

July-August 2021
Issue 57

1363 W. Market Street
Smithfield, NC 27577

www.cssjohnston.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



Will you help your community? Call to volunteer at 919-934-6066

SENIOR GAMES

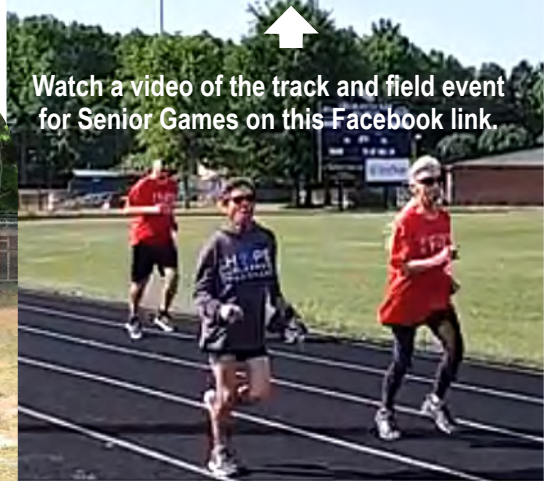
Johnston County

Senior Games 2021 Photos

Against odds, many JoCo seniors came out to compete in the 2021 Senior Games. From bowling to corn-hole, and poetry to painting, **106** Johnston County citizens competed.



Watch a video of the track and field event for Senior Games on this Facebook link.



Check out the Senior Games Facebook Page

(or search JoCoSG at <http://www.facebook.com>)

from the Cover...

During the summer, many of our volunteers have vacation plans, so we sometimes struggle to keep the home delivered meal routes covered. When reaching out to our regular volunteers to take on an additional route, we ran across an amazing duo - Bennett and his mother, Shannon. Shannon began taking Bennett along with her to deliver meals and from the beginning, he began carrying meals to their perspective doors at the age of 2! Bennett is now 7 years old and has no plans to stop! WOW...



We are so grateful to this awesome volunteer team!

Will you volunteer an hour a week to help your community?

Call today: (919) 934-6066



July-August 2021

BENSON CENTER for ACTIVE AGING

1204 North Johnson Street, Benson, NC 27504

bensonsc@cssjohnston.org

Phone: 919-701-1477

Debra Cardone, Program Coordinator



Hours: 8:00 AM – 5:00 PM

Welcome Back!

Welcome to the New
Benson Nutrition
Coordinator!



Sophie White

Congregate Dining
919-894-2370

Special Events for July - August 2021

JULY

- 7/1 9:30 Arthritis Exercise starts back 2 days a week!
- 7/1 1:00 Tech Training – One on one training *
- 7/1 2:00 Tai Chi Level 1 Class begins (2 days wk/10-wks)
- 7/2 2:00 Welcome Back! Party at BCAA!
- 7/5 CLOSED in Observance of Independence Day
- 7/12 10:00 Quarter BINGO \$
- 7/19 10:00 BINGO: Sponsored by The Ladies Auxiliary
- 7/26 10:00 BINGO: Sponsored by Liberty Commons

AUGUST

- 8/5 10:00 BCAA BINGO
- 8/12 10:00 Quarter BINGO \$
- 8/17 6:30 PM Trivia: Sponsored by Benson Foundation of the Arts
- 8/19 10:00 BINGO: Sponsored by The Ladies Auxiliary
- 8/20 7:00 PM Game Night – Come play games with us!
- 8/26 10:00 BINGO: Sponsored by Liberty Commons

BOLD: special events, notices, closings.
* Registration Required #Hybrid
*** Arthritis Foundation Exercise Program
\$= Fee ^= Some Weeks

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page. Be sure to check back for the July calendar!



Early Senior Games action at BCAA

Party Line
BINGO 919-670-0742
Mondays at 2:00
Talk time afterwards

TRIVIA
TUESDAY

Join us for trivia on **Aug 17 at 6:30PM.**
DH Johnson will be our host for this fun night.
Prizes will be tickets to the upcoming shows
at The Benson Little Theater!
This will be both a virtual and in-person event.
Trivia Games are **FREE** and sponsored by
Benson Foundation of the Arts

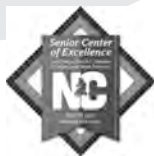
GAME
NIGHT
Are you bored?

Come play a "board" game with us
August 20th at 7 PM!
Play a favorite one or learn a new one!

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

Special Events for July - August 2021

Congregate Meals:

JC Davis,

Nutrition Coordinator

919-553-4352



919-295-9163

Wednesdays at 2:00

MONDAYS

9:00 Chair Exercise
9:30 Chair Ball
10:00 BINGO & Info ^
11:00 Walking Group
2:00 Beginner Line Dance
3:00 Intermediate Line Dance

TUESDAYS

9:00 Arthritis Exercise ***
10:00 Crafts
1:00-4:00 Card Playing Groups

WEDNESDAYS

9:00 Chair Exercise
9:30 Chair Ball
10:00 Music Performance ^
10:00 Health Screenings ^
11:00 Walking Group
12:00 JCATS Shopping *
2:00 Party Line Trivia
2:00 Beginner Line Dance
3:00 Intermediate Line Dance

THURSDAYS

9:00 Arthritis Exercise ***
11:00 Billiards **
1:00-4:00 Card Playing Groups

FRIDAYS

9:00 Cardio Circuit
9:00 Chair Ball
10:00 BINGO
11:00 Walking Group
1:00 Book Club A (offsite: Home Church)
1:00 Book Club B (offsite: Clayton Library)

JULY

7/5 CLOSED in Observance of Independence Day

7/7 8:00 Welcome Back! Center Re-opening

7/8 10:00 Crafts with Mardia from Clayton Library

7/9 9:00-11:00 Grand Opening Celebration

7/12 10:00 BINGO & Info: Kelly Helms, 3HC

7/13 10:00 Painting with Jack

7/14 10:00 Music Performance: Wayne Sedei

7/16 10:45 July Birthday Celebration

7/19 10:00 BINGO & Info

7/22 1:00 Ice Cream Social

7/26 10:00 BINGO & Info: April Barbour-Matthews,
UNC Healthcare

7/27 10:00 Painting with Jack

7/28 10:00 Music Performance: Rockin' Dickie

7/29 11:00 Facebook Live Trivia

7/30 10:00 Fruit with the Director

AUGUST

8/2 10:00 BINGO & Info

8/9 10:00 BINGO & Info: Kelly Helms, 3HC

8/10 10:00 Painting with Jack

8/12 10:00 Crafts with Mardia from Clayton Library

8/16 National Joke Day – Bring Your Best Joke to Share!

8/16 10:00 BINGO & Info

8/20 10:45 August Birthday Celebration

8/23 10:00 BINGO & Info, Rachel Kirakofe, Access
Physical Therapy

8/24 10:00 Painting with Jack

8/26 11:00 Facebook Live Trivia

8/30 10:00 BINGO & Info

*Registration Required \$ = Fee
**Rainbow Lanes ^Some Weeks
***Arthritis Foundation Exercise Program

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page. Be sure to check back for the July calendar!

**Grand Opening
Celebration**

July 9, 2021

Join Us!



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

Hours: 8:00 AM – 4:30 PM



HARRISON CENTER for ACTIVE AGING

611 West Noble Street, Selma, NC 27576

harrisonsc@cssjohnston.org

Phone: 919-965-2627

Tammy Braglin, Program Coordinator



Special Events for July - August 2021

JULY

7/5 CLOSED in Observance of Independence Day

7/7 8:00 Welcome Back Re-Open Party (all week)

7/7 10:00 Presentation: Tammy Braglin,

"We Missed You," HCAA

7/8 9:00 Arthritis Exercise Begins ***

7/12 11:00 BINGO

7/14 2:00 Journaling Class

7/16 2:00 Facebook LIVE Talk Time with Tammy

7/19 11:00 BINGO

7/21 10:00 Advisory Committee Meeting

7/23 12:00 Lunch Bunch: TBD \$

7/26 11:00 BINGO

AUGUST

8/2 11:00 BINGO

8/9 11:00 BINGO

8/11 10:00 Come Show & Tell, Story Time of Days Past

8/12 5:00 PM Go Group: Sundown in Downtown Benson

Concert featuring Jim Quick & Coastline Band \$

8/13 2:00 Facebook LIVE Talk Time with Tammy

8/16 11:00 BINGO

8/18 2:00 Journaling Class

8/20 12:00 Lunch Bunch: TBD \$

8/23 Stretch Class #

8/23 11:00 BINGO

8/26 9:00 Arthritis Exercise ***

8/30 11:00 BINGO

\$ = Fee #Hybrid (Virtual & In-Person)
* Registration Required
** In The Gym
*** Arthritis Foundation Exercise Program

Please note, activities and classes are subject to change. For schedule updates or questions, contact the center or visit our Facebook page. Be sure to check back for the July calendar!

New! Check it out!
TIDE DANCERS
new ventures in dancing

Welcome Home
DAYS
July 7 - 9th

Food, Music,
& Special Events

Don't Miss a Day!

Yay! BINGO is Back!

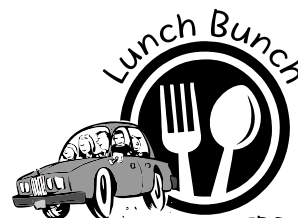


Drop-In Activities: Computer Lab, Fitness Room, Puzzles, Games, Library

Ellen Ivey

Nutrition Coordinator

919-965-6478



Call Tammy for Details, TBD \$
Nominate Your Favorites!

MONDAYS

9:00 Pickleball **
9:00 Chair Ball
9:00 Sew N' Sew Quilters \$
10:00 Stretch Class #
11:00 BINGO
1:30 Life Connections Group

TUESDAYS

9:00 Pickleball **
9:00 Arthritis Exercise ***
10:00 Beginner Line Dance
11:00 Sassy Feet *
11:00 Bead Embroidery \$
3:00 Painting Class \$

WEDNESDAYS

9:00 Pickleball **
9:00 Tide Dancers
10:00 Open Craft
11:00 Walk With Ease *
1:00 Body Groove Dance Class
2:00 Journaling \$

THURSDAYS

9:00 Pickleball **
9:00 Arthritis Exercise ***
10:00 Line Dance
12:00 Sassy Feet *
2:00 Arts & Crafts \$

FRIDAYS

8:00 Tide Dancers
9:00 Pickleball **
10:30 Walk With Ease *



*We will be fully open starting on
Wednesday, July 7th.*

*Masks and social
distancing are
encouraged.*

Also on July 7, 2021 we will resume **serving congregate meals
Monday through Friday at each dining center and
delivering hot meals
Monday-Friday** from each of our six dining centers.
(See dining centers contact information below.)

**Do you receive Home Delivered Meals
and plan to be away for vacation, etc.?
Please let us know ahead of time.**

Call your Dining Center:



KENLY Senior Dining Center
Teresa Watson, Nutrition Coordinator
919-284-3392

PRINCETON Senior Dining Center
Frances Talton, Nutrition Coordinator
919-936-2184



**Do you want to enjoy
a meal with us in the
Dining Room?**

SMITHFIELD Senior Dining Center
Nancylee Dunham, Nutrition Coordinator
919-934-8701

BENSON Center for Active Aging
Sophie White, Nutrition Coordinator
919-894-2370

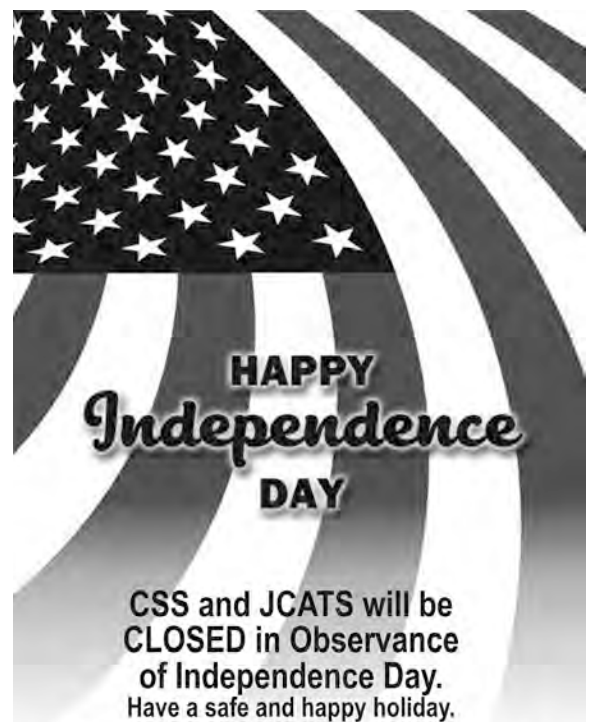
**Make a call to the
Center you choose
So they can have a
meal ready for you!**

CLAYTON Center for Active Aging
JC Davis, Nutrition Coordinator
919-553-4352

HARRISON Center for Active Aging
Ellen Ivey, Nutrition Coordinator
919-965-6478



*A few congregate diners chat after enjoying a
meal together at HCAA.*



Closed: July 5, 2021



Melissa Fernandez

Welcome

to the New "Floating" Nutrition Assistant!

We are proud to welcome Melissa Fernandez to CSS as the Nutrition Floater! She has been a home-delivered meals volunteer since June 2020, delivering in the Selma/Smithfield areas. She is eager to work with our agency and make a difference in our community.

News & Photos



FACILITY UPDATE

JCATS is currently in the **design (editing) phase** for a new operations and vehicle maintenance facility on its current 4.6-acre site on Noble Street in Selma.

Harrison Center for Active Aging is Re-certified as "Center of Excellence"

The Harrison Center for Active Aging was recertified as a Center of Excellence by the N.C. Division of Aging and Adult Services. This designation was awarded on May 17, 2021, and is valid until 2026. The SCOPE certification is a five-year process that covers access to services, outreach, activities, planning, input from older adults, staff, and operations.

Congratulations HCAA, we are proud!

Congrats!



First Days Back - Smiling Faces!



July-August 2021

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

Support a broad array 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.

Information & Assistance

Designed to inform and educate older persons and their families about programs and services available across the long-term care continuum and to refer and connect individuals to appropriate resources.

In Home Aide Services

Assists individuals who have impairments with essential daily activities in the areas of home management and personal care tasks.

Options Counseling

Helps individuals consider a range of possibilities when making decisions about long-term services and supports planning for future needs.

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.



<-- CSS is now certified as an official counseling site for **S.H.I.P., Seniors' Health Insurance Information Program** of the North Carolina Department of Insurance. We are located at 1363 W. Market Street in Smithfield.



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

Take advantage of our live feed of **Facebook** links on our home page from each Center for Active Aging and CSS at www.cssjohnston.org



919-934-6066
www.cssjohnston.org

JOHNSTON COUNTY'S AREA TRANSPORTATION SYSTEM



JCATS
for Everyone!

www.jcats.org