

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

www.granvillecounty.org • e-mail address: kathy.may@granvillecounty.org



North Carolina is famous for lots of things – basketball, first in flight (even though Ohio may argue that), the Biltmore Estate, Andy Griffin – but there are some things our great state is famous for that you may not know! Check out this list of things started right here in our backyard!

Vicks VapoRub® - Lunsford Richardson began working on a number of “remedies” he called Vicks. Eventually there were 21 “vicks family remedies,” which included this mystery ingredient from Japan called menthol. After selling his drugstore he had trouble selling these products outside of Greensboro. His son decided to concentrate on the newly named Vicks VapoRub and a common household remedy was born.

Putt-Putt – Founded by Don Clayton, “Putt-Putt Fun Center” got its roots in Fayetteville and became a global phenomenon.

Krispy Kreme® – Vernon Rudolph had humble hopes for this small coffeehouse and doughnut shop located in Old Salem. Using a yeast-based recipe he bought off a New Orleans chef, Vernon

began selling his doughnuts to grocery stores. Soon, Krispy Kreme was a national sensation.

Barcode – The barcode for use in grocery stores is now globally used and known, but it started in Raleigh. George Lauer was assigned to make a universal supermarket scanner and label. In 1972, IBM had Lauer present his proposal for a scanner to the Super Market Committee in Rochester, NY. His proposal was accepted and the barcode was born.

Control-Alt-Delete – Invented by IBM employee David Bradley in the Research Triangle Park, this small function has been saving us all from computer-based issues for quite some time.

Texas Pete® - Texas Pete® was invented in Winston-Salem by TW Garner Food Company. As the operator of the Dixie Pig Barbecue Stand, Sam Garner invented Texas Pete to satisfy his customers needs for something spicier. Today, it is the third best-selling hot sauce in the United States.

INSIDE THIS ISSUE

Nifty 90s.....2
 AARP Driver Safety Class.....4

Senior Center Activity Calendars.....5-7
 Locations, Programs & Services, Senior Services Staff.....8

NIFTY 90'S

Mark your calendars for **Granville County Senior Center's** annual *Nifty 90's event*! This event, for those 90 and over in Granville County, is one of the highlights of our year and we cannot wait to celebrate again with you! Last year's program, a drive through event, was attended by nearly 50 ninety-plus year olds even though it had to be held outdoors. We hope to see even more of you this year!

This year's program will be held on **Tuesday, September 21** beginning at 5:00 p.m. Due to the ongoing COVID pandemic we have decided to hold this as another drive through event. While we had hoped to be able to hold this indoors once again, we feel, at this time, that for the safety of everyone we need to have this outdoors one more year. If you are interested in attending, please call the senior center at (919)693-1930 to register. *Don't miss out!*

WATERCOLOR ART CLASS SCHEDULED

The **Granville County Senior Center** in Oxford is excited to announce that we will offer a *watercolor painting class* this fall! *Carolyn DeBrand*, an artist from Henderson, will teach this class for us. Ms. DeBrand, a watercolor and acrylics artist, has a degree in Art from the University of Corpus Christi in Texas. She is passionate about art and is excited to bring us this series of classes.

Please note – there has been a change in dates from the original schedule! Classes will be held on Tuesdays for four weeks beginning **Tuesday, November 2** and will go through Tuesday, **November 23** from 1:00 p.m. until 3:00 p.m. A supply list will be provided for participants prior to beginning the class. The charge for this class will be \$80 per person for the four-week series and will be due to the instructor at the first class. Please call the senior center at (919)693-1930 to register.

If you enjoy art and have ever wanted to try watercolors, this is the class for you! Don't miss out!

HOLIDAY BAZAAR SCHEDULED

The **Granville County Senior Center** in Oxford will hold their 11th annual *Holiday Bazaar* on Saturday, November 6 from 9:00 a.m. until 2:00 p.m. We always have a wide variety of vendors with all kinds of handmade items for sale. We are currently full for vendor spots, but if you have handmade goods and would like to be put on a waiting list in case of a vendor cancellation, please call Diane Williams at (919)693-1930 or email her at diane.williams@granvillecounty.org. We'll have hot dogs with all the trimmings for sale that day too! Mark your calendars and make plans to attend.

SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the **Labor Day holiday** on Monday, September 6. There will be no congregate or home delivered meals served on this day. Our centers will reopen on Tuesday, September 7 at 8:30 a.m. We hope you have a wonderful holiday!

OPEN ENROLLMENT FOR MEDICARE PARTS C & D BEGINS OCTOBER 15

Your health needs change from year to year and the benefits and costs of your health plan may change each year too. That is why it is important to evaluate your Medicare choices every year. The Annual Election Period is the one time of year when all people with Medicare can review and/or change their Medicare Advantage (Part C) or Medicare prescription drug (Part D) plans for 2022. Open enrollment begins **October 15** and ends **December 7**. If you want to review your plan for 2022, please call the **Granville County Senior Center** in Oxford at (919)693-1930 to schedule an appointment during open enrollment time. **We will begin taking appointments September 15.** We have well-trained SHIIP (Senior Health Insurance Information Program) counselors who are able to assist you with changing your plan.



Kathy's Korner

..... By: Kathy May.....

Many of us experience some degree of hearing loss as we grow older. Hearing loss can be caused by many different reasons, but if you are one of those people you may feel confused about what you need to do about it. Let me share some information I have learned through the years.

First, your primary care physician is always a good place to start. He/she can screen for hearing loss to determine whether referral for diagnostic evaluation is indicated or not. From there, a patient may be referred to an ENT (Ear Nose & Throat) doctor or an audiologist. Many ENT doctors have audiologists who work in their office. An audiologist is a doctor of audiology who specializes in hearing loss prevention, identifying, diagnosing, and treating hearing disorders.

The mistake I see people make is that they skip the doctor visit and go straight to a hearing aid dispenser. A hearing aid dispenser (dealer) is licensed to perform hearing tests for the sole purpose of fitting and selling hearing aids. These individuals can obtain a license to sell hearing aids through a state licensing exam. Once passed, the hearing aid dispenser often becomes a company store of a particular manufacturer. The biggest thing to note: A dispenser is not permitted to complete or charge for any diagnostic hearing evaluation. They make their money by selling you a hearing aid.

An audiologist, on the other hand, is required to attend eight years of college specializing in hearing and balance function and disorders. If an audiologist identifies a hearing loss that is not medically or surgically treatable, then the audiologist recommends the appropriate treatment, which can include hearing technology. They also monitor hearing and hearing aid performance, offering trial periods, warranties and loss and damage protection on purchases. They also include follow-up care after the initial purchase.

If you are experiencing hearing loss, you owe it to yourself and your loved ones to consult MEDICAL professionals instead of a hearing aide dealer. Start by consulting your primary care doctor, who will likely refer you to an ENT specialist who has an audiologist on staff. The end result for you will be well worth it!

(Basic Information for this article was taken from AUDIO-LOGIC, PC)

POWERFUL TOOLS FOR CAREGIVERS

The **Granville County Senior Center** in Oxford will host the *Powerful Tools for Caregivers* series beginning in November. This six-week series gives caregivers the skills they need to take care of themselves while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Participants will learn how to *manage emotions, reduce stress and cope with caregiving issues and demands*. Sessions will begin Tuesday, November 2 and will be held each Tuesday through December 7. This free series will be offered both in-person and virtually. In-person sessions will be held from 10:00 a.m. – 11:30 a.m. and the virtual option will be held from 1:00 p.m. until 2:30 p.m. on these days. Sessions will be led by Austin Caton, Family Caregiver Specialist and Susan Tucker, Aging Assistant with the Kerr-Tar Area Agency on Aging.

If you or someone you know is caring for a friend or loved one, you do not want to miss this workshop. Join us to learn ways to care for yourself so that you can be the best caregiver you can be for those who need you the most. To register, please call the senior center at (919)693-1930.

AARP DRIVER SAFETY CLASS

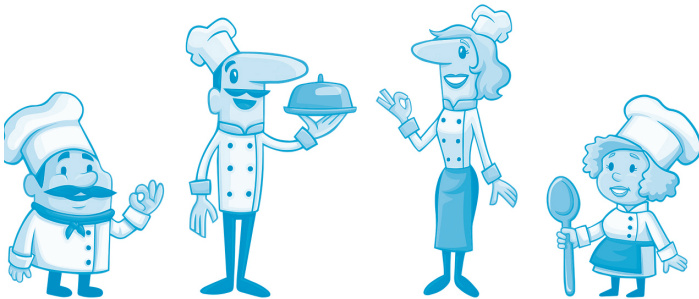
The **AARP Driver Safety Program** is the nation's first and largest driver safety course designed especially for drivers 50 and older. The course is intended to help drivers live more independently as they age and remain safe on today's roads.

The Driver Safety Program course covers defensive driving techniques and the normal changes in vision, hearing and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. Participants learn about current rules of the road and how to operate their vehicles safely in today's increasingly challenging driving environment. Topics include: *maintaining proper following distance; methods of changing lanes and turning at intersections; effects of medications on driving; minimizing the effect of dangerous blind spots; limiting driver distractions such as eating, smoking and cell phone use; properly using seat belts, air bags, and anti-lock brakes, maintaining physical flexibility and monitoring the driving skills and capabilities of yourself and others.*

The **Granville County Senior Center** in Oxford will hold an **AARP Driver Safety** class on **Thursday, October 14** from 9:00 a.m. until 1:00 p.m. You **must preregister** for this class by calling the senior center at (919)693-1930.

The cost will be \$15.00 for AARP members and \$20.00 for non-members which includes all course materials. Course participants may be eligible to receive a state mandated, multi-year discount on their auto insurance premium. Participants should contact their insurance company or agent for more details.

The instructor for this class will be Lynroy Thoma, a certified AARP Driver Safety Program instructor. Sign up now!



LUNCH & LEARN SCHEDULED

The **South Granville Senior Center** in Creedmoor will hold a *Lunch and Learn* on Thursday, September 23 at 12:00 noon. Jennifer Brown, Area Extension Agent, Family and Consumer Sciences, with the Granville County Cooperative Extension office, will present ***"Improving Your Health."*** **This will be a virtual program.** Learn simple tips to improve your health through nutrition and physical activity. Also, learn about programs in our area to help you stay healthy and fit. If you are interested in attending, please call the senior center at (919)528-0848 or register online at www.go.ncsu.edu/fcsregistration.

FUN DAY AT NORTH GRANVILLE SENIOR CENTER

Join us at the **North Granville Senior Center** in Stovall on Friday, September 24 at 10:00 a.m. for *games and ice cream sandwiches!* We will have corn hole and other games set up outside for you to enjoy. Join us for the fun and enjoy a refreshing ice cream sandwich after. Join us as we say goodbye to summer and hello to fall!

FALL PREVENTION PROGRAM PLANNED

The **North Granville Senior Center** in Stovall will hold a *fall prevention program* this month. This will be held on Tuesday, September 14 beginning at 11:00 a.m. Winfred Keranakis, with 3HC Home Health, will be the guest speaker. Topics discussed will include tripping hazards, accessibility, safe habits and strength exercises to strengthen your legs. This is important information for everyone to have as we age. Please call the senior center at (919)693-3383 to register. **Don't miss out!**

DOOR HANGER CRAFT CLASS PLANNED

Do you need to refresh your front door for the fall season? Do you want something bright to welcome friends and family to your home? Well the **North Granville Senior Center** in Stovall has just the class for you! Join us on Tuesday, September 21 at 10:00 a.m. as Phyllis Blackwell, Senior Center Coordinator, shows participants how to make a beautiful 10" door hanger for your home. This class will be limited to six people so *register now* by calling the senior center at (919)693-3383. The cost will be \$13.00 per person, which includes all supplies. *Call early – don't miss out!*



WRITERS GROUP GEARS UP FOR A GREAT YEAR

Four years ago a small writer's group started at the **Granville County Senior Center** in Oxford, simply called "*the writers group*." In June when the group met to reorganize after the COVID hiatus, the members voted to change their official name to *Creative Voices*. During the reorganization, the group also voted to keep the membership small (*8 to 10 participants*) in order to make the best use of its format.

This group meets on the second and fourth Tuesdays (no meetings in December). The format includes a workshop period to share ideas and techniques about writing and usually ends with a critiquing time for those members requesting a review of his or her work. The participants are interested in improving their writing and are from several levels – beginning writing to published writers. This is not a class but a sharing of techniques, ideas and creativity.

Currently, we have space for three more people. If you are interested in joining this group, please call Angela Wright at (919)693-1930. There are no fees or dues. Come join us on a *writing adventure!*

NATIONAL SENIOR CENTER MONTH

According to the National Council on Aging (NCOA) and the National Institute of Senior Centers, the month of September is *National Senior Center month*. Senior centers, ours included, have proven how vital they are to our communities over the past year. During the COVID pandemic, we have transformed our centers into virtual classrooms providing a continuing means of engagement and activity during isolation. We have delivered hundreds of meals, have held numerous drive through events and proven how integral we are to the health and well-being of our older adults by providing COVID-19 guidance, vaccination information and clinics to our senior population. We are so happy to be open again but we know it will never be business as usual going forward.

In celebration of all our senior centers provide, the **South Granville Senior Center** in Creedmoor will hold a special senior center month celebration on Friday, September 24 beginning at 10:30 a.m. This will be held in the parking lot of the senior center and will be sponsored by the *South Granville Rotary Club*. Food and entertainment will be provided. **You must pre-register by calling the senior center at (919)528-0848. Join us for the fun!**

ACCESS YOUR POWER TO SCREEN INVESTMENTS, CHARITIES, COUNTERFEITS & MORE

The Granville County Senior Center in Oxford will hold an “Access Your Power to Screen Investments, Charities, Counterfeits and More” program on Tuesday, September 28 beginning at 10:30 a.m. This program will be presented by Ann Elmore, Agency Legal Specialist, with the NC Department of the Secretary of State office, Securities Division.

In this program, participants will learn the three “R’s” for investment fraud, charity scams and counterfeit prescriptions and goods. Strengthen your three “R’s” by *recognition* – prime your awareness of warning signs of fraud in our newest “normal”; *repel* – gain screening tools to shield from the unscrupulous and *respond* – effectively leverage resources to counter wrongdoing and why reporting is so important. Participants will also hear more about how North Carolina’s Advance Health Care Directives Registry can help optimize getting what you want in the way of care while giving loved ones the gift of peace of mind.

This is important information for everyone. We hear of fraud attempts every day – join us to learn more about how to protect yourself and your finances. Please call the senior center at (919)693-1930 to register.

MONTHLY SUMMARY OF SERVICES

Granville County Senior Services is hard at work for the citizens of Granville County. The following data reflects the numbers served during **July 2021**.

Home Delivered Meals

Oxford area: 719 meals delivered to 39 homebound seniors.

Northern Granville area: 86 meals delivered to 5 homebound seniors.

Southern Granville area: 423 meals delivered to 22 homebound seniors.

Total meals: 1,228 meals delivered to 66 homebound seniors.

Total contributed to program by participants: \$906.00

Total amount paid by Senior Services: \$3,303.32

Congregate Meals

Granville County Senior Center in Oxford: 1,002 meals to 78 seniors.

North Granville Senior Center in Stovall: 644 meals to 47 seniors.

South Granville Senior Center in Creedmoor: 1,343 meals to 102 seniors.

Total meals: 2,989 meals to 227 seniors.

Total contributed to program by participants: \$1,366.56

Total amount paid by Senior Services: \$8,040.41

In-Home Aide Services

755 hours provided for 32 clients.

Amount contributed to program by participants: \$125.00

Lifeline Assistance

Monthly bills paid for 15 limited income seniors to have an emergency response system. Amount paid by Senior Services: \$375.00

Granville County Senior Center • 919.693.1930

107 LANIER STREET • P.O. BOX 1287 • OXFORD, NC 27565 • "A Certified Center of Excellence"


SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>LABOR DAY SEPT 6</p>		9:00 Rummikub & Dominoes 1 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle Exercise Class 11:00 Coffee w/Kathy 1:30 Spades 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 2 10:00 Bingo w/a Badge (sponsored by GC Sheriff's Dept.) 11:30 Water Aerobics (YMCA) 1:30 Spades	9:00 Rummikub & Dominoes 3 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades
6 <i>Closed for the Labor Day holiday</i>	9:00 Rummikub & Dominoes 7 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club	9:00 Rummikub & Dominoes 8 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle Exercise Class 1:30 Spades 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 9 10:00 Bingo (sponsored by GC Veteran's Support Group) 11:30 Water Aerobics (YMCA) 1:30 Spades	9:00 Rummikub & Dominoes 10 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades
9:00 Walking for Wellness 13 9:00 Rummikub & Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 14 9:00 Open Art Studio 9:30 NC Interest Group Mtg. 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Creative Voices	9:00 Rummikub & Dominoes 15 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle Exercise Class 1:30 Spades 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 16 10:00 Bingo w/a Badge (sponsored by GC Sheriff's Dept.) 11:30 Water Aerobics (YMCA) 1:30 Spades	9:00 Rummikub & Dominoes 17 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades
9:00 Walking for Wellness 20 9:00 Rummikub & Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 21 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 5:00 Nifty 90's *No GC ACBL Bridge Club today	9:00 Rummikub & Dominoes 22 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle Exercise Class 1:30 Spades 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 23 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Spades	9:00 Rummikub & Dominoes 24 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades
9:00 Walking for Wellness 27 9:00 Rummikub & Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 28 9:00 Open Art Studio 10:30 Speaker – Ann Elmore – "Fraud" 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Creative Voices	9:00 Rummikub & Dominoes 29 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle Exercise Class 1:30 Spades 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 30 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:30 Spades	

North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>LABOR DAY SEPT 6</p>	<p>9:00 Game Time: 1 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingocise</p>	<p>9:00 Game Time: 2 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch /Crochet/ Diamond Dotz® 1:00 Quilting Class</p>	<p>9:00 Game Time: 3 Rummikub/ Dominoes/Card Games (2000 & 13)</p>	
<p>6 <i>Closed for the Labor Day holiday</i></p>	<p>9:00 Game Time: 7 Rummikub/ Dominoes/Card Games (2000 & 13)</p>	<p>9:00 Game Time: 8 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Bingocise 12:00 September Birthday Celebration</p>	<p>9:00 Game Time: 9 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch /Crochet/ Diamond Dotz® 1:00 Quilting Class</p>	<p>9:00 Game Time: 10 Rummikub/ Dominoes/Card Games (2000 & 13)</p>
<p>9:00 Game Time: 13 Rummikub/ Dominoes/Card Games (2000 & 13)</p>	<p>9:00 Game Time: 14 Rummikub/Dominoes/ Card Games (2000 & 13) 11:00 "Fall Prevention" – Winfred Keranakis w/3HC</p>	<p>9:00 Game Time: 15 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingocise</p>	<p>9:00 Game Time: 16 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch /Crochet/ Diamond Dotz® 1:00 Quilting Class</p>	<p>9:00 Game Time: 17 Rummikub/ Dominoes/Card Games (2000 & 13)</p>
<p>9:00 Game Time: 20 Rummikub/ Dominoes/Card Games (2000 & 13)</p>	<p>9:00 Game Time: 21 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Craft – Door Hanger 1:00 Bible Study – Rev. Jeanne Jones</p>	<p>9:00 Game Time: 22 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingocise</p>	<p>9:00 Game Time: 23 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch /Crochet/ Diamond Dotz® 1:00 Quilting Class</p>	<p>9:00 Game Time: 24 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Fun Day</p>
<p>9:00 Game Time: 27 Rummikub/ Dominoes/Card Games (2000 & 13)</p>	<p>9:00 Game Time: 28 Rummikub/ Dominoes/Card Games (2000 & 13)</p>	<p>9:00 Game Time: 29 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingocise</p>	<p>9:00 Game Time: 30 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch /Crochet/ Diamond Dotz® 1:00 Quilting Class</p>	

South Granville Senior Center • 919.528.0848

114 DOUGLAS DRIVE • P.O. BOX 766 • CREEDMOOR, NC 27522

SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Each Tuesday and Thursday 9:00 Low Impact Aerobics is held at the Butner Sports Arena in Butner. The 10:05 Stretch & Wiggle is held both at the Butner Sports Arena & by video at the South Granville Senior Center in Creedmoor.</p>		<p>9:00 Game Time: 1 (Rummikub/Dominoes Scrabble)</p> <p>10:00 Bingo</p> <p>3:00 Book Club</p>	<p>9:00 Game Time: 2 (Rummikub/Dominoes Scrabble)</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch & Wiggle</p> <p>10:30 Crochet Club</p>	<p>9:00 Game Time: 3 (Rummikub/Dominoes Scrabble)</p> <p>9:30 Quilting Club</p>
<p>6</p> <p>Closed for the Labor Day holiday</p>	<p>9:00 Game Time: 7 (Rummikub/Dominoes Scrabble)</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch & Wiggle</p> <p>10:30 Bible Study w/Minister Ida Black (Virtual)</p> <p>1:00 Bridge</p>	<p>9:00 Game Time: 8 (Rummikub/Dominoes Scrabble)</p> <p>10:00 Bingo</p> <p>3:00 Book Club</p>	<p>9:00 Game Time: 9 (Rummikub/Dominoes Scrabble)</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch & Wiggle</p> <p>10:30 Crochet Club</p>	<p>9:00 Game Time: 10 (Rummikub/Dominoes Scrabble)</p> <p>9:30 Quilting Club</p>
<p>9:00 Game Time: 13 (Rummikub/Dominoes Scrabble)</p> <p>10:00 Painting w/ Alma Burke</p> <p>10:00 Coffee & Coloring</p>	<p>9:00 Game Time: 14 (Rummikub/Dominoes Scrabble)</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch & Wiggle</p> <p>10:30 Bible Study w/Minister Ida Black (Virtual)</p> <p>1:00 Bridge</p>	<p>9:00 Game Time: 15 (Rummikub/Dominoes Scrabble)</p> <p>10:00 Bingo</p> <p>12:00 September Birthday Celebration</p> <p>3:00 Book Club</p>	<p>9:00 Game Time: 16 (Rummikub/Dominoes Scrabble)</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch & Wiggle</p> <p>10:30 Crochet Club</p>	<p>9:00 Game Time: 17 (Rummikub/Dominoes Scrabble)</p> <p>9:30 Quilting Club</p> <p>10:00 Show & Pop</p>
<p>9:00 Game Time: 20 (Rummikub/Dominoes Scrabble)</p> <p>10:00 Painting w/ Alma Burke</p> <p>10:00 Coffee & Coloring</p>	<p>9:00 Game Time: 21 (Rummikub/Dominoes Scrabble)</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch & Wiggle</p> <p>10:30 Bible Study w/Minister Ida Black (Virtual)</p> <p>1:00 Bridge</p>	<p>9:00 Game Time: 22 (Rummikub/Dominoes Scrabble)</p> <p>10:00 Bingo</p> <p>3:00 Book Club</p>	<p>9:00 Game Time: 23 (Rummikub/Dominoes Scrabble)</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch & Wiggle</p> <p>10:30 Crochet Club</p> <p>12:00 Lunch N' Learn – “Improving Your Health”</p>	<p>9:00 Game Time: 24 (Rummikub/Dominoes Scrabble)</p> <p>9:30 Quilting Club</p> <p>10:30 National Senior Center Celebration (sponsored by SG Rotary Club)</p>
<p>9:00 Game Time: 27 (Rummikub/Dominoes Scrabble)</p> <p>10:00 Painting w/ Alma Burke</p> <p>10:00 Coffee & Coloring</p>	<p>9:00 Game Time: 28 (Rummikub/Dominoes Scrabble)</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch & Wiggle</p> <p>10:30 Bible Study w/Minister Ida Black (Virtual)</p> <p>1:00 Bridge</p>	<p>9:00 Game Time: 29 (Rummikub/Dominoes Scrabble)</p> <p>10:00 Bingo</p> <p>3:00 Book Club</p>	<p>9:00 Game Time: 30 (Rummikub/Dominoes Scrabble)</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch & Wiggle</p>	 <p>LABOR DAY SEPTEMBER 6</p>

Granville County Senior Services

107 Lanier Street • Oxford, NC 27565

PRESRT STD
U.S. POSTAGE
PAID
OXFORD, NC
PERMIT NO. 24

Return Service Requested

The mission of Granville County Senior Services is to provide a sense of community, overall health, and independence for senior adults. We strive to be accessible and responsive through programs, services, and advocacy, enhancing the quality of life for our aging population.

GRANVILLE COUNTY SENIOR SERVICES

*Life is great ...
when you participate!*



www.granvillecounty.org

e-mail address: kathy.may@granvillecounty.org

Granville County Senior Services

North Granville Senior Center

PO Box 362 • 318 Hwy. 15 South
Stovall, NC 27582
919-693-3383

Granville County Senior Center

"A Certified Center of Excellence"
PO Box 1287 • 107 Lanier Street
Oxford, NC 27565
919-693-1930

South Granville Senior Center

PO Box 766 • 114 Douglas Drive
Creedmoor, NC 27522
919-528-0848

Programs and Services Offered

- Senior Center Operations
- Home Delivered Meals
- In-Home Aide - Level II & III
- Fitness Program (*Cardiovascular, Strength & Flexibility*)
- Information & Case Assistance
- Housing & Home Improvement
- Coordination with other Agencies
- SHIIP Counseling (*Seniors Health Insurance Information Program*)
- Programs for Growth, Involvement & Enrichment (*i.e., health screenings, music, art, crafts, education, day trips, parties, informative speakers, support groups*)
- Congregate Meals
- Lifeline Assistance
- Care Management
- Tax Assistance
- Monthly Newsletter
- Volunteer Opportunities
- Transportation
- Legal Aide
- Senior Games
- Private Duty List
- Resource Directory
- Notary

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