

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



MAY IS OLDER AMERICANS MONTH

A meeting with the National Council of Senior Citizens resulted in President John F. Kennedy designating May 1963 as Senior Citizens Month, encouraging the nation to pay tribute in some way to older people across the country. In 1980, President Jimmy Carter’s proclamation changed the name to Older American’s Month, a time to celebrate those 65 and older through ceremonies, events and public recognition.

In honor of this, here are a few famous quotes about growing old:

“About the only thing that comes to us without effort is old age.” – Gloria Pitzer

“The great thing about getting older is that you don’t lose all the other ages you’ve been.” – Madeleine L’Engle

“Age does not diminish the extreme disappointment of having a scoop of ice cream fall from the cone.” – Jim Fiebig

“The time to begin most things is ten years ago.” – Mignon McLaughlin

“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.” – Mark Twain

“The older you get, the more you tell it like it used to be.” – Author Unknown

“Age is the acceptance of a term of years. But maturity is the glory of years.” – Martha Graham

“You don’t stop laughing because you grow old. You grow old because you stop laughing.” – Michael Pritchard

“The first sign of maturity is the discovery that the volume knob also turns to the left.” – Jerry M. Wright

“The follies which a man regrets most in his life are those which he didn’t commit when he had the opportunity.” – Helen Rowland

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

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AARP SMART DRIVER COURSE

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.*

Both the **Granville County Senior Center** in Oxford and the **North Granville Senior Center** in Stovall will hold this class this month. The Granville County class will be held on **Tuesday, May 23** from 1:00 p.m. until 5:00 p.m. You **must pre-register** for this class by calling the senior center at (919)693-1930. The North Granville class will be held on **Monday, May 8** from 10:00 a.m. until 2:00 p.m. You must pre-register for this class by calling the senior center at (919)693-3383. The cost for these classes 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 Smart Driver program instructor.



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.

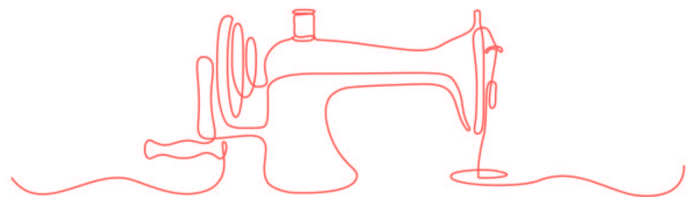
This month Kathy will be at the **North Granville Senior Center** in Stovall on Wednesday, May 3 at 11:15 a.m. Mark your calendars and plan to attend.

SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the **Memorial Day holiday** on Monday, May 29. There will be no congregate or home delivered meals served on this day. Our centers will reopen on Tuesday, May 30 at 8:30 a.m.

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, May 1. This class will be held on Mondays in May (no class on Monday, May 29) from 10:00 a.m. until 1:00 p.m. and from 1:00 p.m. until 5:00 p.m. The cost will be \$24.00 per class 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 pre-register** by calling the senior center at (919)693-1930. A supply list will be available when you register. *Join us!*



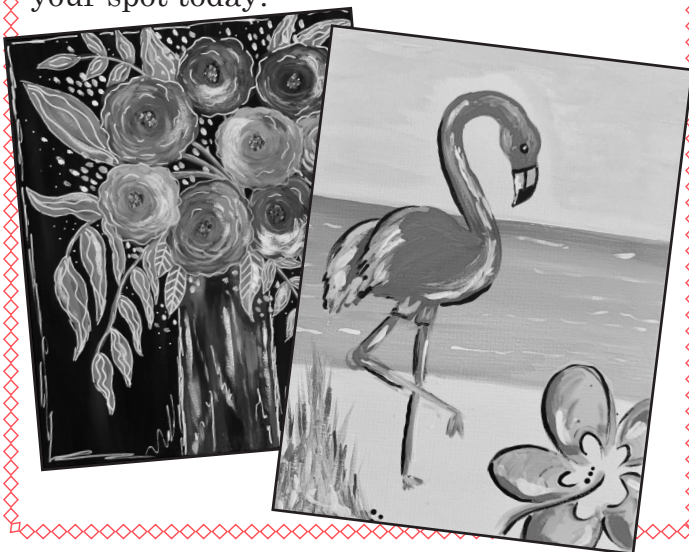
PAINT WITH TAMMY THIS MONTH!

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 at both the **Granville County Senior Center** in Oxford and the **South Granville Senior Center** in Creedmoor to hold classes this month. Check out these classes!

The class at the Granville County center will be held on Tuesday, May 23 from 2:00 p.m. until 4:00 p.m. Join us to paint *funky flowers* on a 16x20 canvas that you can hang to brighten any room in your home. **You must pre-register in advance** by calling the senior center at (919)693-1930 by **May 19**. The cost will be \$37 per person which includes all supplies. Payment is due when you register.

The class at the South Granville center will be held on Monday, May 22 from 10:00 a.m. until 12:00 p.m. Join us to paint a *fab flamingo!* This painting will add a touch of the tropics to any room in your home and will make a bright summer decoration to celebrate these upcoming warm months. **You must pre-register in advance** by calling the senior center at (919)528-0848 by **May 19**. The cost is \$35 per person, which includes all supplies.

These classes are beginner friendly and so much fun! Don't miss out – call to reserve your spot today!



JOIN US FOR A FUN MIXED MEDIA ART PROJECT!

The **Granville County Senior Center** in Oxford will hold a fun mixed media art class this month. Create your own *Flowering Flamingo*, a mixed media art project with a touch of sass! This class will be held on Wednesday, May 31 from 2:00 p.m. until 4:00 p.m. This 8x12 canvas will be a fun decoration to brighten your home this summer! The cost will be \$32.00 per person, which includes the canvas, materials and all other supplies. There is a sample canvas in the lobby of the Granville County center if you would like to check it out! **You must pre-register by May 15th** by calling the senior center at (919)693-1930. Payment is due when you register. *Julie Yacos*, of Oxford, will be the instructor. *Don't miss out on the fun!*



QUILTING GROUP DONATES QUILTS TO CANCER CENTER

The members of the quilting group at the **South Granville Senior Center** in Creedmoor donated 33 handmade lap quilts to the Duke Cancer Center in April. 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!



TAI CHI

Granville County Senior Services has added **Tai Chi** to our list of fitness classes offered. This is open to anyone 50 years of age or older in Granville County. **There is 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 this month 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 May 9, 16, 23 and 30; June 13, 20 and 27; July 11, 18 and 25 and August 8 and 15. The cost will be \$30.00 for the 12 weeks and payment is due **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 also 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 will be the instructor for this class also. This is 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.

STRETCH & WIGGLE UPDATE

Attention participants in the Stretch and Wiggle class at the Granville County Senior Center in Oxford! Due to the HIGH popularity of this class, we have decided to now offer **TWO** class options for you! The stretch and wiggle class will continue to meet each Monday, Wednesday and Friday but now will be held from 10:15 a.m. until 10:45 a.m. and from 11:00 a.m. until 11:30 a.m. There are days where we have nearly 60 people in class and now, by offering two classes, we will be able to keep the class smaller and more manageable for our fitness instructor. Participants can attend either class. We hope this will help with the overcrowding we have been experiencing and help you all feel more comfortable and have more room to exercise!

Stretch and Wiggle is a chair-based exercise class that focuses on stretches and movements for your legs, arms and upper body – all while sitting down. This is a free class for Granville County residents. This class is also offered each Tuesday and Thursday at 10:05 a.m. at the Butner Sports Arena. *Check it out!*

MOVIE MATINEE IS BACK!

Back by popular demand, both the **Granville County Senior Center** in Oxford and the **South Granville Senior Center** in Creedmoor will hold *movie matinees* this month. These are very popular events and we are excited to offer another movie time at our centers! Movies are FREE and popcorn and drinks are offered. Come enjoy a fun afternoon at the movies!

The Granville County center will hold their movie matinee on Friday, May 19 beginning at 1:30 p.m. This month's movie will have a Mother's Day theme – call the senior center at (919)693-1930 for the movie title.

The South Granville center will resume their *Monday movie matinee* this month. Beginning this month, we will offer a movie each second Monday of the month at 1:00 p.m. This month's movie will be held on Monday, May 8th. Please call the South Granville center at (919)528-0848 for the movie title.

Join us!

LET'S CELEBRATE MOMS!

Where would we be without our moms? All three of our senior centers will celebrate mothers this month. We encourage all of our mothers to come and celebrate this special time with us.

The **Granville County Senior Center** in Oxford will hold their program on Friday, May 12 beginning at 10:30 a.m. *Lorene Allen* will provide a morning of pampering for our moms. Come enjoy a special morning with refreshments and a relaxing pampering treatment for your hands. This will be a fun way to have a little “me” time!

The **North Granville Senior Center** in Stovall will hold their program on Thursday, May 11 beginning at 12:00 p.m. We will recognize our oldest and youngest mothers present and celebrate all our moms with special snacks after lunch.

The **South Granville Senior Center** in Creedmoor will honor their moms with a special *Mother's Day tea* on Friday, May 12 beginning at 2:00 p.m. We will have light refreshments as well as a variety of teas to sample. Come dressed in your Sunday best – *don't forget your hat!* Space is limited so register NOW by calling the senior center at (919)528-0848 to reserve your spot.

Happy Mother's Day to all our mothers!

PLANNING FOR YOUR FURRY FRIENDS AFTER YOU ARE GONE

You have planned for your children, your finances and your own wishes after you are gone. But have you thought about your pet's care and well-being? Whether your pets are furry friends or fish or maybe your pet iguana – you love them and *hope* your family or friends will care for them when you are no longer here. But are you confident that they will? Are you assuming or do you have a plan? The **Granville County Senior Center** in Oxford will offer a program this month for all pet owners. This program will offer both information and one-on-one time to develop a plan for when you are gone or become unable to properly care for your pet. More often than not, pets are turned over to the animal shelter when their owner passes away, which can be devastating to the animal, especially our older four-legged friends. This will be held on Thursday, May 25 at 1:00 p.m.

Roxanne Blackburn will present this program. Roxanne has a 501c3 called *Rocky's Bridge* that helps owners with planning for their animals. Roxanne is also very involved with the Granville County Animal Shelter and has seen firsthand how hard it can be on an animal to be surrendered. Come hear how this non-profit, charitable organization can help in planning and ease your worry about your pets and what will happen to them when you are gone. This is important information for all of us with pets – mark your calendars and make plans to attend.





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, 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 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.

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 **March 2023**.

Home Delivered Meals

Oxford area: 820 meals delivered to 41 homebound seniors.
 North Granville area: 322 meals delivered to 14 homebound seniors.
 South Granville area: 540 meals delivered to 27 homebound seniors.
 Total meals: 1,682 meals delivered to 82 homebound seniors.
 Total amount paid by Senior Services: \$8,376.36
 Total amount contributed to program by participants: \$1,239.78.

Congregate Meals

Granville County Senior Center in Oxford: 732 meals to 69 seniors.
 North Granville Senior Center in Stovall: 465 meals to 48 seniors.
 South Granville Senior Center in Creedmoor: 523 meals to 64 seniors.
 Total meals: 1,720 meals served to 181 seniors.
 Total amount paid by Senior Services: \$8,565.60
 Total amount contributed to program by participants: \$840.30

In-Home Aide Services

634 hours provided for 19 clients.

Transportation

224 hours provided for 16 clients.
 \$14.00 contributed by participants.

Granville County Senior Center • 919.693.1930

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MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Rummikub/ Dominoes 1 9:00 Low Impact Aerobics 10:00 Sewing w/ Carol 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Sewing w/ Carol 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 2 9:00 Open Art Studio 10:00 Seated Tai Chi 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Yoga Class	9:00 Rummikub/ Dominoes 3 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 4 9:00 Low Impact Aerobics 10:00 Bingo w/a Badge (sponsored by the GC Sheriff's Office) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes 5 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Rummikub/ Dominoes 8 9:00 Low Impact Aerobics 10:00 Sewing w/ Carol 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Sewing w/ Carol 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 9 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 Rummikub/ Dominoes 10 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 11 9:00 Low Impact Aerobics 10:00 Bingo (sponsored by GC Veteran's Support group) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes 12 9:00 Low Impact Aerobics 10:00 Plastic Canvas Class 10:15 Stretch & Wiggle 10:30 Mother's Day Celebration 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Rummikub/ Dominoes 15 9:00 Low Impact Aerobics 10:00 Sewing w/ Carol 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Sewing w/ Carol 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 16 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Yoga Class	9:00 Rummikub/ Dominoes 17 9:00 Low Impact Aerobics 10:00 Ox Talks 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 18 9:00 Low Impact Aerobics 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes 19 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 1:30 Movie Matinee
9:00 Rummikub/ Dominoes 22 9:00 Low Impact Aerobics 10:00 Sewing w/ Carol 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Sewing w/ Carol 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 23 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:00 AARP Smart Driver Class 1:30 Creative Voices 1:30 Yoga Class 2:00 Paint Party	9:00 Rummikub/ Dominoes 24 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 25 9:00 Low Impact Aerobics 10:00 Bingo (sponsored by Bingo Helpers) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub 1:00 Planning for Your Pets	9:00 Rummikub/ Dominoes 26 9:00 Low Impact Aerobics 10:00 Plastic Canvas Class 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
29 Center Closed for the Memorial Day Holiday	9:00 Rummikub/ Dominoes 30 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Yoga Class	9:00 Rummikub/ Dominoes 31 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 12:00 May Birthday Celebration 1:00 Spades/Rummikub 2:00 Rock Steady Boxing® 2:00 Flowering Flamingo Art Class		

North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 11:15 Coffee w/ Kathy 12:00 May Birthday Celebration 12:30 Walk Off the Pounds 12:30 Puzzle Time	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	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
8	9	10	11	12
9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 AARP Smart Driver Course 10:00 Puzzle Time <i>*No Walk Off the Pounds today</i>	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Jennifer Brown - "Eat Smart, Move More" 10:00 Puzzle Time 12:30 Stretch & Strengthen	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Exercise Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 12:00 Mother's Day Celebration 12:30 Stretch & Strengthen 1:00 Quilting Class	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
15	16	17	18	19
9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Exercise Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	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	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
22	23	24	25	26
9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	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	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	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
29	30	31		
Center Closed for the Memorial Day Holiday	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Jennifer Brown - "Eat Smart, Move More" 10:00 Puzzle Time 12:30 Stretch & Strengthen	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time		

South Granville Senior Center • 919.528.0848

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

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
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)	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
8	9	10	11	12
9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:30 Plastic Canvas Class 11:00 Devotion: Minister Diane Burrell 1:00 Movie Matinee	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 May 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 2:00 Mother's Day Tea
15	16	17	18	19
9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:00 Garden Craft 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 10:00 Safe Plate Food Safety
22	23	24	25	26
9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:00 Paint Party - Fab Flamingo 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
29	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.	
Center Closed for the Memorial Day Holiday	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)		

Granville County Senior Services

107 Lanier Street • Oxford, NC 27565

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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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