

# Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

*Life is great when you participate!*

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



## RIGHT NOW.....



Somebody is very proud of you.  
 Somebody has faith in you.  
 Somebody is thinking of you.  
 Somebody trusts you.  
 Somebody is caring about you.  
 Somebody is glad you are their friend.  
 Somebody misses you.  
 Somebody wants to be with you.  
 Somebody wants you to be happy.  
 Somebody wants to hug you.  
 Somebody admires your strength.  
 Somebody wants to give you a gift.  
 Somebody thinks you ARE a gift.  
 Somebody thinks the world of you.  
 Somebody would do anything for you.  
 Somebody values your advice.  
 Somebody wants to be forgiven.  
 Somebody treasures your spirit.  
 Somebody wants to laugh with you about old times.  
 But most importantly, right now.....  
*Somebody loves you!*

*Author Unknown*

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## TAX ASSISTANCE BEGINS THIS MONTH

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 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 who are Granville County residents.** Participants will need to bring a valid picture ID, Social Security cards for yourself and any dependents you may be claiming, income information, all forms W-2 and 1099, proof of insurance, and your previous year tax returns. To schedule an appointment at the Granville County Senior Center, please call (919)693-1930.

VITA volunteers will also be at the Richard H. Thornton Library on Saturdays from 10:30 a.m. until 2:00 p.m. from Saturday, January 28 through Saturday, April 15. This is open to the public and no appointment is necessary. Volunteers will be at the South Granville Branch Library on Mondays from 5:00 p.m. until 8:00 p.m. from Monday, January 30 through Monday, April 17. This is also open to the public and no appointment is necessary.

## INFORMATIVE SPEAKERS SCHEDULED

Both the **North Granville Senior Center** in Stovall and the **South Granville Senior Center** in Creedmoor have scheduled informative speakers this month on heart health and physical activity. Join us to learn more about staying healthy and fit!

*Jennifer Brown*, Area Extension Agent, Family and Consumer Sciences with the Granville County Center of the NC Cooperative Extension, will be at the North Granville center on Tuesday, February 21 at 10:00 a.m. to present **“Exercise Within Reach”**. You do not have to join a fitness class or gym to stay fit. Get ready to stretch, strengthen and even jump – all exercises that can be done easily at home or in your backyard. Regular exercise and physical activity are a part of good health and well-being and work hand-in-hand with good nutrition. Learn how to integrate healthy food and proper hydration into your fitness routine. Set your goals, identify personal motivators and create an exercise plan that works for your lifestyle. Join us for this class and get motivated to stay fit in 2023.

We often associate the month of February with hearts because of Valentine’s Day. But there’s another reason we should think about hearts in February – it’s *American Heart Month*. February is a time to advocate for cardiovascular health and raise awareness about heart disease. Friday, February 3 is *National Wear Red Day*. Wear your red to promote heart health. Join us at the South Granville center on Monday, February 6 at 10:30 a.m. for a **“Healthy Heart”** presentation. Our guest speaker will be *Debra Smith*, from Amedisys Home Health and Hospice. Come learn how to keep your heart healthy to prevent heart disease and heart attacks.

Join us for one, or both, of these informative programs!



## 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 **North Granville Senior Center** in Stovall on Wednesday, February 1 at 11:15 a.m. Mark your calendars and plans to attend.

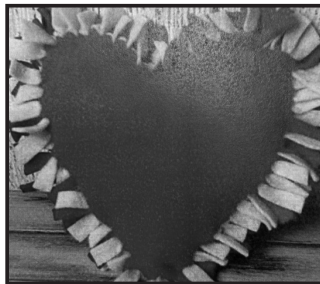
## FAMILY CAREGIVER RESOURCES

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 **Granville County Senior Center** in Oxford has a program for you. On Thursday, February 9, *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!*

## VALENTINE CRAFT CLASSES SCHEDULED

All three of our senior centers will hold Valentine themed craft classes this month. Join us to make cute holiday themed items to decorate your home or to share with your sweetie or your friends!

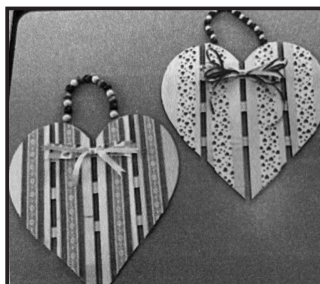
Join us at the **Granville County Senior Center** in Oxford to make a *no-sew heart pillow* on Friday, February 3 at 10:00 a.m. This cute pillow will add some Valentine décor to your couch or chair or will be fun to share with a friend, neighbor, or your sweetheart! The class is free and all materials will be provided. Please register by calling the senior center at (919)693-1930 so we will know how many to plan for.



The **North Granville Senior Center** in Stovall will hold a class on Monday, February 6 at 10:00 a.m. In this class participants will be making a *Valentine door hanger*. This will be a great way to welcome and show love to friends and family who visit you this month! The cost for this class will be \$6.00 per person and all materials will be provided. Space is limited to seven participants so sign up now to reserve your spot!



The **South Granville Senior Center** in Creedmoor will hold a fun craft class on Friday, February 10 at 10:00 a.m. Participants will be making a *wooden heart shaped door hanger*. You can hang it on your door or on a wall in your home to show your love for friends and family who visit. The cost for this class will be \$2.00 per person and all materials will be provided. To register please call the South Granville center at (919)528-0848.



*Join us for one (or all) of these classes!*

## MARK YOUR CALENDARS FOR THE 2023 KERR-TAR SENIOR GAMES

It is hard to believe that it's almost time for the Kerr-Tar Regional Senior Games! Senior Games are set to begin Friday, March 24 in Granville County. Registration forms are now available at all three of our senior centers, the Oxford Parks and Recreation Department and the Creedmoor Community Center. Senior Games are open to anyone 50 and better in Franklin, Granville, Person, Vance and Warren Counties.

Events include tennis, horseshoes, shuffleboard, golf, bowling, track and field and much more. All athletic events will be held in March, April and May, ending with the SilverArts showcase and Senior Games awards ceremony in Warren County on May 18.

The early bird deadline for this year's games is **February 17**. The entry deadline is **February 28**. For more information on Senior Games please call Angela Wright at (919)693-1930 or Christy Southall at (919)528-0848. *Join us for the fun – let's go Granville County!*

## PAINT PARTY!

When it's cold outside, we all think ahead to sunshine and warmer days. Spring will be here before we know it and we will all want to brighten up our homes with bright cheerful décor. Get ready for Spring decorating by joining us for another *paint party with Tammy!* Tammy Rokose, will be back at the **Granville County Senior Center** in Oxford in March to hold another painting class. Her classes are always so much fun and participants leave with a beautiful piece to decorate their homes. Her next class will be held on Thursday, March 23 from 1:00 p.m. until 3:00 p.m. Participants will be making a *spring door hanger*. This 18" wooden door hanger is decorated with sunflowers and butterflies and has moveable 3D pieces. This bright and cheerful piece will be a beautiful way to welcome friends and family into your home this spring.

The class will be \$45.00 per person, which includes all supplies and materials. **You must pre-register to attend.** Please call the Granville County Senior Center at (919)693-1930 to register. **Registration deadline is March 13.** Call now to reserve your spot! *Join us for the fun!*





## LOVE IS IN THE AIR.....

February is the month of LOVE (and cold weather but we won't think about that)! Love is shared every day at our senior centers – we love our *participants* and our participants love our *programs*! This month all three of our senior centers will be showing a little extra love with special Valentine themed programs. Bring your sweetie, your bestie or just yourself and join us!

The **Granville County Senior Center** in Oxford will hold a *Dine with your Valentine* dinner and dance with DJ Mel Denis on Tuesday, February 14 from 4:30 p.m. until 7:00 p.m. **We are currently FULL for the dinner**, but if you would like to come to the dance please join us beginning at 5:30 p.m. **You will need to register in advance** by calling the senior center at (919)693-1930. Put on your dancing shoes and join us!

The **North Granville Senior Center** in Stovall will hold *Valentine's Bingo* game on Wednesday, February 8 beginning at 10:00 a.m. All prizes for the game will be Valentine themed. On Wednesday, February 15 join us for our annual *Valentine's party*! There will be sweet treats and lots of fun. Wear your red and join us at 12:00 noon.

Remember back in elementary school when we would have a classroom Valentine exchange? Remember the fun of getting cute little valentine cards from your friends and maybe that little boy or girl you thought was a real “cutie pie”? Well, the **South Granville Senior Center** in Creedmoor will hold their version of a *Valentine exchange* on Tuesday, February 14! Join us after lunch for the fun! You may bring cards or treats to exchange with your friends at the center. If you choose to bring in a food item to share, all food items must be store bought and individually wrapped. We will have treat bags for you to decorate to put all your Valentines in.

Join us as we share the love on Valentine's Day (and every day!) at your local senior center!

## KERR-TAR FAMILY CAREGIVER CONFERENCE SCHEDULED

Being a caregiver is difficult, especially when the person you are caring for has dementia. Caregivers don't always know exactly how to handle some situations or know where to turn for help. If you are a caregiver, make plans to attend this year's *Family Caregiver Conference* scheduled for Tuesday, February 21 at the Vance Granville Community College Civic Center from 9:00 a.m. until 4:30 p.m. The family caregiver ticket price will be \$15.00 per person and includes those caring for someone living with dementia, neighbors, friends, students, clergy and anyone else who would like to attend.

Attendees will hear dementia innovator *Teepa Snow* describe the latest in dementia care. Learn practical skills for engaging and supporting those living with dementia and learn how to care for yourself in the process. Breakfast and lunch will be provided.

This year's conference is sponsored by Kerr-Tar Regional Council of Governments, Dementia Alliance of NC and Positive Approach to Care. Register by going to [www.DementiaNC.org/KerrTar2023](http://www.DementiaNC.org/KerrTar2023). For questions, please call Michael Patterson at (252)436-2040. *Join us!*

## SENIOR SERVICES ADVISORY BOARD

Granville County Senior Services has a 13 member advisory board who meet every other month to serve as a sounding board for the Senior Services Director, sharing, approving and/or rejecting program ideas, fund-raising ideas and ideas on areas of Senior Services needs. Members serve as an ambassador for Senior Services by helping to raise community awareness about our senior centers. A position on the Senior Services Advisory Committee is voluntary – members represent all seven districts in the county and are appointed for a three-year term by the Granville County Board of Commissioners. Current members of the advisory board are: *Betty Crews (Chairperson), Rev. Leroy Anderson, Bessie Bailey, LaVerta Cooper, Jo Ann DeShane, Carol Jo Harris, Dorothy Lyon, Richard Lyon, Harriett Morton, Hattie Jean Overton, Vickie Smoak, Kathy Wolford and Jimmy Gooch (County Commissioner)*. Granville County Senior Services greatly appreciates all our board does for the Department of Senior Services!



## 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 **December 2022**.

### Home Delivered Meals

Oxford area: 738 meals delivered to 44 homebound seniors.

North Granville area: 226 meals delivered to 12 homebound seniors.

South Granville area: 467 meals delivered to 26 homebound seniors.

Total meals: 1,431 meals delivered to 82 homebound seniors.

Total amount paid by Senior Services: \$7,054.83

Total amount contributed to program by participants: \$1,067.60

### Congregate Meals

Granville County Senior Center in Oxford: 610 meals served to 60 seniors.

North Granville Senior Center in Stovall: 343 meals served to 41 seniors.

South Granville Senior Center in Creedmoor: 437 meals served to 55 seniors.

Total meals: 1,390 meals served to 156 seniors.

Total amount paid by Senior Services: \$6,852.70

Total amount contributed to program by participants: \$599.49

### In-Home Aide Services

552 hours provided for 19 clients.

\$450.00 contributed by participants.

### Transportation

257 trips provided for 17 clients.

\$14.00 contributed by participants.

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## BLACK HISTORY MONTH PROGRAMS SCHEDULED

Recognized each February, *Black History Month* (also known as African American History Month), is a celebration of achievements by African Americans. This recognition grew from *Negro History Week*, which was first started by historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. President has officially designated February as Black History Month. Both the **Granville County Senior Center** in Oxford and the **North Granville Senior Center** in Stovall have scheduled special programs in celebration of Black History Month. Mark your calendars and make plans to join us for these special events.

At the Granville County center, **Mark Pace** will present *“A History of African Americans in Granville County.”* This will be held on Wednesday, February 22 beginning at 11:00 a.m. Join us to learn more about our local African American history and the impact it has made on our own county and beyond. You do not want to miss this program – Mark Pace has a wealth of knowledge about Granville County and his programs are always very interesting and informative. This program will be offered both in-person and virtually. If you would like the link to this class please call the Granville County center at (919)693-1930.

The **North Granville Senior Center** in Stovall will hold a special movie matinee this month. This movie, based on black history, will be shown in two parts. The first part will be shown on Monday, February 20 beginning at 10:00 a.m. and part two will be shown on Tuesday, February 21 beginning at 12:30 p.m. Please call the North Granville center at (919)693-3383 for the movie title and to register.

Join us as we celebrate and honor Black History Month.



# Kathy's Korner

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

## Let's Talk About Your Heart

The January/February 2023 edition of the *AARP Bulletin* has some great information about “*America's War Against Heart Disease.*” I want to use this space to share some things the article tells us.

During World War II, Americans began to smoke more, sit more at work, eat more saturated fat, and we became enamored with sugar and processed foods. The result was that millions of Americans filled their coronary arteries with gunky, fatty plaque. Between 1940 and 1948, heart disease deaths rose by 20%. At that time, very little was known about heart disease. They soon found that smoking, high blood pressure, diabetes and being overweight all contributed to heart attack risk. This is common knowledge today, but groundbreaking information in its day. So a worried nation slowly began changing its habits and heart disease death rates began dropping in 1968. In addition, heart disease discoveries were helping to turn the tide. Among them, open-heart bypass surgery began saving lives as well as blood pressure drugs and cholesterol-lowering statins.

So what happened? Despite excellent medical therapies, we are failing at the most powerful of all treatments that we have for heart disease: *lifestyle*. America's obesity and diabetes epidemics took off in 1985. Today, 42% of Americans are obese (BMI above 30) and another 30% are overweight (BMI between 25 and 30), according to the National Institutes of Health. More than 37 million have diabetes and 96 million more, including 48% of older adults, have prediabetes. We have more cases of heart disease because obesity, diabetes, and high blood pressure are growing more and more prevalent in this society (says chief of cardiology at the Morehouse School of Medicine in Atlanta). Right now, in the fight against heart disease we are moving in the wrong direction.

We need to do better!! So what can you do? 1) When you see your doctor, **ASK** how your blood pressure is. Normal blood pressure is less than 120/80. If your doctor has put you on blood pressure medicine, **TAKE IT EVERY SINGLE DAY AS DIRECTED.** 2) Ask about your cholesterol and how you could improve your numbers. Again, if your doctor has prescribed a statin drug to lower your cholesterol, **TAKE IT AS DIRECTED.** 3) If you are unsure of how you should be eating, ask to be referred to a dietitian. There are also many free programs about healthy eating that are held at all our senior centers and other places around the area. 4) Ask if it is time that you saw a cardiologist. Your primary care doc will likely refer you to a cardiologist if you have serious risk factors for heart disease, but you may have to speak up and ask to be referred if you have a family history of heart disease. 5) Eat more fruits and vegetables, and less red meat. Don't eat fried food. Cut down on your sugar intake and drink more water. Move around more; walk as much as you can. **Take responsibility for your lifestyle. Let's all be heart healthy!**





# Granville County Senior Center • 919.693.1930

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

## FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Game Time: <b>1</b> 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: <b>2</b> Rummikub/ Dominoes <b>10:00 Bingo w/ a Badge</b> (sponsored by the <b>GC Sheriff's Office</b> ) 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub	9:00 Game Time: <b>3</b> Rummikub/Dominoes 9:00 Low Impact Aerobics <b>10:00 Craft Class -</b> <b>Valentine Pillow</b> 10:15 Stretch & Wiggle 1:30 Spades/Rummikub
9:00 Game Time: <b>6</b> Rummikub/Dominoes 9:00 Low Impact Aerobics <b>10:00 Sewing w/ Carol</b> 10:15 Stretch & Wiggle 11:00 Devotion <b>1:00 Sewing w/ Carol</b> 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: <b>7</b> Rummikub/ Dominoes 9:00 Open Art Studio <b>10:00 Seated Tai Chi</b> 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club	9:00 Game Time: <b>8</b> 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: <b>9</b> Rummikub/ Dominoes <b>10:00 Bingo (sponsored by</b> <b>GC Veteran's Support</b> <b>group)</b> <b>11:00 Michael Patterson -</b> <b>"Family Caregiver</b> <b>Program"</b> 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub <b>5:00 Tax Assistance (by</b> <b>appt.)</b>	9:00 Game Time: <b>10</b> Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 1:30 Spades/Rummikub
9:00 Game Time: <b>13</b> Rummikub/Dominoes 9:00 Low Impact Aerobics <b>10:00 Sewing w/ Carol</b> 10:15 Stretch & Wiggle 11:00 Devotion <b>1:00 Sewing w/ Carol</b> 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: <b>14</b> Rummikub/ Dominoes 9:00 Open Art Studio <b>9:30 NC Interest Group</b> <b>10:00 Tai Chi</b> 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club <b>1:30 Creative Voices</b> <b>5:00 Dine w/ Your Valentine</b> <i>*No GC ACBL Bridge today</i>	9:00 Game Time: <b>15</b> Rummikub/ Dominoes 9:00 Low Impact Aerobics <b>10:00 Ox Talks</b> 10:00 Quilting 10:15 Stretch & Wiggle 1:30 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Game Time: <b>16</b> Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) <b>1:00 GC ACBL Bridge</b> <b>Club</b> 1:30 Spades/Rummikub <b>5:00 Tax Assistance (by</b> <b>appt.)</b>	9:00 Game Time: <b>17</b> Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 1:30 Spades/Rummikub
9:00 Game Time: <b>20</b> Rummikub/Dominoes 9:00 Low Impact Aerobics <b>10:00 Sewing w/ Carol</b> 10:15 Stretch & Wiggle 11:00 Devotion <b>1:00 Sewing w/ Carol</b> 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: <b>21</b> Rummikub/ Dominoes 9:00 Open Art Studio <b>10:00 Tai Chi</b> 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club	9:00 Game Time: <b>22</b> Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle <b>11:00 Mark Pace -</b> <b>"History of African</b> <b>Americans in</b> <b>Granville County</b> <b>12:00 February Birthday</b> <b>Celebration</b> 1:30 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Game Time: <b>23</b> Rummikub/ Dominoes <b>10:00 Bingo (sponsored</b> <b>by Bingo Helpers)</b> 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub <b>5:00 Tax Assistance (by</b> <b>appt.)</b>	9:00 Game Time: <b>24</b> Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 1:30 Spades/Rummikub
9:00 Game Time: <b>27</b> Rummikub/Dominoes 9:00 Low Impact Aerobics <b>10:00 Sewing w/ Carol</b> 10:15 Stretch & Wiggle 11:00 Devotion <b>1:00 Sewing w/ Carol</b> 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: <b>28</b> Rummikub/ Dominoes 9:00 Open Art Studio <b>10:00 Tai Chi</b> 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club <b>1:30 Creative Voices</b>			

# North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

## FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Game Time: <b>1</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo <b>11:15 Coffee w/ Kathy</b> <b>12:00 February Birthday                      Celebration</b> 12:30 Walk Off the Pounds 1:00 Puzzle Time	9:00 Game Time: <b>2</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Diamond Dotz® 10:00 Puzzle Time 10:00 Stretch & Strengthen 1:00 Quilting Class	9:00 Game Time: <b>3</b> Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
		9:00 Game Time: <b>6</b> Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time <b>10:00 Craft Class -                      Valentine Door                      Hanger</b> 12:30 Walk off the Pounds	9:00 Game Time: <b>7</b> Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	9:00 Game Time: <b>8</b> Rummikub/ Dominoes/Card Games (2000 & 13) <b>10:00 Valentine Bingo</b> 12:30 Walk Off the Pounds 1:00 Puzzle Time
9:00 Game Time: <b>13</b> Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	9:00 Game Time: <b>14</b> Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	9:00 Game Time: <b>15</b> Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Exercise Bingo <b>12:00 Valentine Party</b> 12:30 Puzzle Time 1:00 Walk Off the Pounds	9:00 Game Time: <b>16</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Diamond Dotz® 10:00 Puzzle Time 10:00 Stretch & Strengthen 1:00 Quilting Class	9:00 Game Time: <b>17</b> Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
9:00 Game Time: <b>20</b> Rummikub/Dominoes/ Card Games (2000 & 13) <b>10:00 Movie Matinee -                      Black History Month                      Part 1 (call for movie                      title)</b> 12:30 Puzzle Time <i>*No Walk Off the                      Pounds Today</i>	9:00 Game Time: <b>21</b> Rummikub/ Dominoes/Card Games (2000 & 13) <b>10:00 Jennifer Brown:                      "Exercise w/in Reach"</b> 10:00 Puzzle Time <b>12:30 Movie Matinee - Black                      History Month Part 2</b> <i>*No Stretch &amp; Strengthen                      Today</i>	9:00 Game Time: <b>22</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 11:00 Devotion: Rev. Curtis McRae 12:30 Walk Off the Pounds 1:00 Puzzle Time	9:00 Game Time: <b>23</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Diamond Dotz® 10:00 Puzzle Time 10:00 Stretch & Strengthen 1:00 Quilting Class	9:00 Game Time: <b>24</b> Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
9:00 Game Time: <b>27</b> Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	9:00 Game Time: <b>28</b> Rummikub/ Dominoes/Card Games (2000 & 13) <b>10:00 Snowball Game</b> 10:00 Puzzle Time 12:30 Stretch & Strengthen			



# FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:00 Rummikub/ Cards <b>9:30 Walking Video</b> 10:00 Bingo 3:00 Book Club (Virtual)	<b>2</b> 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	<b>3</b> 9:00 Rummikub/ Cards 10:00 Coloring Fun 10:00 Blood Pressure Clinic 10:30 Wii Bowling
<b>6</b> 9:00 Rummikub/Cards <b>9:00 Workout w/ Trish</b> <b>10:30 Plastic Canvas Class</b> <b>10:30 Speaker: Debra Smith w/ Amedisys Home Health - "Healthy Heart"</b>	<b>7</b> 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)	<b>8</b> 9:00 Rummikub/ Cards <b>9:30 Walking Video</b> 10:00 Bingo <b>12:00 February Birthday Celebration</b> 3:00 Book Club (Virtual)	<b>9</b> 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	<b>10</b> 9:00 Rummikub/ Cards 10:00 Coloring Fun 10:00 Blood Pressure Clinic <b>10:00 Craft Class - Heart Door Hanger</b> 10:30 Wii Bowling
<b>13</b> 9:00 Rummikub/ Cards <b>9:00 Workout w/ Trish</b> <b>10:30 Plastic Canvas Class</b> 11:00 Devotion: Minister Diane Burrell	<b>14</b> 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) <b>12:00 Valentine Exchange</b>	<b>15</b> 9:00 Rummikub/ Cards <b>9:30 Walking Video</b> 10:00 Bingo 3:00 Book Club (Virtual)	<b>16</b> 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	<b>17</b> 9:00 Rummikub/ Cards 10:00 Coloring Fun 10:00 Blood Pressure Clinic 10:30 Wii Bowling
<b>20</b> <b>Center Closed for Building Maintenance</b>	<b>21</b> 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)	<b>22</b> 9:00 Rummikub/ Cards <b>9:30 Walking Video</b> 10:00 Bingo 3:00 Book Club (Meet at SGSC)	<b>23</b> 9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club	<b>24</b> 9:00 Rummikub/ Cards 10:00 Coloring Fun 10:00 Blood Pressure Clinic 10:30 Wii Bowling
<b>27</b> 9:00 Rummikub/ Cards <b>9:00 Workout w/ Trish</b> <b>10:30 Snow Day Fun</b> 11:00 Devotion: Minister Diane Burrell	<b>28</b> 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)	<b>* Each Tuesday and Thursday 9:00 Low Impact Aerobics is held at the Butner Sports Arena in Butner. The 10:05 Stretch &amp; Wiggle class is held both at the Butner Sports Arena &amp; by video at the South Granville Senior Center in Creedmoor.</b>		

# Granville County Senior Services

107 Lanier Street • Oxford, NC 27565



## 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*

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