIP Presentation

APRIL

Mondays 10:00 Puzzles & Games
4/10 11:45 Vitals Clinic
4/17 11:15 SHIIP Presentation
4/18 CLOSED In Observance of
Good Friday

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



SMITHFIELD SENIOR CENTER

Satellite Center of HCAA

Lunch served daily at 11:30
(by reservation)

Nutrition Coordinator 919-938-8406

NancyLee Dunham, Coordinator
smithfieldsc@cssjohnston.org
919-934-8701

606 Caswell St., Smithfield
Open 8:00 - 1:30, M-F

MARCH

3/4 10:30 Trip to Smithfield Cinema
3/11 10:30 Heart Health Screening with UNC
3/14 11:00 March Birthday Celebration
3/18 10:00 Presentation: Depression Awareness
3/25 10:00 Gardening Talk with Poe
3/26 10:00 Crafts with Kids
3/27 10:00 Dance Party

APRIL

4/2 10:00 Presentation: Fire Dept. History
4/3 10:00 Craft with Tiffany
4/8 10:00 Singing with Ollie
4/9 10:30 Presentation: Hospice with Melanie, 3HC
4/15 10:00 Let Get Planing with Poe
4/18 CLOSED In Observance of Good Friday
4/22 10:00 Ms. Pams Ukulele Group
4/25 11:00 April Birthday Celebration
4/29 10:00 Singing with Ollie

MONDAYS

9:00 Coffee & Conversation
10:00 Drumming Exercise

TUESDAYS

9:00 Cards

WEDNESDAYS

9:00 Brain Games
10:00 Crafts

THURSDAYS

9:00 Dominos
10:00 Chair Exercise

FRIDAYS

9:00 Trivia
10:00 Bingo

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.
SHIIP Counseling	The Seniors' Health Insurance Information Program (SHIIP) 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.*



Sign up to receive this bi-monthly
newsletter (via e-mail)
in your mailbox at:
www.cssjohnston.org

Johnston *Quick* RIDE



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



919-934-6066
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