

# Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

*Life is great when you participate!*

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

We all know that women significantly contribute to society every day. Our mothers, our sisters, our daughters, our friends, contribute something to our lives on a daily basis. Did you know that March is designated as **Women's History Month**? March was designated in 1987 by Congress to recognize women's many accomplishments throughout history. The month of March is significant because in 1857 a group of female workers in New York City protested to demand better working conditions and pay. Police halted the demonstration but this determined group of women later formed their own union. In 1911, March 19th was observed as International Women's Day to recognize women's continuing struggle for recognition and rights. In 1921 the date was changed to March 8th. In 1978 schools in Sonoma County, California named March Women's History Month as a way to look at women's history and their contributions. In 1981 a congressional resolution proclaimed the week around March 8th as National Women's History Week. In 1986 the observance was expanded to the entire month of March.

There are many women who have contributed to or invented things we use on a daily basis; without some of these things our lives as we know them now would be significantly different. The next time you enjoy a late night bowl of ice cream thank **Nancy Johnson**, who in 1843 came up with the recipe still used today. If you're reading this newsletter on your computer, silently thank **Grace Hopper Howard Aiken**, who in 1944 designed Harvard's Mark I computer, a five-ton room-sized machine. She invented the compiler that translated written language into computer code and came up with the terms "bug" and "debugging" when she had to

## WOMEN'S History MONTH



remove moths from the machine. The next time your children or grandchildren bring out the Monopoly game you can thank **Elizabeth Magie** for keeping them busy. When you're on a cruise and the captain is going over the safety precautions before you leave port, thank **Maria Beasley**, who in 1882 designed the first life raft (and REALLY thank her should you ever have to use it!). When it's pouring rain and you can barely see to drive, thank **Mary Anderson**, who in 1905 patented the windshield wiper. And **Josephine Cochran** made life after dinner a little easier for all of us when she invented the first dishwasher in 1889.

Women's contributions to the world are endless, so take this month (and every month) to celebrate the famous and not-so-famous women around you!

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## 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 **Granville County Senior Center** in Oxford on Wednesday, March 1 at 11:15 a.m. Mark your calendars and plan to attend.

## EAT SMART, MOVE MORE, TAKE CONTROL

The “*Eat Smart, Move More, Take Control*” curriculum is an eight hour chronic disease prevention program that provides strategies to help adults manage their health. It informs, empowers, and motivates participants to change their eating and physical activity patterns. The program provides opportunities for participants to track their goals and progress toward healthy eating and physical activity behaviors. Each one-hour session contains information about a specific nutrition topic such as sodium, fat and sugar, a physical activity break and a healthy recipe. The health content and recommendations are consistent with the current Dietary Guidelines for Americans for chronic condition/disease prevention. The recipes and nutrition handouts will be provided for program participants. This is a free class led by Jennifer Brown, Area Extension Agent, Family and Consumer Sciences, with the NC Cooperative Extension Service. Classes will be held on Tuesdays at 10 a.m. for eight weeks beginning March 28 (March 28, April 4, 11, 25, May 9, 30 and June 6, 13, 20 and 27)

Everyone that registers for the program, attends classes and completes the required paperwork will receive free incentives at the end of the program. Come learn lifelong habits to help you eat healthy and be physically active!

## LET THE GAMES BEGIN!

It’s almost time for the 2023 ***Kerr-Tar Regional Senior Games!*** Events are set to begin Friday, March 24 in Granville County. Granville will host the opening ceremony events at the Creedmoor Community Center in Creedmoor. Senior Games are open to any adult ages 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 during the months of April and May ending with the SilverArts showcase and Senior Games awards ceremony to be held in Warren County on Thursday, May 18. Registration for this year’s events has ended but you are still invited to come out and cheer on our participants. ***Let’s go Granville County!***

## SAINT PATRICK’S CELEBRATION

***St. Patrick’s Day*** observes the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with parades, food, music, dancing, drinking and a whole lot of green! So why not celebrate!

The **Granville County Senior Center** in Oxford will hold a ***St. Patrick’s Day party*** on Friday, March 17 from 2:00 p.m. until 4:00 p.m. DJ Mel Denis will spin tunes to make you want to get up and dance an Irish jig! Join us for refreshments, fun and lots of dancing! Call the senior center at (919)693-1930 to register or for more information.

The **North Granville Senior Center** in Stovall will hold a ***shamrock hunt*** on Tuesday, March 14 beginning at 11:00 a.m. A sneaky Leprechaun has hidden a lucky shamrock somewhere in the senior center – be the first to find it and win a special prize.

Wear your green and join the fun; ***may the luck of the Irish be with you!***



North Granville Senior Center class



Granville County Senior Center class

## CRAFT CLASSES WILL GET YOU READY FOR EASTER!

Both the Granville County Senior Center in Oxford and the North Granville Senior Center in Stovall will hold craft classes this month to help decorate your home to welcome the Easter Bunny! Be Spring ready with these cute crafts!

The Granville County center will be making a cute **Easter egg door hanging** on Friday, March 10 beginning at 10:00 a.m. This bright and colorful door hanging will surely make the Easter bunny smile when he stops by! With colorful Easter eggs and ribbon, visitors will know that Spring is on the way. There will be a \$2.00 per person charge for this class and we will supply all materials. To register please call the senior center at (919)693-1930.

The North Granville center will be making a cute **Easter bunny hanging** to hang on your door or in your home to welcome friends and family this Easter. This class will be held on Monday, March 20 beginning at 10:00 a.m. There will be a \$6.00 per person charge for this class and all materials will be supplied. Space is limited to six so call now to reserve your spot!

Join us for one – or both – of these classes!

## BREATHE, STRETCH & FLOW YOGA

We are so excited to offer **yoga** once again at the Granville County Senior Center in Oxford. *Breathe, Stretch and Flow yoga* will be taught by *Darcy Drake*, a certified yoga instructor, with *Yoga for Good* in Oxford. This class intends to bring the breath into your mind and connects both to your physical movements. Expect a slow gentle flow that will stretch and strengthen the body and create space within. You will have a chance to align your body and express the pose in the form that fits you while nourishing your mind, body, and breath connection.

This class will be taught on Tuesdays from 1:30 p.m. until 2:30 p.m. **We are currently FULL for this class** but if you would like to be put on a waiting list, please call the senior center at (919)693-1930.

## LET'S GET MANICURES!

The South Granville Senior Center in Creedmoor will be taking a fun day trip to the Vance-Granville Community College, Franklin Campus on Tuesday, March 21 for *free manicures* through the cosmetology program. Manicure appointments will begin at 9:30 a.m. and we will stop at Johnny's BBQ for lunch. Transportation will be provided. The van will depart from the South Granville center at 8:45 a.m. The fee for this trip will be \$3 per person and you will be responsible for your own lunch. **Space is limited** and you must register in advance by calling Christy Southall, South Granville Senior Center Coordinator, at (919)528-0848. *Join us for the fun!*

## LET'S HAVE A 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 cheerful décor. Get ready for Spring decorating by joining us at both the **Granville County Senior Center** in Oxford and the **South Granville Senior Center** in Creedmoor for a *paint party with Tammy!* Tammy Rokose, will be at both centers this month with fun paintings, participants will leave with a beautiful piece to decorate their homes.

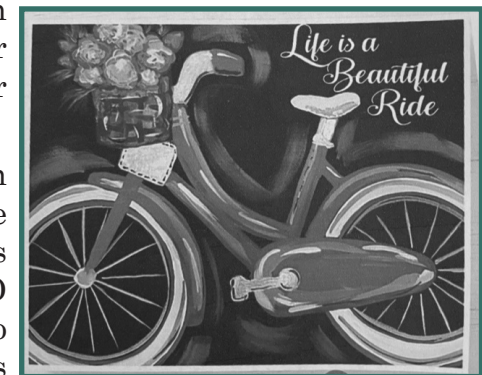
Her first class this month will be at the South Granville center on Thursday, March 16 from 3 p.m. until 5 p.m. Participants will be painting a 11x14 canvas featuring *a bicycle with a flower basket*. "*Life is a Beautiful Ride*" will surely brighten your home as the seasons change! There is a \$35 charge for this class which includes all supplies and you must pre-register. To reserve your spot, please call Christy Southall, South Granville Senior Center Coordinator, at (919)528-0848.

Tammy will also hold a class at the Granville County center on Thursday, March 23 from 1 p.m. until 3 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. This class will be \$45.00 per person, which includes all supplies and materials. You must pre-register for this class also. Please call the Granville County center at (919)693-1930 to reserve your spot.

Tammy's classes are always fun, *don't miss out!*



Granville County Senior Center class



South Granville Senior Center class

## WOMEN'S HISTORY TRIVIA

As the front cover of this month's *Senior Connection* tells you, March is **Women's History Month!** In honor of this, join us at the **South Granville Senior Center** in Creedmoor for a fun-filled game of trivia on Friday, March 10 at 10:00 a.m. We will have a *Jeopardy*® style trivia game with the opportunity to win prizes, all while testing our knowledge of the many contributions that women have made in US history. To register or for more information call Christy Southall, South Granville Senior Center Coordinator, at (919)528-0848. We'll learn, have fun and celebrate women in history!

## 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 **South Granville Senior Center** in Creedmoor has a program for you! ***Dining with Diabetes*** is a cooking and nutrition 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 Monday in March (March 6, 13, 20 and 27) at 10 a.m. Please call the South Granville center at (919)693-1930 to register. *Join us!*

# TAI CHI FOR ARTHRITIS & FALL PREVENTION VIRTUAL WORKSHOP

Join a statewide virtual *Tai Chi for Arthritis and Fall Prevention workshop (part 1)* beginning March 9th! The workshop will be held on Zoom and you must register online. Classes will be held on Tuesdays and Thursdays from 10:00 a.m. until 11:00 a.m. via Zoom, beginning March 9th and ending May 18th. This workshop is available to NC residents over 60 or adults with disabilities at no cost. If you would like to meet in person in a small group setting, join us at the **South Granville Senior Center** in Creedmoor. For more information please contact Christy Southall at (919)528-0848.

So how does it work? Medical professionals agree that exercises for people with arthritis should incorporate movements that can improve muscular strength, flexibility and fitness. Increased muscular strength supports and protects joints, which will help reduce pain. Flexibility exercises also help to reduce pain and stiffness, improving mobility. Stamina is important for overall health and proper function of your heart, lungs and muscles. Tai Chi for Arthritis helps those dealing with arthritis with all of these and more! *Join us!*

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## 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 **January 2023**.

### Home Delivered Meals

Oxford area: 763 meals delivered to 45 homebound seniors.

North Granville area: 237 meals delivered to 12 homebound seniors.

South Granville area: 474 meals delivered to 26 homebound seniors.

Total meals: 1,474 meals delivered to 83 homebound seniors.

Total amount paid by Senior Services: \$7,340.52

Total amount contributed to program by participants: \$878.00

### Congregate Meals

Granville County Senior Center in Oxford: 619 meals served to 61 seniors.

North Granville Senior Center in Stovall: 369 meals served to 43 seniors.

South Granville Senior Center in Creedmoor: 508 meals served to 61 seniors.

Total meals: 1,496 meals served to 165 seniors.

Total amount paid by Senior Services: \$7,450.08

Total amount contributed to program by participants: \$925.75

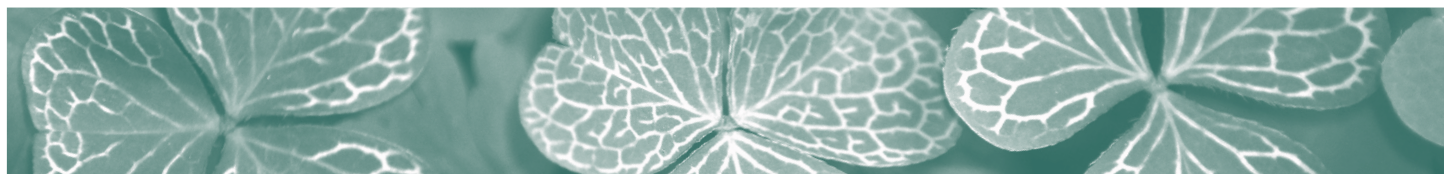
### In-Home Aide Services

574 hours provided for 19 clients.

### Transportation

251 trips provided for 16 clients.

\$4.00 contributed by participants.





# Kathy's Korner

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

Keeping our joints healthy as we grow older is important for our quality of life. Just a few tips to help keep our joints moving smoothly:

1. **Stay in Motion** – The more you move, the less stiffness you'll have. Whether you're reading, working, or watching TV, change positions often. Take breaks from sitting and get active. A doctor once told me, "MOTION IS LOTION!"
2. **Shed Some Pounds** – Your size affects some of the strain on your hips, knees, and back. Even a little weight loss can help. According to [www.webmd.com](http://www.webmd.com), every pound you lose takes 4 pounds of pressure off the knees.
3. **Go Low-Impact** – The best choices for activity are those that don't pound your joints, like walking, bicycling, swimming, and strength training.
4. **Ease Your Load** – Take care of your joints when you lift and carry. Hang bags on your arms instead of carrying them in your hands. That lets your bigger muscles and joints support the weight.
5. **Chill Your Pain** – Ice is a natural pain reliever. It numbs the ache and eases swelling. If you have a sore joint, apply a cold pack or ice wrapped in a towel. Leave it on for up to 20 minutes at a time. You can also try a bag of frozen vegetables wrapped in a towel. Never put ice right on your skin.
6. **Treat Joint Injuries** – An injury to a joint can add to the breakdown of cartilage. If you get hurt, see your doctor right away for treatment. It will be important to take steps to avoid more damage, such as skipping things that put too much stress on your joint or maybe using a brace to keep it stable.

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## LUNCH & LEARN – WHY DO MY JOINTS HURT?

There are lots of reasons why one or more of your joints could be hurting. You may have overdone it with your morning workout. Maybe you lifted some boxes that you probably should not have tried to lift. If you suffer from joint pain, you are not alone. One national survey found that up to 30% of adults in the United States reported having some form of joint pain in the last 30 days.

Do you suffer from joint pain? Sometimes the cause of that pain is obvious, but that's not always the case. If you are asking "*why do my joints hurt?*", then the **Granville County Senior Center** in Oxford has a program for you. Join us on Friday, March 24 at 11:00 a.m. as *Dr. Mark Messmer, DO*, with *Maria Parham Orthopaedics*, will be at the center to talk to us about reasons for joint pain and how to remedy that pain and discomfort. **Lunch will be provided** so you will need to pre-register by calling the senior center at (919)693-1930. Don't continue to suffer with joint discomfort, join us to learn what you can do to ease the pain!

# Granville County Senior Center • 919.693.1930

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

## MARCH 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 <b>11:15 Coffee w/ Kathy</b> 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                      (sponsored by the                      GC Sheriff's Office)</b> 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub <b>5:00 Tax Assistance (by                      appt.)</b>	9:00 Game Time: <b>3</b> Rummikub/Dominoes 9:00 Low Impact Aerobics 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 <b>1:30 Yoga Class</b>	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 GC Veteran's                      Support group)</b> 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub <b>5:00 Tax Assistance (by                      appt.)</b>	9:00 Game Time: <b>10</b> Rummikub/Dominoes 9:00 Low Impact Aerobics <b>10:00 Craft Class - Easter                      Egg Door Hanger</b> 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>1:30 Yoga Class</b>	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) 1:30 Spades/Rummikub <b>5:00 Tax Assistance (by                      appt.)</b>	9:00 Game Time: <b>17</b> Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 1:30 Spades/Rummikub <b>2:00 St. Patrick's                      Celebration</b>
	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 <b>1:30 Yoga Class</b>	9:00 Game Time: <b>22</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>23</b> Rummikub/ Dominoes <b>10:00 Bingo (sponsored                      by Bingo Helpers)</b> 11:30 Water Aerobics (YMCA) <b>1:00 Paint Party</b> 1:30 Spades/Rummikub <b>5:00 Tax Assistance (by                      appt.)</b>	9:00 Game Time: <b>24</b> Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle <b>11:00 Lunch &amp; Learn:                      Joint Health</b> 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>11:00 Advisory Board                      Meeting</b> <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> <b>1:30 Yoga Class</b>	9:00 Game Time: <b>29</b> Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle <b>12:00 March Birthday                      Celebration</b> 1:30 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Game Time: <b>30</b> Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:30 Spades/ Rummikub *No Tax Assistance today	9:00 Game Time: <b>31</b> Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 1:30 Spades/Rummikub

# North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

## MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Game Time: <b>1</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo <b>12:00 March 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 10:30 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 10:00 Walk off the Pounds	9:00 Game Time: <b>7</b> Rummikub/ Dominoes/Card Games (2000 & 13) <b>10:00 Snowball Game</b> 10:00 Puzzle Time 12:00 Stretch & Strengthen	9:00 Game Time: <b>8</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	9:00 Game Time: <b>9</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	9:00 Game Time: <b>10</b> Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
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 <b>11:00 Shamrock Hunt</b>	9:00 Game Time: <b>15</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	9:00 Game Time: <b>16</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Diamond Dotz® 10:00 Puzzle Time 10:30 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) 10:00 Puzzle Time <b>10:00 Craft Class - Easter Bunny Door Hanger</b> 12:00 Walk off the Pounds	9:00 Game Time: <b>21</b> Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	9:00 Game Time: <b>22</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 11:30 Devotion: Rev. Curtis McRae 12:30 Walk Off the Pounds 12:30 Puzzle Time	9:00 Game Time: <b>23</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Diamond Dotz® 10:00 Puzzle Time 10:30 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 Jennifer Brown - "Eat Smart, Move More"</b> 10:00 Puzzle Time 12:00 Stretch & Strengthen	9:00 Game Time: <b>29</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	9:00 Game Time: <b>30</b> Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	9:00 Game Time: <b>31</b> Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds



# South Granville Senior Center • 919.528.0848

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

## MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><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></p>		<p><b>1</b></p> <p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (Virtual)</p>	<p><b>2</b></p> <p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p>	<p><b>3</b></p> <p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Loom Knitting</b> 10:30 Wii Bowling</p>
<p><b>6</b></p> <p>9:00 Rummikub/Cards <b>9:00 Workout w/ Trish</b> <b>10:00 Dining w/ Diabetes</b> <b>10:30 Plastic Canvas</b></p>	<p><b>7</b></p> <p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (In-Person)</p>	<p><b>8</b></p> <p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo <b>12:00 March Birthday Celebration</b> 3:00 Book Club (Virtual)</p>	<p><b>9</b></p> <p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club <b>10:00 Tai Chi for Arthritis (Virtual)</b> 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p>	<p><b>10</b></p> <p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Loom Knitting</b> <b>10:00 Women's History Trivia</b></p>
<p>9:00 Rummikub/Cards <b>9:00 Workout w/ Trish</b> <b>10:00 Dining w/ Diabetes</b> <b>10:30 Plastic Canvas</b> 11:00 Devotion: Minister Diane Burrell</p> <p><b>13</b></p>	<p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) <b>10:00 Tai Chi for Arthritis (Virtual)</b> 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p> <p><b>14</b></p>	<p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (Virtual)</p> <p><b>15</b></p>	<p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club <b>10:00 Tai Chi for Arthritis (Virtual)</b> 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club <b>3:00 Paint Party</b></p> <p><b>16</b></p>	<p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Loom Knitting</b> 10:30 Wii Bowling</p> <p><b>17</b></p>
<p>9:00 Rummikub/Cards <b>9:00 Workout w/ Trish</b> <b>10:00 Dining w/ Diabetes</b> <b>10:30 Plastic Canvas</b></p> <p><b>20</b></p>	<p><b>8:45 Day Trip: Louisburg</b> 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) <b>10:00 Tai Chi for Arthritis (Virtual)</b> 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p> <p><b>21</b></p>	<p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (Virtual)</p> <p><b>22</b></p>	<p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club <b>10:00 Tai Chi for Arthritis (Virtual)</b> 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p> <p><b>23</b></p>	<p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Loom Knitting</b> 10:30 Wii Bowling</p> <p><b>24</b></p>
<p>9:00 Rummikub/Cards <b>9:00 Workout w/ Trish</b> <b>10:00 Dining w/ Diabetes</b> <b>10:30 Plastic Canvas</b> 11:00 Devotion: Minister Diane Burrell</p> <p><b>27</b></p>	<p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic <b>10:00 Tai Chi for Arthritis (Virtual)</b> 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p> <p><b>28</b></p>	<p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (In-Person)</p> <p><b>29</b></p>	<p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club <b>10:00 Tai Chi for Arthritis (Virtual)</b> 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p> <p><b>30</b></p>	<p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Loom Knitting</b> 10:30 Wii Bowling</p> <p><b>31</b></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

*Funded in part by Granville County United Way*

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*moor*

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Rev. Leroy Anderson

Bessie Bailey

LaVerta Cooper

Jo Ann DeShane

Carol Jo Harris

Dorothy Lyon

Richard Lyon

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Vickie Smoak

Kathy Wolford

Jimmy Gooch (County  
Commissioner)