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!

# SERIOR Solution Country

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

# 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@townofbenson.com

# **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

# Essay

Poetry

**Literary Arts:** 

**Short Stories** 

Life Experience

Visual Arts:

Acrylics Drawing

Oil

**Pastels** 

Photography

Sculpture

Watercolor

Mixed Media

al Arts:

# **Performing Arts:**

Cheerleading Comedy/Drama

Dance

Instrumental

Line Dance Vocal

Why should I use FAMILY CAREGIVER



# 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!

# CIIDDART

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





Invite a Griend!

Hours: 8:00 AM - 4:30 PM

Congregate Meals: Sophie White **Nutrition Coordinator** 919-894-2370

# 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 Taiiifit 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 Taiiifit 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

# **Special Events for March - April 2025**

# 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

3/21 10:30 Out & About: Broadslab Distillery tour

3/24 10:30 \$2 Bingo \$

3/31 10:30 Music Bingo

# BOLD: special events, notices, closings.

3/17 10:30 Bingo with Ladies Auxiliary

and lunch at The Grill at Meadow Market \$

**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

\* 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.

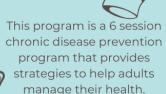


# SOUND BATH

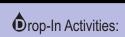
The power of sound promotes healing, relaxation, and balance. Take a moment to reconnect, recharge, and renew your energy.

> Dr. Mindi from Brio Wellness in Selma.

# **TAKE CONTROL SERIES** WITH GWEN WILLIAMS



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



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

Hours: 8:00 AM - 4:30 PM



# SENIOR CENTER OF Excellence

# **CLAYTON CENTER for ACTIVE AGING**

303 Dairy Road, Clayton, NC 27520 claytonsc@cssjohnston.org

Phone: 919-553-4350

Connie Keller, Program Coordinator

# **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 Sindry12:00 Learn to Play Chess2:00 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

10.00 DII 100

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: Anthonys 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 Ivev **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\$

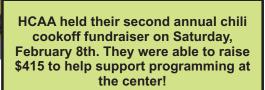
4/28 10:00 Quarter Bingo\$



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.





# **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

# **WEDNES DAYS**

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

# PRINCETON Senior Dining CENTER

Food & Fellowship

Shahara Wilson **Nutriton Coordinator** shaharaw@cssjohnston.org

919-936-2184

412 W. Third St., Princeton APRIL 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

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** 



# 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 Melanine, 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

### 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.

# MOUR 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

# **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



# 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** 

Offeres 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

# 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

<u>Princeton</u>
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 vour mailbox at: www.cssjohnston.org

# Johnston



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







for Everyone!

(919) 202-5030 Email: info@jcats.org

1050 W Noble Street Selma, NC 27576

www.jcats.org