

Senior Connection

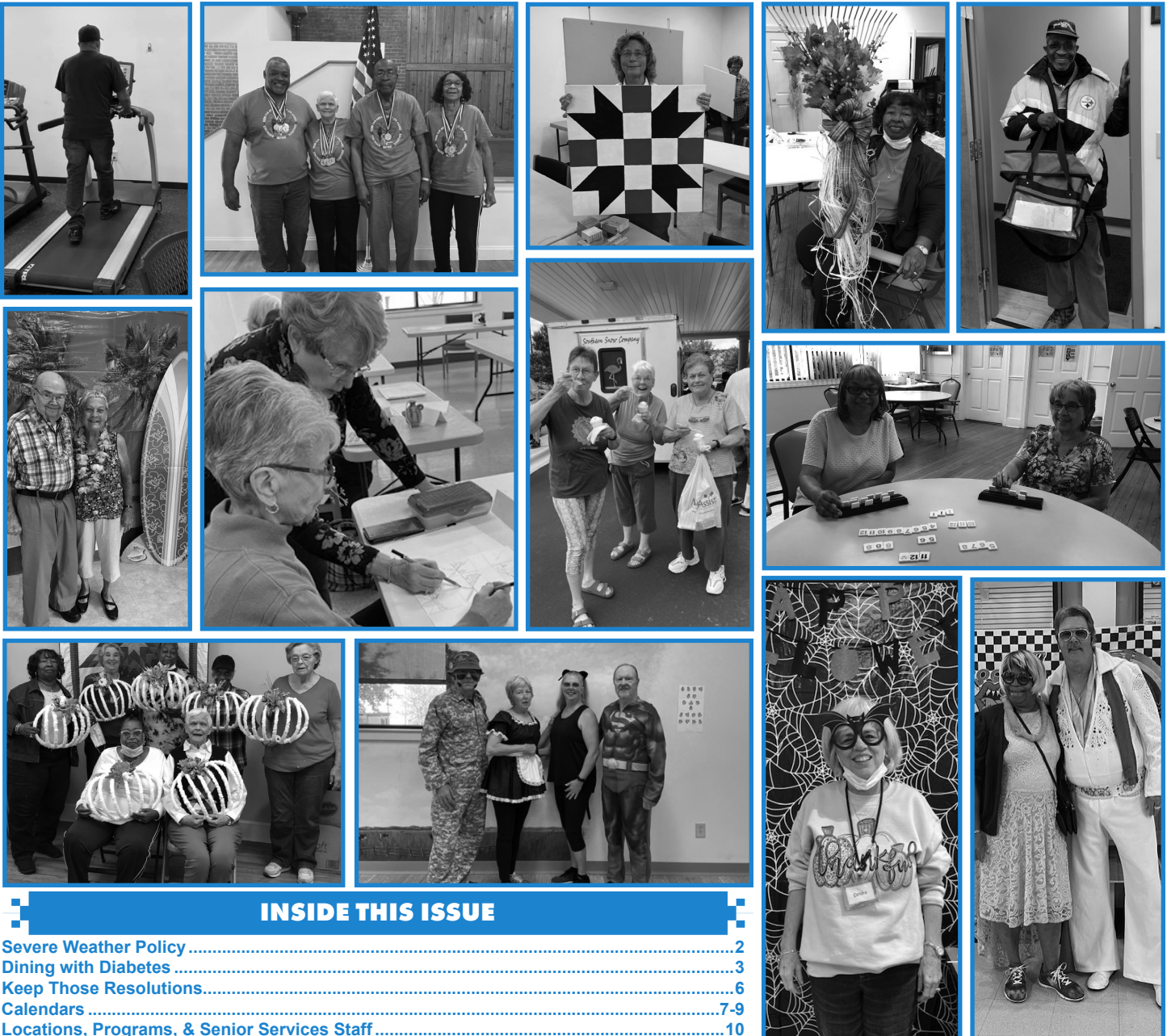
GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



In 2023 find out why *life is great when you participate* at your local Senior Center!



INSIDE THIS ISSUE

Severe Weather Policy	2
Dining with Diabetes	3
Keep Those Resolutions.....	6
Calendars	7-9
Locations, Programs, & Senior Services Staff	10

SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the *New Year's holiday* on **Monday, January 2**. Our senior centers will reopen on Tuesday, January 3 at 8:30 a.m. We will also be closed for the *Dr. Martin Luther King, Jr. holiday* on Monday, January 16. Our senior centers will reopen on Tuesday, January 17 at 8:30 a.m.

There will be no congregate or home delivered meals served on these days. *We wish you and your family a wonderful new year!*

SEVERE WEATHER POLICY

In the event of severe weather, Granville County Senior Services is under the direction of the County of Granville administrative office. Therefore, when it is announced on radio or TV that **“Granville County government offices are closed”** then all three of our senior centers are also closed; the same hold true if there is a delay in opening.

Even in bad weather, we make every effort to send meals out to our homebound seniors. However, the safety of our volunteers is priority. If we believe that our volunteers will be put at risk by making deliveries, then meals will not go out.

If there are questions about activities or services, call your local senior center.

RESOURCE GUIDES AVAILABLE

Granville County Senior Services provides a resource directory for individuals needing information on everything from senior housing, home health, hospice, transportation, etc. Information is provided on local, state, and national services. These guides are available in the front lobby of the **Granville County Senior Center** in Oxford. Feel free to browse through them any time the center is open.

For more information on these resource guides contact the senior center at (919)693-1930.

PETS AND WINTER WEATHER

Do you ever look at your pet's fur coat during the winter, wishing you had a nice fur coat too? According to the American Animal Hospital Association, pets can still experience frostbite. Ice crystals can form on delicate tissue areas such as ears and paws, potentially causing permanent damage. If frostbite occurs, take your pet indoors and soak the affected area in warm water for about 20 minutes, but be careful not to rub the affected areas because it can further damage the tissue. Then wrap your pet and take him/her to your veterinarian.

You should also take your pet to the vet if you suspect hypothermia, which occurs when the pet's body temperature is too low. Symptoms include shivering, tiredness, and extreme weakness.

If you can, the best bet is to bring your pet inside when the temperature drops. Let's keep our fur babies nice and warm this winter!

TAX SEASON IS COMING!

IRS Volunteer Income Tax Assistance (VITA) program volunteers will be back at the **Granville County Senior Center** in Oxford beginning Thursday, February 9. Volunteers will be available from 5:00 p.m. until 8:00 p.m. each Thursday from February 9 until Thursday, April 13 for those Granville County residents 60 and older needing tax assistance.

This is a FREE service and **appointments are required. Appointment times will be reserved for those 60 and older only.** Please call the Granville County center at (919)693-1930 after January 1 to schedule an appointment.



COFFEE WITH KATHY

Kathy May, Senior Services Director, visits one of our three senior centers each month to talk with participants about our services or answer any questions you may have. This program is typically held the first Wednesday of each month and rotates between our three senior centers. This is a great way to get information about our programs or any aging issue.

This month Kathy will be at the **South Granville Senior Center** in Creedmoor on Wednesday, January 4 at 11:15 a.m. Mark your calendars and make plans to attend.

TAI CHI

Granville County Senior Services has added *Tai Chi* to our list of fitness classes offered. We had been holding Tai Chi classes as part of our Creative Lifelong Learning program for quite some time, but now have decided to open this class to anyone 50 years of age or older in Granville County. **There will be a separate charge for this class – it is NOT included in the \$12.00 per month fitness fees.** We will hold another 12-week session beginning in January at the **Granville County Senior Center** in Oxford. Classes will be held on Tuesdays (**no class the first Tuesday of each month**). Class will be held from 10:00 a.m. until 11:30 a.m. Class dates will be January 10, 17, 24 and 31; February 14, 21 and 28; March 14, 21 and 28 and April 11 and 18. The cost will be \$30.00 for the 12 weeks and payment is due to the Granville County Senior Center **before the first class.** Peter Kay, will continue as the instructor.

Have you wanted the benefits of Tai Chi, but without the requirement of standing? If so, then the **Granville County Senior Center** in Oxford has a class for you! We now offer a **seated Tai Chi class** the first Tuesday of each month at the senior center from 10:00 a.m. until 11:00 a.m. Peter Kay

DINING WITH DIABETES

Diabetes is a serious disease, and it affects many older adults. People get diabetes when their blood sugar is too high. Once you are diagnosed with diabetes, cooking and shopping can be a little more challenging. If you are a diabetic and are struggling with cooking, then the **Granville County Senior Center** in Oxford has a program for you! ***Dining with Diabetes*** is a cooking and nutrition education program designed for people with diabetes and their family members or caregivers. In a series of four classes, discussions and demonstrations will help you learn healthy techniques to use in your own kitchen. The program includes learning about healthy foods and discussion with a certified diabetes educator. This series will be led by *Jennifer Brown*, Area Extension Agent, Family and Consumer Sciences with the Granville County Center of the NC Cooperative Extension and will be held each Friday in January (January 6, 13, 20 and 27) at 10:00 a.m. Please call the Granville County center at (919)693-1930 to register. *Join us!*

will be the instructor for this class also. This will be open to anyone 50 and over and there is no charge. Even though you remain seated for the class, participants will still benefit from all Tai Chi has to offer. If you have lymphedema, these exercises and moves will help to improve your circulation. While this class will only meet once per month, it will provide you with movements you can practice in your home.

Tai Chi has proven to decrease stress, anxiety, and depression. Other benefits include improved mood, improved aerobic capacity, increased energy and stamina, improved flexibility, balance and agility and improved muscle strength and definition. It promises to be a great class. Please call the Granville County 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 **November 2022**.

Home Delivered Meals

Oxford area: 768 meals delivered to 49 homebound seniors.

Northern Granville area: 217 meals delivered to 13 homebound seniors.

Southern Granville area: 490 meals delivered to 30 homebound seniors.

Total meals: 1,475 meals delivered to 92 homebound seniors.

Total amount paid by Senior Services: \$7,124.25

Total contributed to program by participants: \$578.00

Congregate Meals

Granville County Senior Center in Oxford: 612 meals served to 65 seniors.

North Granville Senior Center in Stovall: 362 meals served to 47 seniors.

South Granville Senior Center in Creedmoor: 478 meals served to 58 seniors.

Total meals: 1,452 meals served to 170 seniors.

Total amount paid by Senior Services: \$7,013.16

Total contributed to program by participants: \$594.23

In-Home Aid Services

567 hours provided for 19 clients.

\$450.00 contributed by participants.

Transportation

270 trips provided for 18 clients.

\$9.00 contributed by participants.

FAMILY CAREGIVER RESOURCES

Being a caregiver is hard. Many times, it can be overwhelming, and you do not always know where to turn for help. If you are a caregiver and need more information about available resources, then the **South Granville Senior Center** in Creedmoor has a program for you. On Wednesday, January 18, *Micheal Patterson*, Caregiver Specialist with the Kerr Tar Area Agency on Aging, will be at the center to speak about the Family Caregiver Voucher Program, Powerful Tools for Caregivers and the Family Caregiver Conference. This program will begin at 11:00 a.m. This will be great information for anyone who is caring for a loved one. *Join us!*

EASY WAYS TO SAVE MONEY? TELL ME MORE!

Did you know that saving money is right at your fingertips? Did you know that you can save money by using apps on your smartphone or tablet? It's that easy! Want to know more? Then join us at the **South Granville Senior Center** in Creedmoor to learn more about **Money Saving Apps!** This program will be held on Friday, January 13 at 10:00 a.m. As they say, "*there's an app for that*" – join us to learn what apps are safe and how you can get started saving money! Please call Christy Southall, South Granville Senior Center Coordinator, at (919)528-0848 for more information.



QUILTING GROUP DONATES QUILTS TO CANCER CENTER

The members of the quilting group at the **South Granville Senior Center** in Creedmoor donated 31 handmade quilts to the Duke Cancer Center in December. These quilts will be donated to patients who are currently in treatment at the cancer center. This group meets each Thursday at 9:30 a.m. at the senior center and welcomes new members! Thank you ladies for all your hard work – we know these quilts are greatly appreciated!



WORKOUTS WITH TRISH

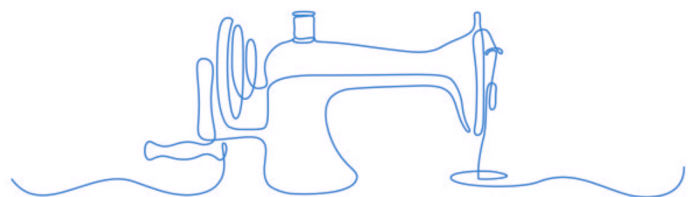
The **South Granville Senior Center** in Creedmoor will hold another six-week fitness program with instructor Trish Rumsey beginning this month. This class will include light cardio and strength training. Classes will be held on Mondays at 9:00 a.m. beginning **January 23** and ending **Monday, February 26**. The cost for this series will be \$12.00 per person. **Full payment must be made by the first class.** For more information please call Christy Southall, South Granville Senior Center Coordinator, at (919)528-0848.

PLASTIC CANVAS CLASS SCHEDULED

The **South Granville Senior Center** in Oxford will hold a new craft class this month! Join us to learn how to use *plastic canvas* (also known as vinyl weave) to make all kinds of neat projects. This class will be held on Mondays, starting January 9, beginning at 10:30 a.m. Most supplies will be provided for this class, **but you will need to supply your own plastic canvas needle.** Please register by calling the South Granville center at (919)528-0848. There are tons of things you can make using plastic canvas – *join us for the fun!*

SEWING WITH CAROL

Have you ever wanted to try your hand at sewing but didn't know where to start? Whether you are a beginner sewer or have never touched a machine, have no fear – the **Granville County Senior Center** in Oxford has a class for you! The next *sewing with Carol* series of classes will begin Monday, January 23. This class will run each Monday for six weeks, ending Monday, February 27. Two classes will be held – the first from 10:00 a.m. until 1:00 and the second will be held from 1:00 p.m. until 4:00 p.m. **At this time, the 10:00 a.m. class is FULL!** We currently only have openings for the 1:00 p.m. class. The cost will be \$36.00 per person which will be payable to the instructor. There will be a limited number of machines available for use or you can bring your own. You **must preregister** by calling the senior center at (919)693-1930. A supply list will be available when you register. *Join us!*





Kathy's Korner

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

MEDICARE BENEFICIARIES: BEWARE of deceptive marketing schemes

How many times have you received information in the mail designed to look like official government Medicare forms AND how many times have you been sitting in front of your TV when commercials come on featuring celebrities who encourage people to sign up for Medicare Advantage Plans? They are trying to make you feel like you are missing out on some big government benefit if you don't "call the number on the screen!" This has become a very complicated and confusing environment, where people are receiving misleading information that can lead some to sign up for Medicare Advantage plans that do not cover their regular doctors or prescriptions.

What are Medicare Advantage Plans? They are privately run versions of the government's Medicare program for people who are 65 and older or have disabilities. There are many plans out there, and competition for customers is fierce. But please don't fall for the hype without fully investigating what you are getting into! Staff at the Centers for Medicare and Medicaid Services are aware of these deceptive practices, and I do think in the future there will be more regulations in place to help stop these misleading ads, In the meantime.... keep this in mind:

1. When you sign up with a Medicare Advantage plan, the medical providers that you can use are limited to the doctors and hospitals in that network. You **MUST** first check to make sure ALL your doctors and hospitals are included in the network.
2. With these plans, a medical provider (doctor or hospital) can choose to stop accepting the plan **AT ANY TIME**.
3. You cannot have more than one plan. So, if you sign up with a Medicare Advantage plan, you are giving up the government's Medicare program (known as original Medicare). Some people have the idea that a Medicare Advantage plan is a supplement to their Medicare, but it is **NOT**. It is a **substitute** for your Medicare.
4. These plans typically do not "travel" well, due to the individual networks of each plan. Therefore, you may run into issues if you become ill or have an accident while traveling outside of the plan's service area.
5. While many of these plans have little to no premium, your cost comes when you use the plan in the way of co-pays and deductibles. You could potentially have thousands of dollars in out-of-pocket costs in a year's time.
6. If you are a retired State or Federal employee, do **NOT** call the number on the screen!! If you sign up with a Medicare Advantage plan, **it will automatically take you OUT of your employer coverage!!**

Your insurance coverage is important. Think twice before you listen to ads that may not be telling you the full story. Call us for help if you need it! (919/693-1930) As counselors with the Senior Health Insurance Information Program (SHIIP), we are trained to give you unbiased information. We are here to help protect you.

KEEP THOSE NEW YEAR'S RESOLUTIONS!

Welcome to a new year! We all make resolutions or say we are going to do this or that in the new year – but how often do we really stick to those resolutions? The **North Granville Senior Center** in Stovall and the **South Granville Senior Center** in Creedmoor will both hold programs this month to help you keep your resolutions and start 2023 refreshed and rejuvenated!

The North Granville center will hold a program on **"Mindfulness."** This will be held on Tuesday, January 24 beginning at 10:00 a.m. and will be led by *Jennifer Brown*, Area Extension Agent, Family and Consumer Sciences, with the Granville County Center of the NC Cooperative Extension. Learn how to eat with intention and to pay attention to your actual eating experience, without distraction. Participants will become aware of your eating habits and make changes for a healthier lifestyle. Learn more to help you get 2023 started off right with your resolutions to be healthier. Please call the North Granville center at (919)693-3383 to register.

One of the most popular resolutions is to declutter in the new year! We have all told ourselves that we need to clean out. Many of us have accumulated so much stuff over the years that we have become overwhelmed and have no idea what to do with it all now. If you are overwhelmed by all your "stuff" and have decided that 2023 is the year to clean out, then the **South Granville Senior Center** in Creedmoor has a program for you! On Monday, January 23, *Jennifer Brown*, will present **"Cut the Clutter."** Getting rid of your clutter means throwing it away, recycling it, donating it or selling it. Come learn tips to help you declutter. This program will begin at 10:00 a.m.. Please call the senior center at (919)528-0848 to register.

While we can't hold you to those new year's resolutions, we can do all we can to help you follow through with them! Join us for these great programs.

Granville County Senior Center • 919.693.1930

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

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Closed for the New Year's Holiday	9:00 Game Time: Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Seated Tai Chi 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club	9:00 Game Time: Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 1:30 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub	9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:00 Dining w/ Diabetes 10:15 Stretch & Wiggle 1:30 Spades/Rummikub
9	10	11	12	13
9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/ Dominoes 9:00 Open Art Studio 9:30 NC Interest Group 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Creative Voices	9:00 Game Time: Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 1:30 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/ Dominoes 10:00 Bingo (sponsored by GC Veteran's Support group) 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub	9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:00 Dining w/ Diabetes 10:15 Stretch & Wiggle 1:00 Dr. MLK Jr. observance - Movie Matinee 1:30 Spades/Rummikub
16	17	18	19	20
Closed for the Dr. Martin Luther King, Jr. Holiday	9:00 Game Time: Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club	9:00 Game Time: Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 1:30 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub	9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:00 Dining w/ Diabetes 10:15 Stretch & Wiggle 1:30 Spades/Rummikub
23	24	25	26	27
9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:00 Sewing w/ Carol 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Advisory Board Mtg. 1:00 Sewing w/ Carol 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Creative Voices	9:00 Game Time: Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:00 January Birthday Celebration 10:15 Stretch & Wiggle 1:30 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/ Dominoes 10:00 Bingo (sponsored by Bingo Helpers) 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub	9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:00 Dining w/ Diabetes 10:15 Stretch & Wiggle 1:30 Spades/Rummikub
30	31			
9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:00 Sewing w/ Carol 10:15 Stretch & Wiggle 11:00 Devotion 1:00 Sewing w/ Carol 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club			

North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>Closed for the New Year's Holiday</p>	<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Stretch & Strengthen</p>	<p>10:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13)</p> <p>10:00 Exercise Bingo</p> <p>12:00 January Birthday Celebration</p> <p>12:30 Walk Off the Pounds</p> <p>1:00 Puzzle Time</p>	<p>10:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13)</p> <p>10:00 Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:00 Stretch & Strengthen</p> <p>1:00 Quilting Class</p>	<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>
9	10	11	12	13
<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>	<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Stretch & Strengthen</p>	<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Exercise Bingo</p> <p>12:30 Walk Off the Pounds</p> <p>1:00 Puzzle Time</p>	<p>10:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13)</p> <p>10:00 Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:00 Stretch & Strengthen</p> <p>1:00 Quilting Class</p>	<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>
16	17	18	19	20
<p>Closed for the Dr. Martin Luther King, Jr. Holiday</p>	<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Dr. MLK Jr. Observance - Movie</p> <p>12:30 Stretch & Strengthen</p>	<p>10:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13)</p> <p>10:00 Exercise Bingo</p> <p>11:00 Devotion: Rev. Curtis McRae</p> <p>12:30 Walk Off the Pounds</p> <p>1:00 Puzzle Time</p>	<p>10:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13)</p> <p>10:00 Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:00 Stretch & Strengthen</p> <p>1:00 Quilting Class</p>	<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>
23	24	25	26	27
<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>	<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Speaker - Jennifer Brown: "Mindfulness"</p> <p>12:30 Stretch & Strengthen</p>	<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Exercise Bingo</p> <p>12:30 Walk Off the Pounds</p> <p>1:00 Puzzle Time</p>	<p>10:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13)</p> <p>10:00 Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:00 Stretch & Strengthen</p> <p>1:00 Quilting Class</p>	<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>
30	31			
<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>	<p>10:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Stretch & Strengthen</p>			

South Granville Senior Center • 919.528.0848

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

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Closed for the New Year's Holiday	9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA)/Video at SGSC) 11:00 Bible Study - Minister Ida Black (In-Person)	9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 11:15 Coffee w/ Kathy 3:00 Book Club (Virtual)	9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA)/Video at SGSC) 10:30 Crochet Club	9:00 Rummikub/Cards 10:00 Coloring Club 10:30 Wii Bowling
9	10	11	12	13
9:00 Rummikub/Cards 10:30 Plastic Canvas Class 11:00 Devotion: Minister Diane Burrell	9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA)/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual) 1:00 Chair Exercise	9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 12:00 January Birthday Celebration 3:00 Book Club (Virtual)	9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA)/Video at SGSC) 10:30 Crochet Club	9:00 Rummikub/Cards 10:00 Presentation - "Money Saving Apps" 10:30 Wii Bowling
16	17	18	19	20
Closed for the Dr. Martin Luther King, Jr. Holiday	9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA)/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)	9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 11:00 Family Caregiver Resources Presentation 3:00 Book Club (Virtual)	9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA)/Video at SGSC) 10:30 Crochet Club	9:00 Rummikub/Cards 10:00 Coloring Club 10:30 Wii Bowling
23	24	25	26	27
9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:00 Jennifer Brown - "Cut the Clutter" 10:30 Plastic Canvas Class 11:00 Devotion: Minister Diane Burrell	9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA)/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)	9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (meet at SGSC)	9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA)/Video at SGSC) 10:30 Crochet Club	9:00 Rummikub/Cards 10:00 Coloring Club 10:30 Wii Bowling
30	31	* Each Tuesday and Thursday 9:00 Low Impact Aerobics is held at the Butner Sports Arena in Butner. The 10:05 Stretch & Wiggle class is held both at the Butner Sports Arena & by video at the South Granville Senior Center in Creedmoor.		
9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:30 Plastic Canvas Class 11:00 Devotion: Minister Diane Burrell	9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA)/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)			

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

Funded in part by Granville County United Way

Senior Services Staff

Kathy B. May, *Director*

kathy.may@granvillecounty.org

Angela K. Wright, *Assistant Director,
Newsletter Editor*

angela.wright@granvillecounty.org

Jill Floyd, *Social Worker/In-Home Aide Supervisor*

jill.floyd@granvillecounty.org

Adrian Villasana, *Fitness Program Coordinator*

adrian.villasana@granvillecounty.org

Bonita Tingen, *Nutrition Program Supervisor*

bonita.tingen@granvillecounty.org

Diane Williams, *Administrative Assist., Oxford*

diane.williams@granvillecounty.org

Carolyn Keith, *Medicare Specialist, Oxford*

carolyn.keith@granvillecounty.org

Rosa Hart, *Building Maintenance, Oxford*

rosa.hart@granvillecounty.org

Marilyn Howard, *CLL Coordinator, Oxford*

marilyn.howard@granvillecounty.org

Teresa Rowland, *CLL/SHIIP Counselor,
Oxford*

teresa.rowland@granvillecounty.org

Carolyn White, *RN, Oxford*

Christy Southall, *South Granville Senior
Center Coordinator, Creedmoor*

christy.southall@granvillecounty.org

Joann Allen, *Nutrition Site Manager, Creed-
moor*

Roscoe Douglas, *Building Maintenance, Creed-
moor*

Phyllis Blackwell, *North Granville Senior
Center Manager, Stovall*

phyllis.blackwell@granvillecounty.org

Tammy Williamson, *Nutrition Site Manager,
Stovall*

Senior Services Advisory Board

Betty Crews, *Chairperson*

Rev. Leroy Anderson Richard Lyon

Bessie Bailey Harriett Morton

LaVerta Cooper Hattie Jean Overton

Jo Ann DeShane Vickie Smoak

Carol Jo Harris Kathy Wolford

Dorothy Lyon