

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



Each April we celebrate those who give so freely of themselves to help others. Our wonderful volunteers are our greatest asset. Volunteers help us succeed and we could not provide services, like our home delivered meals, without them. The following lessons learned are characteristics portrayed in our many volunteers, these people truly define TEAM – together everyone achieves more.



LESSONS FROM GEESE



Fact 1: As each goose flap its wings it creates an “uplift” for the birds that follow. By flying in a “V” formation, the whole flock adds 71% greater range than if each bird flew alone.

Lesson: People who share a common sense of direction and community can get where they are going quicker and easier because they are traveling on the thrust of one another.

Fact 2: When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.

Lesson: If we have as much sense as a goose we stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others.

Fact 3: When the lead goose tires, it rotates back into the formation and another goose flies to the point position.

Lesson: It pays to take turns doing the hard tasks and sharing leadership, as with geese, people are interdependent on each other’s skill, capabilities and unique arrangement

of gifts, talents or resources.

Fact 4: The geese flying in formation honk to encourage those up front to keep up their speed.

Lesson: We need to make sure our honking is encouraging. In groups where there is encouragement, the productivity is much greater. The power of encouragement (to stand by one’s heart or core values and encourage the heart and core of others) is the quality of honking we seek.

Fact 5: When a goose gets sick, wounded or shot down, two geese drop out of formation and follow it down to help and protect it. They stay until it dies or can fly again. Then they launch out with another formation or catch up with the flock.

Lesson: If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong.

**“Lessons from Geese” was transcribed from a speech given by Angeles Arrien at the 1991 Organizational Development Network and is based on the work of Milton Olson.*

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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 **South Granville Senior Center** in Creedmoor on Wednesday, April 5 at 11:15 a.m. Mark your calendars and plan to attend.

NEWSLETTER EMAIL LIST

As we all know, it can take awhile to get a piece of mail by regular “snail mail” these days. We want to make sure that you are receiving your *Senior Connection* in a timely manner so that everyone knows what’s going on at their local senior centers! If you would like to be added to our email list to receive our newsletter by email, please let us know. You can also find our monthly newsletter online at www.granvillecounty.org. Click on the *Community* tab to access the Senior Services webpage. Receiving your *Senior Connection* by email or reading it online are the fastest ways to find out what’s going on at our three senior centers.

We will, of course, continue to mail our newsletter but please know that you may receive it after the first of the month and there is the possibility you could miss out on some programs or events. If you are currently receiving your newsletter by mail and would like to either access it online or receive it by email, please let us know so that you can be removed from the mailing list. We also have copies at all three of our senior centers each month. You can also find information about upcoming programs or special events by “liking” our Facebook® page *Granville County Senior Services*. We want you to stay in the loop with all that is going on at our senior centers – don’t miss out!



SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the **Good Friday holiday** on Friday, April 7. There will be no congregate or home delivered meals served on this day. Our centers will reopen on Monday, April 10 at 8:30 a.m.

AARP DRIVER SAFETY

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

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

The **Granville County Senior Center** in Oxford will hold this class on Tuesday, May 23 from 9:00 a.m. until 1:00 p.m. You **must pre-register** for this class by calling the senior center at (919)693-1930. The cost will be \$20.00 for AARP members and \$25.00 for non-members which includes all course materials. Course participants may be eligible to receive a state mandated, multi-year discount on their auto insurance premium. You will need to contact your insurance company or agent for more details. The instructor for this class will be Lynroy Thomas, a certified AARP Driver Safety Program instructor.

WE ♥ OUR VOLUNTEERS!

Granville County Senior Services has some of the best volunteers around! Our volunteers go above and beyond to serve the older adults of Granville County. Volunteers serve in a variety of capacities, from home delivered meal drivers, program instructors, advisory board members and more. During COVID our volunteers were a true blessing to our programs and a bright light in the lives of our homebound seniors during what was a very isolating and lonely time for many. Our volunteers continue to brighten the days of homebound seniors and senior center participants in many ways, they are truly the sunshine in our programs and services!

Each year, the third week of April (this year April 16 – 22) is designated as National Volunteer Week. During this week – and every week – we honor our volunteers for all their hard work and dedication to our programs. Senior Services will hold a special county wide volunteer recognition program this month at the Granville County Senior Center in Oxford. Volunteers will receive invitations to this event and must RSVP.

We can never thank our volunteers enough for what they do! Valuing everyone you meet. Open hearts. Lifting the spirits of others. Understanding. Noting the difference your efforts make. Touching lives. Earning admiration of those they serve. Encouraging. Respected. Spreading smiles. ☺



Ellie Henderson is ready to deliver meals from the Granville County Senior Center in Oxford.



Rebecca Carrington volunteers to call Bingo at the South Granville Senior Center in Creedmoor on Wednesdays!

HERE COMES PETER COTTONTAIL.....HOPPING DOWN TO OUR SENIOR CENTERS!

Easter is almost upon us and the Easter Bunny has some fun planned for participants at both the **North Granville Senior Center** in Stovall and the **South Granville Senior Center** in Creedmoor! Hop on down to the senior center closest to you for all the fun!

We'll go on an *Easter Egg Hunt* on Tuesday, April 4 at the North Granville Senior Center. The fun will begin at 11:15 a.m. Easter eggs will be hidden around the senior center, find the most and win a special prize! On Wednesday, April 5 we will play *Easter Bingo* at 10:00 a.m. All prizes will be Easter themed. We will end our Easter celebration with some special treats after lunch at 12:00 p.m.

The Easter Bunny has also hidden eggs around the South Granville Senior Center. Find an egg, win a prize! The hunt will begin at 12:30 p.m. on Tuesday, April 4. Wear your best *Easter bonnet* and join us!

GET OUT THOSE DANCING SHOES – IT’S PROM TIME!

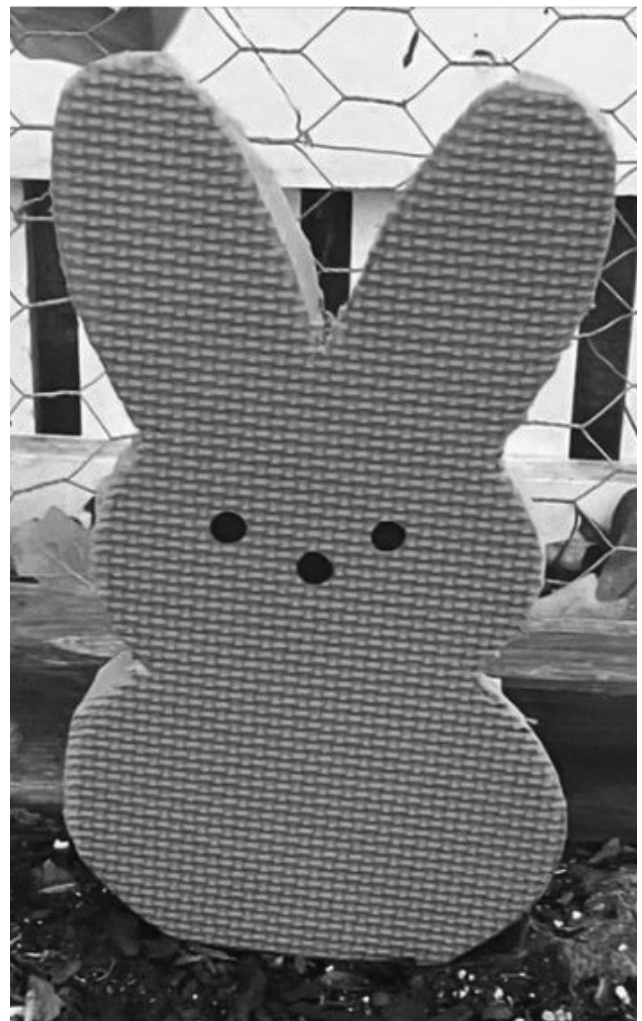
Remember your high school prom? The fun you had dancing with your sweetheart and friends, making memories to last a lifetime. Well polish off those dancing shoes – the **South Granville Senior Center** in Creedmoor is bringing back their **Senior Prom!** Due to COVID, the prom has been cancelled for the past few years, so we are very excited to be able to hold this special event again this year. The prom will be held on Saturday, April 22 beginning at 6:00 p.m. at *Tru Soul Event Center* in Creedmoor. Once again this will be sponsored by the **South Granville Rotary Club**. Tickets are \$5.00 per person and will include dinner. **You must pre-register to attend!** The theme will be *Hollywood* – come dressed in your award show best to dance the night away. Be a star for the evening and enjoy the company of your fellow celebrities! Start practicing those dance steps, pull out those party dresses and mark your calendars for this fun evening. Tickets can be purchased at the **South Granville Senior Center** in Creedmoor or the **Granville County Senior Center** in Oxford. For more information and to pre-register, please call Christy Southall, South Granville Senior Center Coordinator, at (919)528-0848.

PLASTIC CANVAS CLASS SCHEDULED

The **Granville County 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. Three classes will be held – Friday, April 14, Friday, May 12 and Friday, May 26 beginning at 10:00 a.m. The cost for this will be \$3.00 per person which will cover all three classes and supplies. Please register by calling the Granville County center at (919)693-1930. There are tons of cute things you can make using plastic canvas – *join us for the fun!*

IS THAT SPRINGTIME “PEEPING” IN YOUR GARDEN?

We are ready for Spring! We are all ready to *spring* into action and get our yards and gardens planted with beautiful flowers and vegetables to carry us into the summer months. The **South Granville Senior Center** in Creedmoor will hold a fun craft class this month to help you decorate your gardens and yard for Spring. Join us to make a cute **garden peep** to add a little Springtime fun to your yard. This class will be held on Monday, April 17th at 10:00 a.m. The fee will be \$1.00 per person. Space is limited so register NOW by calling the South Granville center at (919) 528-0848. *Join us!*



JOIN US FOR ANOTHER PAINT PARTY!

If you haven't joined us for one of our *paint parties* – you are missing out on all the *fun!* Tammy Rokose, with *Me Time Painting, LLC*, will be back at the **Granville County Senior Center** in Oxford on Tuesday, May 23 to hold another paint class. Join us to paint *funky flowers* from 2:00 p.m. until 4:00 p.m. This will be a 16x20 canvas that you can hang to brighten any room in your home. This is beginner friendly and all supplies will be provided. The cost will be \$37 per person. **You must register in advance** by calling the senior center at (919) 693-1930 by **May 19th**. *Come party with us!*



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 **February 2023**.

Home Delivered Meals

Oxford area: 739 meals delivered to 43 homebound seniors.

North Granville area: 240 meals delivered to 12 homebound seniors.

South Granville area: 461 meals delivered to 28 homebound seniors.

Total meals: 1,440 meals delivered to 83 homebound seniors.

Total amount paid by Senior Services: \$7,171.20

Total amount contributed to program by participants: \$1,348.00

Congregate Meals

Granville County Senior Center in Oxford: 658 meals served to 63 seniors.

North Granville Senior Center in Stovall: 401 meals served to 44 seniors.

South Granville Senior Center in Creedmoor: 423 meals served to 68 seniors.

Total meals: 1,482 meals served to 175 seniors.

Total amount paid by Senior Services: \$7,380.36

Total amount contributed to program by participants: \$782.88

In-Home Aide Services

538 hours provided for 19 clients.

\$660.00 contributed to program by clients.

Transportation

214 hours provided for 16 clients.

\$5.00 contributed by participants.



Kathy's Korner

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

This month, I am going to tell you about something that most people are probably not aware of. This “something” that I am referring to has actually been in place for 30 years. It’s a body of older adults called the **NORTH CAROLINA SENIOR TAR HEEL LEGISLATURE (NCSTHL)**. It was created as a nonpartisan body by the NC General Assembly in July of 1993. The group meets in a forum that resembles the NC General Assembly three times each year.

Each county in North Carolina has one delegate and one alternate. Members of the NC Senior Tar Heel Legislature are volunteers from all walks of life. Some are retired, some still work. Appointees must be age 60+ and a resident of the county they represent. **Granville County’s delegate to the NCSTHL is Annette Meyers**, and I am proud to tell you that Annette was recently elected as Deputy Speaker Pro Tempore. Granville County’s alternate delegate is Sue Bryant. Annette and Sue attend these meetings together and work as a team for the benefit of North Carolina’s older adults.

All these members of the NCSTHL have a passion to give a voice to those who may not be able to advocate for themselves in their advanced years. One of the things that they do each year during their meetings, is to develop a list of 5 priorities regarding funding that affects the lives of older adults. Once these priorities are established by the Senior Tar Heel Legislature, they are taken to the NC General Assembly for consideration during the upcoming fiscal year. The priorities established for the 2023-24 fiscal year are:

- #1 Allocate an additional \$8M in recurring funds for Adult Protective Services to address staff shortages.
- #2 Increase the Senior Center General Purpose Appropriation by \$1,265,316 in recurring funds.
- #3 Allocate an additional \$8M in recurring funds for the Home and Community Care Block Grant.
- #4 Allocate an additional \$1.5M in recurring funds for 11 additional Long-Term Care Ombudsmen.
- #5 Strengthen Long-Term Care Staffing Standards

This year, as the North Carolina Senior Tar Heel Legislature celebrates its 30-year anniversary, each County is holding special events to celebrate 30 years of hard work and dedication. During these Granville County events, attendees will meet Granville County’s NCSTHL Delegate, Annette Myers and Alternate Delegate, Sue Bryant. They will do a presentation about the Top Five Legislative Priorities listed above, and explain what they mean. State and local officials have been invited, as well as the media. **We invite everyone to join us at any or all of these events. These events are scheduled as follows:**

1. **April 18th at 10 a.m.** our delegates will be at our **North Granville Senior Center** in Stovall to present the priorities and answer questions.
2. **April 24th at 10:30 a.m.** our delegates will be at our **South Granville Senior Center** in Creedmoor to present the priorities and answer questions. State and local officials have been invited.
3. **April 28th at 10:45 a.m.** our delegates will be at the **Granville County Senior Center** in Oxford to do a presentation about the top five priorities. State and local officials have been invited.

North Carolina’s senior population is growing with each passing day. Currently, people over the age of 60 make up 24% of the total population in Granville County. Join us on one of the dates listed and learn more! Annette, Sue and I will be at each event to greet you.

Granville County Senior Center • 919.693.1930

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

APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Game Time: 3 Rummikub/Dominos 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: 4 Rummikub/Dominos 9:00 Open Art Studio 10:00 Seated Tai Chi 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club <i>*No Yoga class today</i>	9:00 Game Time: 5 Rummikub/Dominos 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: 6 Rummikub/Dominos 10:00 Bingo w/ a Badge (sponsored by the GC Sheriff's Office) 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub 5:00 Tax Assistance (by appt.)	Center Closed for the Good Friday Holiday
9:00 Game Time: 10 Rummikub/Dominos 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: 11 Rummikub/Dominos 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 1:30 Yoga Class	9:00 Game Time: 12 Rummikub/Dominos 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: 13 Rummikub/Dominos 10:00 Bingo (sponsored by GC Veteran's Support group) 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub 5:00 Tax Assistance (by appt.)	9:00 Game Time: 14 Rummikub/Dominos 9:00 Low Impact Aerobics 10:00 Craft Class - Plastic Canvas 10:15 Stretch & Wiggle 1:30 Spades/Rummikub
9:00 Game Time: 17 Rummikub/Dominos 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: 18 Rummikub/Dominos 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 1:30 Yoga Class 5:00 Volunteer Celebration (by invite) <i>*No GC ACBL Bridge today</i>	9:00 Game Time: 19 Rummikub/Dominos 9:00 Low Impact Aerobics 10:00 Ox Talks 10:00 Quilting 10:15 Stretch & Wiggle 1:30 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Game Time: 20 Rummikub/Dominos 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Spades/Rummikub	9:00 Game Time: 21 Rummikub/Dominos 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 1:30 Spades/Rummikub
9:00 Game Time: 24 Rummikub/Dominos 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: 25 Rummikub/Dominos 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Creative Voices 1:30 Yoga Class <i>*No Tai Chi today</i>	9:00 Game Time: 26 Rummikub/Dominos 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 12:00 April Birthday Celebration 1:30 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Game Time: 27 Rummikub/Dominos 10:00 Bingo (sponsored by Bingo Helpers) 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub	9:00 Game Time: 28 Rummikub/Dominos 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 10:45 Sr. Tarheel Legislature Celebration 1:30 Spades/Rummikub



North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	4 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Jennifer Brown - "Eat Smart, Move More" 11:15 Easter Egg Hunt 12:30 Puzzle Time 12:30 Stretch & Strengthen	5 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Easter Bingo 12:00 Easter Party 12:30 Puzzle Time <i>*No Walk Off the Pounds today</i>	6 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	7 Center Closed for the Good Friday Holiday
10 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	11 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Jennifer Brown - "Eat Smart, Move More" 12:30 Puzzle Time 12:30 Stretch & Strengthen	12 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 12:00 April Birthday Celebration 12:30 Walk Off the Pounds 12:30 Puzzle Time	13 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	14 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
17 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	18 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Speaker: Annette Myers - "NC Senior Tarheel Legislature" 12:30 Puzzle Time 12:30 Stretch & Strengthen	19 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Exercise Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	20 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	21 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
24 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	25 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Jennifer Brown - "Eat Smart, Move More" 12:30 Puzzle Time 12:30 Stretch & Strengthen	26 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 11:15 Devotion: Rev. Curtis McRae 12:30 Walk Off the Pounds 12:30 Puzzle Time	27 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	28 9:00 Game Time: 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

APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:30 Plastic Canvas Class	9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (In-Person) 12:30 Easter Egg Hunt	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	Center Closed for the Good Friday Holiday
10	11	12	13	14
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) 9:30 Blood Pressure Clinic 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 12:00 April 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 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:30 Wii Bowling
17	18	19	20	21
9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:00 Craft Class - Garden Peeps 10:30 Plastic Canvas Class	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 (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 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:30 Wii Bowling
24	25	26	27	28
9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:30 STHL 30th Anniversary Celebration 11:30 Devotion: Minister Diane Burrell	9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 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 (In-Person)	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 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:30 Wii Bowling

*** 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.**

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

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Granville County Senior Services

North Granville Senior Center

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

Granville County Senior Center

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

South Granville Senior Center

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

Programs and Services Offered

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

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